

Southwest Bible Church Men's Basketball -- League Rules

(revised last 11/25/2024)

1. League and Playoff Procedures

- a. The season will conclude with all teams making a playoff game seeded by season results
- b. Tiebreakers for tournament seeding are as follows: head to head, points allowed in head to head, coin flip.
- c. Playoff games will have up to two 1-minute overtimes and then the regular season "sudden-death" overtime until a winner is determined. Championship game will have repeated 1 minute overtimes.

2. Team and Player Eligibility

- a. Signed waiver, acknowledgment of league rules and code of conduct required before playing first game.
- b. Players 18 and older are eligible. Players ages 16 or 17 may play as a guest in the games their father/season sponsor (21 years or older) plays. Age exceptions granted by Commissioner skills evaluation.
- c. One game-day addition allowed at captain's discretion to get a team up to 6th player for that game. All captains need to agree to any team's roster addition for that added player's 2nd game played.
- d. Everyone playing **must have his first and last name on score sheet** before entering game.
- e. No player may participate on more than one team and no player may switch teams except by Commissioner.

3. Forfeits

- a. Scheduled game time is forfeit time.
- b. A forfeit is counted as a loss. In the event of a double forfeit, both teams receive a loss.
- c. Teams may begin and play a game with a four-man squad in order to avoid forfeit only. Other plays 5 still.

4. Playing Time

- a. All games shall consist of two **25-minute running halves**.
- b. **Stop time** during the **last minute of the second half** providing the **point spread is less than 10 points** or due to an injury.
- c. Teams will be allowed **two 30-second time-outs per game**. Clock will stop during all time-outs. When attempting a free throw after a time-out and during running time, the clock will start when the ball is handed to the shooter. When team calls time out they have the choice to inbound it where the ball lies when calling it or moving it forward to their 28 foot line provide they have not advanced the ball prior to time out.
- d. During the regular season, team in possession of the ball at conclusion of 2nd half of a tied game will start with the ball for an untimed "sudden death" overtime. First point scored wins.
- e. We will shoot the 1 & 1 free-throw after the 2nd foul committed under the last minute (even if they have NOT reached the normal 7 team fouls).

5. Game Play

- a. First half will start with home team possession. Alternating possessions for the remainder of the game.
- b. Teams are allowed six team fouls per half. After six, the opposing team will go into "one & one bonus." On the 10th team foul, and thereafter, team will be in "double bonus" (two shot bonus).
Intentional/Hard Foul: The opposing team gets two free throws and possession of the ball.
- c. **A six personal foul rule will be in effect. No one is allowed to play after his 6th personal foul.**
- d. 2nd team foul within last two minutes of game results in Bonus (i.e. 1 and 1) for team fouled.

6. Equipment

- a. Reversible, numbered shirts are required. (*League provides these however players may wear their own*).
- b. Home team will wear white shirts, visiting team dark/color, or provided jerseys when available.
- c. No jewelry and no hats permitted. (wedding ring exception for married guys).
- d. Please wear appropriate indoor athletic footwear. For the sake of our floor we prefer you carry in your shoes you will be playing in.

Dunking: Dunking is allowed; however, hanging on the rim will result in a technical foul. Dunking is only allowed during the game. Dunks at other times will result in a technical foul awarded the opposing team.

Referee discretion: Any foul intended to cause bodily harm shall result in immediate removal of player from the game and the opposing team gets two free throws and possession of the ball.