



Lincoln-Woodstock Recreation

Adult Basketball League



Rules

- A. The league will follow the rules set by the NHIAA
- B. Games will be played 5 against 5, a game may start with as few as 4 players. Anything less than 4 will result in a forfeit.
- C. Teams are required to wear matching uniforms with numbers to identify players.
- D. Games are to be officiated and recorded by the teams playing in the following game. For example, if Team 1 is playing against Team 2, Teams 3 and 4 would be officiating.
- E. Games will be two, 16 minute halves. Games will be running Clock until the last 2 minutes of each half. Inside of the final two minutes of the half, the clock will be stopped on all dead ball situations.
- F. In the event of a tie, teams will play a 5 minute, running time, overtime. In the event of a tie at the end of overtime, 3 minutes will be added for a second overtime. If teams are still tied after 2 overtime periods, the game will end in a tie.
- G. This league is centered on being active and having fun. Officials are volunteering to keep league costs low.
- H. Each team will have two timeouts per half. Timeouts do not carry over. Each team will have one timeout in overtime. Timeouts are approximately 45 seconds long, but are at the discretion of the referees.
- I. A player will be disqualified from a game after committing his 5th personal foul.
- J. Technical fouls are considered personal fouls. If a player commits two technical fouls in one game, he shall be disqualified from the game. If the technical fouls are of the flagrant nature (as determined by the referees and the program director), the player will need to vacate the gymnasium immediately and may be disqualified from following games (again, as determined by the referees and the program director). If a team commits three flagrant fouls, the team shall forfeit the game. All technical fouls are at the discretion of the program director and call result in forfeit, suspensions and/or expulsion from the league.
- K. Team rosters must be signed by the team members prior to the first game. Changes, additions, subtractions, etc. to the team roster must be made by the 5th game of the season. The only exception to this rule will be for teams who have sustained injuries and no longer possess substitutions (i.e., only 5 players remain) and must be made prior to the last game of the season. It is the responsibility of the team captain to make sure everyone has signed a waiver. Those who have not signed a waiver will not be allowed to play as this is a liability risk.
- L. Players must play in at least 4 regular season games to be eligible to play in the playoffs. The only exception to this rule will be for a late addition do to a serious injury. This player must play in at least 1 game prior to playoffs. Scoresheets during the regular season will determine whether or not a player is eligible for the playoffs.
- M. Forfeits may also result from teams showing up late to their game. A 5-minute grace period will be given at the beginning of each game. The clock will start promptly at game time and run for five minutes. At the end of the five minutes, if a team is not ready, the game shall be a forfeit.
- N. Inappropriate and foul language will not be tolerated in the league. No warning is needed from the referees about players' language. Technical fouls will be given in response to foul language in any form.