



## TEAM CO-ED BASKETBALL RULES

1. The game clock must start on time!
2. There will be two 22-minute running time halves. The clock will stop on dead balls during **the last two minutes** of the **second half only or on timeouts**. Teams are allowed **one timeout per half**. Timeouts are one minute in length. Half time is *3 minutes* long.
3. Men's baskets are worth **1 point**, women's basket's are worth **2 points**. There are no 3 pointers.
4. This is a "Call Your Own Foul" league. The only person who can make the call is the one being fouled. However, you will gain a lot of respect from other players if you call yourself for fouls that you commit. There is no arguing a players call for a foul. Respect all calls, or you will be removed from the league. Fouls should be called out loud and at the time of the foul, not after you see the result of the shot.
5. Each team is allowed 6 fouls per half. On the 7<sup>th</sup> foul, every foul is one automatic free throw. The clock will not stop for free-throws unless it is the last minute of the second half. Please shoot your free throws promptly out of respect for the running time policy. *Player control fouls are turnovers only.*
6. The 3-second violation is in effect, the defense must start counting **1-1000, 2-1000, 3-1000 out loud** so that the player can hear you and get out of the key. If they make no attempt to get out, then it is a violation and the defense gets the ball.
7. There is no backcourt violation.
8. All dead balls and fouls must be checked in from the top of the key. **This does not include out of bounds plays on the opposite end of the court. Those possessions may be taken out at the spot of the turnover.** The offensive player checking the ball must pass it in; they cannot dribble or shoot it. The defensive player must give the offensive player who is checking it in at least 3 feet distance.
9. A "Jump ball" will alternate possession based on who started the half with ball. A jump ball is anytime the ball comes to rest between two or more players. A jump ball will also be used; when two players tie up the ball (**there will be no wrestling for the ball**); while a shot is being blocked and player comes down with ball; or when neither team knows who touched it last before going out of bounds.
10. **BREAKAWAY AND FLAGRANT FOULS:** For safety reasons, any player who is fouled from behind while on their way to a lay up or who receives a hard flagrant foul against them will be awarded an **automatic 2 points** and the ball back.
11. To start the game captains can decide which team will have the ball first or "buck up or shoot" for choice, ball or side. Switch for second half.
12. Teams can sub on the fly, but not to your team's advantage. Try to sub on a dead ball or on defense.
15. **Regular season games can end in a tie.** During playoffs, 5-minute overtime periods will take place until there is a winner.

## Co-ed Basketball League Policies

1. Teams are coed and consist of five players on the floor at one time. There cannot be more than 4 men on the floor under any circumstance, including injuries and expulsions.
2. Teams must have a minimum of four players, including 1 female, to avoid a forfeit.
3. Picking up players to **Avoid** a forfeit or playing shorthanded:

If a team is shorthanded, but has at least 3 players, including a female, they may pick up players from teams playing in the league. **Pick up players must be on a roster within your league.** When picking up players, you **MUST** inform the opposing captain & coordinator. The league coordinator has discretion to deny the pick-up or suggest another player be used if they feel the rule is being abused. You cannot pick up extra players, so only 5 total players. **If one of your regular players shows up late, one of the pickup players must stop playing.**

PICKING UP PLAYERS IS ONLY ALLOWED IN REGULAR SEASON GAMES,  
NOT IN THE PLAYOFFS.

4. Players may be added to the team's roster up until the 3<sup>rd</sup> week of the season, after the 3<sup>rd</sup> week the team's roster is frozen. Any new roster additions must be accompanied by player payment. Any "special circumstances" for roster additions or subtractions must be presented to the League Director in writing and cleared by him/her before the player can play in their first game.
5. Team players must compete in at least 3 regular season games to be considered eligible for the playoffs.
6. Players may only be on one team roster per league night.
7. The league director or court monitor has the right to ask a player to leave a game if they feel that their actions on the court are not appropriate or are not in accordance with league policies. Casco Bay Sports also reserves the right to ask a player to cease playing in the league if inappropriate actions continue. No refunds will be given.
8. **Please pick up your belongings and leave the gymnasium in a cleanly manner.**
9. This league is based on friendly competition and exercise!