

BRIEF OVERVIEW OF BASKETBALL LEAGUE RULES:

Game Rules:

- Teams will receive six (6) regular season games and at least one (1) playoff game.
- Games consist of four (4) 10-minute quarters, running clock. The clock will stop on every whistle during the last minute in the second and fourth quarters. The clock will not stop if a team is ahead by 15 or more points. The game will end if a team goes up by 30 points.
- There will be a two (2) minute half time.
- Each team will receive one (1) timeout per quarter, use it or lose it.
- If a game ends in a tie, a 2 minute OT will automatically start. See section 8 for official rules for OT.
- Each team will receive a maximum of 10 roster spots. Rosters can be edited until the start of week five (5).
- Each team is allowed unlimited substitutions during a dead ball.
- Games start at the top of each hour. Teams can start a game with at least four (4) players. If four players are not available the following will occur:
 - Game clock will begin to run and the other team will receive two (2) points for every minute that is accumulated up to ten (10) minutes. After ten (10) minutes, the game will be called and the offending team will receive a forfeit.
- If teams know ahead of time that they will not have enough players, the captain should call the Community Center front desk at 314-738-2599 and press option 3 to speak to a front desk attendant.

Player Rules:

- In order to play in this league, players must be on the team's online roster, have their online waiver signed, and be in appropriate uniform. Players can play for multiple teams. If the two teams meet in a game, the player must choose one (1) team to play with during the duration of that specific game. In order to play in the playoffs with a specific team, each player must have played at least two (2) regular season games with that team.
- Players foul out of the game once they accumulate six (6) personal fouls. If another player is available, the player must be substituted with a teammate. If there are no substitutes available, the player who has "fouled out" may continue to play but any additional foul they commit in the game will be recorded as a technical foul.
- At five (5) team fouls, the other team will shoot two (2) free throws. Team fouls reset at the beginning of each quarter.
- If a technical foul is called, the other team will receive an automatic two (2) points and the ball.
 - Two (2) technical fouls in a single game earns a player an automatic ejection and at least a one (1) game suspension, no exceptions!
 - Whether it is directed at another person or out of frustration, inappropriate behavior/language and/or poor sportsmanship will **NOT** be tolerated in this league. League suspensions can take place at any time throughout the season. Both the team captain and offending player will be notified in the event of a suspension.
- Players who receive a suspension will automatically be ineligible to receive the MVP award for that season.

Uniforms:

- Teams are **required** to be in uniform by week two (2) of the league in order to participate. This means all players are wearing the same color shirt/jersey AND each player has a distinguished number on the front or back of their shirt/jersey.
 - This can be as simple as a number being marked with a sharpie, numbered pennies bought online, or custom shirt/jersey that are made by a company.
- If a team is not in uniform, their game will be a scrimmage and scored as a forfeit.
- If a single player is not in uniform, they are not allowed to participate in the game.

*Unless otherwise noted, all games will follow the Missouri State High School Athletic Association Basketball Rules.

*See complete rule book for detailed explanations of all rules and league structure.

EXPLANATION OF BASKETBALL LEAGUE RULES:

1. **League Fee:** Your league fee covers six (6) regular season games and at least one (1) playoff game, access to the gymnasium if other team forfeits, and all equipment needed to conduct a basketball game, and a maximum of 10 roster spots. It also includes MSHSAA referees and scorekeepers for every game. Team uniforms are not included in the league fee but are required in order to participate in the league. Access to open gym, indoor pool, fitness center, indoor track, and locker rooms are only available to those who have a community center membership or purchase a day pass.
2. **Player Eligibility:**
 - a. Players must be 18 years of age or older to participate in this league (a valid photo ID may be requested and kept on file). All players must be listed on team's online roster, sign the online waiver, and be in appropriate team uniform in order to participate. In order to play in the playoffs with a team, a player must have played at least two (2) regular season games with the specific team.
 - b. Player suspensions can take place at any time during the season. Automatic suspensions will be given for receiving two (2) or more technical fouls in a single game or partaking any physical altercation with another person. Suspensions for other reasons can be warranted upon investigation of specific incident. Players and the team captain will be notified about suspensions and given details regarding suspension length.
3. **Team Rosters:** Captains can manage their team roster online. Rosters can include up to 10 players. Rosters can be edited until the start of week five (5). Players must be listed on the team's online roster, signed the online waiver, and be in appropriate team uniform in order to play. Teams should ensure their roster and uniform numbers are correctly listed on the paper scoresheet prior to the start of a game.
 - a. If a team attempts to have someone play who is not on their roster and has not signed a waiver, their game will be forfeited and the team will be given a warning.
 - b. If a team attempt to have someone play who is not on their roster and has not signed a waiver, and has already received a warning, the entire team will be suspended from participating in the league.
4. **Uniforms:** Teams are **required** to be in uniform by week two (2) of the league in order to participate. This means all players are wearing the same color shirt/jersey AND each player has a distinguished number on the front or back of their shirt/jersey. This can be as simple as a number being marked with a sharpie, numbered pennies bought online, or custom shirt/jersey that are made by a company.
 - a. If a team is not in uniform, their game will be a scrimmage and scored as a forfeit.
 - b. If a single player is not in uniform, they are not allowed to participate in the game.
 - c. Players who sign up as an individual will be placed on a team together and will be given their shirt/jersey by the league supervisor.
5. **Game Length:**
 - a. Games consist of four (4) 10-minute quarters with a running clock. The clock will stop on every whistle during the last one (1) minutes in the second and fourth quarters.
 - b. The clock will continue to run if a team is up by 15 or more points.
 - c. The game will end if a team goes up by 30 points.
 - d. The referees have the authority to stop the clock or call the game at any time due to safety concerns.
6. **Substitutions:** Each team is allowed unlimited substitutions during a dead ball. Players wanting to substitute should come to the scorekeeper table and wait for a referee to call them onto the court.
7. **Timeouts:** Each team will receive one (1) timeout during each quarter. Timeouts cannot be carried over so you will need to use them or you will lose them. The clock will resume after a "live" play. If a team calls a timeout and they do not have any to use, it will be recorded a technical foul which will result in an automatic two (2) points and the ball for the other team.
8. **Overtime:** If the game ends in a tie, a two (2) minute over time will immediately begin.
 - a. Each team will receive one (1) timeout to use during OT.
 - b. The first minute in overtime will be running clock. The last minute in OT, the clock will stop on every dead ball.
 - c. If OT ends in a tie, a non-timed sudden death will be played and first team to score will win the game.

9. **Fouls:** Players foul out of the game once they accumulate six (6) personal fouls. If another player is available, the player must be substituted with a teammate. If there are no substitutes available, the player who has “fouled out” may continue to play but any additional foul they commit in the game will be recorded as a technical foul.
10. **Technical Fouls:** If a technical foul is called on a player, coach, or team, the opposing team will be automatically given two (2) points and possession of the ball.
 - a. Examples of why a technical foul may be called include, but are not limited to:
 - i. Disrespecting another player, referee, scorekeeper, or fan.
 - ii. Foul language, inappropriate gestures, unsportsmanlike behavior, etc.
 - iii. Delaying tactics: after a score or before a throw-in.
 - iv. More than allowed number of players on the court.
 - v. Calling a timeout when your team does not have any timeouts left to use.
 - b. Two (2) technical fouls in a single game earns a player an automatic ejection and at least a one (1) game suspension, no exceptions!
11. **Bonus Rule:** A running tally is made as each team accrues fouls throughout each quarter. When a team reaches five (5) team fouls, two free throws are awarded for every common foul thereafter. Team fouls reset at the beginning of every quarter.
12. **Other rules:** Unless otherwise noted, all Maryland Heights Basketball Leagues will follow the Missouri State High School Athletic Association Basketball Rules. All staff members, players, coaches, fans, and visitors must follow the Maryland Heights Community Center code of conduct policy.
13. **Delayed Start/Forfeits:** Games start at the top of each hour. In order to start a game, teams must have at least four (4) eligible players present. If four players are not available the following will occur:
 - a. Game clock will begin to run and the other team will receive two (2) points for every minute that is accumulated up to ten (10) minutes. After ten (10) minutes, the game will be called and the offending team will receive a forfeit.
 - b. If teams know ahead of time that they will not have enough players, the captain should contact Liz (if it’s Monday-Friday 8:00am-4:00pm) or call the Community Center front desk at 314-738-2599 and press option 3 to speak to a front desk attendant (if it is after 4:00pm during the week or any time on Saturday/Sunday).
 - c. The team who won by forfeit will have access to the court during the allowed game time. Teams can utilize this court time for shooting around practicing, or a scrimmage.
14. **Good Sportsmanship:** Please observe standards of good sportsmanship during your time with us. This is an adult basketball league, we expect everyone to be able to control their emotions and behave appropriately. Foul language, taunting, inappropriate gestures, physical altercations, etc. will not be tolerated and will result in technical fouls and/or suspensions to be issued.
15. **Suspensions:** At any time during the league, a player, coach, fan, or entire team can be suspended.
 - a. If a player receives two (2) technical fouls within a single game, they will automatically receive a one (1) game suspension. No exceptions!
 - b. Every incident that warrants a suspension will involve a thorough investigation.
 - c. After the investigation, if a suspension is given, the player, coach, fan, or entire team will be given a suspension letter. The suspension letters will detail who is suspended, the reason for the suspension, and the suspension length that must be served.
16. **Referees:** Your league fee includes paid Missouri State High School Athletic Association (MSHSAA) referees for each game.
 - a. We strive to have two (2) referees each game but in rare occasions, there may only be one (1) referee available to officiate your game.
 - b. Referees are provided to make the match run as smoothly and error-free as possible. Obviously, no one is perfect and there may be occasion to question an individual call if the referee hasn’t already offered an explanation. The only person permitted to question referees call is that team’s captain. Should any other person other than the captain approach the referee during a game, a ruling of bad sportsmanship may be applied.
 - c. Referees sometimes will offer an explanation of calls as they are made, but this is not required and should not be expected.

- d. Whether you agree or not, the referee's judgement is the final word during a game. A grievance can be filed with the league supervisor following the game and a final determination/ruling will be made prior to the next weeks match.
- e. Any foul or abusive language directed at the referee or within earshot will result in an automatic technical foul.
- f. Any questions or concerns specific to your league's referees should be addressed to your league supervisor.

17. Scorekeeping table: The scorekeeping table will be located out of bounds and in line with center court.

- a. Your league fee includes having paid scorekeepers during each game. The scorekeepers will be in charge of:
 - i. Checking player eligibility and ensuring the scoresheet is filled out properly prior to the start of the game.
 - ii. Updating the online "attendance" record.
 - iii. Recording player points and foul count on the scoresheet. Any additional player stats should be recorded by team manager.
 - iv. Track total points on scoresheet and scoreboard.
 - v. Monitor game clock on the scoreboard.
- b. When substituting, players should go to the scorekeeping table and wait for the next dead ball. Players may need to squat or sit down by the table in order for the scorekeepers to have full viewing access of the court.
- c. The scorekeeping table will have a copy of the league rules for anyone to review upon request.
- d. The scorekeeping table will have a copy of the written challenge form to hand out upon request.
- e. Any foul or abusive language directed at the scorekeeper or within earshot will result in an automatic technical foul.
- f. Any questions or concerns specific to your league's scorekeepers should be addressed to your league supervisor.

18. Season Rankings: Throughout the regular season, ranking points will be updated after each game. Teams will be ranked based off of their ranking points with their power index points, and total points allowed being tie breakers if necessary.

- a. Ranking Points is how teams will be ranked in the playoffs.
 - i. Teams will receive two (2) ranking points for winning a regular season game.
 - ii. Teams will receive zero (0) points for losing a regular season game.
 - iii. Teams will receive negative one (-1) point for forfeiting a regular season game.
- b. Power Index Points:
 - i. PI points are based off of strength of schedule and head to head match ups.
 - ii. PI points will be the first tie breaker if multiple teams share the same ranking points at the end of the regular season.
- c. Total Points allowed will be the second tie breaker if multiple teams share the same ranking points and power index points at the end of the regular season.

19. Playoffs: All teams make the playoffs.

- a. In order to play in the playoffs with a team, a player must have played at least two (2) regular season games with the team.
- b. Teams are ranked in the playoffs based on their accumulated regular season ranking points.
 - i. If two teams have the same ranking points, the first tie breaker will be their power index (PI) score. If their PI score is the same, the second tie breaker will be points allowed throughout the season.
 - ii. Playoffs will be a single elimination tournament.
- c. If the game ends in a tie, a two (2) minute over time will immediately begin.
 - i. Each team will receive one (1) timeout to use during OT.
 - ii. The first minute in overtime will be running clock. The last minute in OT, the clock will stop on every dead ball.
 - iii. If OT ends in a tie, a non-timed sudden death will be played and first team to score will win the game.

20. League Awards:

- a. Championship Awards – The team who wins the championship game in the playoffs will be named league champs for that specific season. The team will be able to pick their championship award from the list below:
 - i. \$200 league discount that can be applied to team's league fee for a future season.
 - ii. One (1) large team trophy.
 - iii. Ten (10) small individual trophies.
 - iv. Ten (10) t-shirts that include championship season, team name, and player number.
- b. MVP Awards – The most valuable player award will be given to one (1) player in each division.
 - i. MVP awards will be handed out at the end of each regular season.
 - ii. MVP recipient will be a player who impacts his team in a positive way with his gameplay. In addition to his playing stats, a MVP recipient will possess qualities of sportsmanship, respect, and good citizenship.
 - iii. MVP recipients will receive a physical award and a \$50 discount that can be applied to their league fee for a future season.
 - iv. MVP recipients will automatically receive an invite to the next All-Star game.

21. Grievances:

- a. Verbal Grievance – this type of grievance is not a formal one. It will be heard by league supervisor and taken into consideration for possible league modifications for the future. No immediate action will be taken.
- b. Written Challenge – this type of grievance is formal. The form can be found online or a paper copy can be given at the scorekeeping table upon request. This form must be submitted within 48 hours of the grievance incident taking place. This form will be submitted to league supervisor for review. Upon reviewing the form and completing any additional investigation, the league supervisor will follow up within 5 business days with the status of the grievance.

22. Equipment: Maryland Heights provides gymnasium space, basketball hoops/net, court markings, team benches, scorekeeper table, and game ball. **Teams should bring their own basketballs to warm up with prior to their game.** If a team would like to use their own ball, they can request to use it as the game ball. Both teams and referee(s) must agree on using the ball prior to the start of the game.

23. Emergencies: In an event of an emergency, please follow Maryland Height's staff instructions for proper safety measures and protocol.

24. Weather: Unless the Community Center closes, you should consider your game to be played as scheduled. If weather conditions require the Community Center to close, your league supervisor will notify the team captain and send out a league-wide e-mail regarding cancellations and rescheduling game information.

25. Have fun: This is your leisure time, you should enjoy it! Have fun playing the sport you love. Competition is always great, but don't let it bring out the worst in you. At the end of the day, this is a Community Center Basketball League and we want all players, coaches, fans, referees, scorekeepers, and anyone else to enjoy their time at our facility!