



BELLINGHAM ADULT BASKETBALL LEAGUE PLAYING RULES

1. **GAME LENGTH:** Two 25-minute halves. Running clock for first 23 minutes of each half, with clock stopped on all whistles during the last 2 minutes (if team has a 20 or more-point lead at any time during the last 1 minute of the 2nd half, the clock will run continuously from that point until the end of the game).
2. **OVERTIME:** 1st and 2nd Periods/2 minutes, regular basketball rules (fastbreak), stop clock on whistles. 3rd Period/Sudden Death.
3. **TIMEOUTS:** 2 per half, timeouts not used during regular game, do not carry over into overtime.
4. **ROSTERS:** Team Captains must fill out the scorebook at least 10 minutes before game time. If you have the 2nd or 3rd game, there will be an extra book at the score table. Please get it and fill in your lineup with first and last names and uniform numbers for each player on your team.
5. **UNIFORMS:** Team must have similarly colored jerseys with numbers on the front and back. Illegal numbered jerseys are not made legal through use of tape or any medium which may come off during the game. Players without a legal jersey will not be allowed to play. Such players may not "buy" their way into the game with a technical foul.
TEAMS MUST COMPLY WITH THIS RULE BY THE 3rd WEEK.
6. **FORFEITS:** 4 players minimum determines a team and a game cannot be started with less, however a game can be continued with less than 4 players if the referee believes that team has a chance to win the game. If a team does not have 4 players ready to play at the schedule start of the game, the game will be forfeited. There is no grace period.
7. **SUBSTITUTES:** Subs will be allowed into the game only on dead balls. Subs must report to the scorer, and the official must beckon the players into the game.
8. **COURT CONDUCT:** Poor conduct will not be tolerated. All technical fouls will result in 2 points automatically awarded to the opposition plus the ball out of bounds. (There will be no technical fouls shot.) A player is ejected from the game on his 2nd unsportsmanlike technical foul and must leave the gymnasium. Any player who receives 2 unsportsmanlike technical fouls in 1 game will be suspended from their next game. Any player showing physical violence towards an official or another player will be suspended from play. The length of the suspension will be determined by the League Supervisor and/or the Advisory Board. Players should be aware that the league will impose stiff suspensions. Generally, the suspensions will be for the remainder of the season and possibly the next season. A player who accumulates 4 technical fouls during the season will be expelled for the remainder of the season. Technical fouls will count as personal and team fouls. Any team that accumulates 4 unsportsmanlike technical fouls in a game will forfeit that game.
9. **PROFANITY RULE:** Unsportsmanlike technical fouls will be called for loud verbal outbursts of profanity. 1 warning will be given per game (not per team).
10. **DUNKING:** There will be no dunking before, during, or after the game. Anyone violating this rule will be suspended for the game plus 1 additional game. The team will be charged with a technical foul.

11. **BONUS**: The bonus rule (1 and 1 free throws) will be in effect on the 7th team foul committed in each half. Double Bonus (2 shots) is in effect on the 10th team foul of each half. Offensive fouls count as team fouls.
12. **JUMP BALLS**: There will be a jump ball to start the game and all overtime periods. All other jump ball situations, including the start of the second half, will be resolved on an alternating basis. The team losing the jump ball at the start of the game or overtime will take the ball out-of-bounds on the next jump ball situation, then the other team and so forth.
13. **OVER-AND-BACK**: The over-and-back line is the centerline.
14. **FREE THROW LANE**: Players on the lane may enter the lane as soon as the ball leaves the shooter's hand. The shooter and all players above the free throw lane must wait until the ball hits the rim before entering the lane.
15. **HIGH SCHOOL RULES** will govern league play with any exceptions listed.