

Adult Basketball Rules

~CIF rules will govern all play with some exceptions~



Section 1: Eligibility

- ~ Players may only be listed on one team roster for that division.
- ~ A team's roster can have no more than 10 players listed for a season and must have a minimum of 7.
- ~ To be considered on the official roster a player must participate in one of the first three games.
- ~ After the third game all rosters are considered final. Any player who did not participate within the first three games is considered ineligible. Unless granted approval by league officials.
- ~ Players must be listed on roster and have played in at least two games to be eligible for play-offs.
- ~ Players will not be able to participate until they have signed a waiver.
- ~ Players must be 18 years or older.

Section 2: Player Conduct

- ~ All captains, players, and spectators are expected to conduct themselves in a manner that glorifies God. Any Conduct deemed inappropriate by the Officials, League Coordinator or the Sports Director will result in disciplinary action.
- ~ All swearing will result in a T.
- ~ Disciplinary action will be carried out as follows: If a player receives a second technical foul with in the same game he/she will be disqualified from that current game plus the following game. A player's third conduct related technical foul in one season will result in disqualification for the remainder of the season.
- ~ The Sports Director and League Coordinator will have the ultimate decision on all conduct related issues.

Section 3: Starting the Game

- ~ All players must have a Shepherd of the Hills Jersey, with number.
- ~ Warm up time will be 3 minutes prior to start of game.
- ~ Teams have till 10 minutes after the official start time to start the game. After the 10 minutes the ref has the option to start the clock.
- ~ Home team is responsible for opening prayer.
- ~ Home team will always wear white.
- ~ ANTI-FORFEIT RULES & SUB POOL:
 - * A team must have no less than three players from there official roster. If a team does not have five players then that team can pick up players from the sub pool. If a team brings on a sub player, that team is then limited to five players max for that game.
 - * If a team does not have enough players to start a game then the captain from the opposing team has the option of choosing the player or players from with in the league.
- ~ No players outside the Shepherd leagues are allowed to play at anytime.
- ~ Need at least four players from the guidelines above to start a game.

Section 4: Playing the Game

- ~ All games will consist of two twenty minute half's.
- ~ Games will be played with a running clock. *Except anytime during the final two minutes of a game when the score is ten points or less, the clock will stop during dead balls and free throws. Once the score becomes above ten points, the clock will resume as a running clock. So on and so forth during the final two minutes.
- ~ The Block can be occupied by the bottom players on all free-throws.
- ~ Each team is allowed two 60-second time-outs per half.
- ~ Halftime will be three minutes long.
- ~ Teams will shoot "1 and 1" bonus on the 7th team foul. Double bonus will be shot on the 10th team foul.
- ~ If the score is tied at the end of regulation, overtime will consist of one 3 minute period with one time out allowed for each team. The second overtime will be a 1 minute period with no time outs. The games will continue with the 1 minute overtimes in till there is a winner. For all overtimes there will be a running clock in till the final thirty seconds of play where there will be a stopped clock.
- ~ If a team has five or less players, and a player receives his fifth foul, that player is considered fouled out and the team must play with 4.
- ~ Tie Breaker for Play-offs:
 - * Tie Breakers will first be broken by head to head match-up. If there is a tie between three or more teams then the head to head match-up would always be considered first. If a head to head tie breaker does not break the tie, then a point spread system between the teams involved will be used. A point spread from those games involving the tied teams will be taken and the team with the biggest winning margin between all teams will get the highest seed and so on down the line.

Section 5: Miscellaneous

- ~ Only water is allowed in the gym. No food of other drink allowed.
- ~ Children under the age of ten must be accompanied by a non-playing adult.