



Sport Support Athletic Center & Dynamic Basketball Training Sports Local Rules and Regulations

SSAC and DBTS reserves the right to remove teams from play for the following actions. Failure to complete financial obligations. Failure to notify League administrators of intent to forfeit games. Un-sportsmanship actions displayed during play. Roster violations. Any other actions deemed detrimental to the league. Coaches are responsible for the actions of their team.

Schedules available email: DynamicBasketballTraining@gmail.com

Eligibility

- A. Players in Men's Leagues must be eighteen (18) years of age or older prior to the start of league play.
- B. All players must carry a current picture I.D. with them during league games in order to be considered an eligible player.
Players will not be allowed to play on more than one team in the **same league** during a season. If a player's name is found on two teams, the player shall belong to the team they play for first.
- C. All players must be listed on the team roster and have signed the liability waiver in order to be an eligible player.

Rosters – League Registrations

- A. All men's league teams will be allowed a maximum of 12 players.
- B. Rosters must be email to **DynamicBasketballTraining@gmail.com** or to the scorekeeper prior to the first game. If rosters are not turned in prior to the start of the first game, the result will be a forfeit of the first league game and all future games until a roster is submitted. All information on the roster form must be complete for the player listed to be considered part of the team.

Equipment/Uniforms

- A. Players on each team must wear jerseys that are identical in the base color of the jersey.
- B. We strongly encourage all teams to have alternate jerseys available or reversible jerseys, in the event that two teams playing each other have the same jersey color. Teams will be required to wear pennies if two teams have the same or similar colored jerseys. Any team refusing to wear pennies, when required due to same or similar jersey colors, will forfeit the game. Home Team will be responsible changing colors in case of conflict otherwise Home team is White. Home Team is the first team listed on the schedule.
- C. Team captains will decide at game time which ball will be used for the game. If there is not an agreement between the two teams, the home team will provide the game basketball.
- D. Players must wear shoes that are designed for indoor wood court surfaces. No turf shoes or other black-soled shoes will be allowed. Players may not play barefooted or in stocking feet.
- E. Referees may ban any equipment that they deem as unsafe or illegal.
- F. Jewelry may not be worn at any time during the game.

Playing Rules

- A. **Line-ups must be filled out listing each player and be turned in to the scorekeeper at least five minutes prior to scheduled game time. Line-ups must indicate last name, first name and the jersey number. Lineup information must be legible.**
- B. All games should start at scheduled game time. If a team(s) does not have enough players to begin the game at the scheduled game time, the late team(s) must submit a lineup card listing the players that are present and the clock will be started. If the clock reaches 15:00 minutes remaining in the 1st half and the short team does not have at least 5 players, the game will be ruled a forfeit. (A double forfeit will be ruled if neither team has five players.)
- C. If the late team(s) acquires five players before the time expires, the game will begin from that point. No timeouts may be used prior to the start of a game. Time outs may only be used when the legal game has begun.
- D. Teams must start the game and play the game with a minimum of five (5) players**
- E. No dunking will be allowed during warm-ups! Dunking will be allowed during games.
- F. No hanging on the rim at any time! Players guilty of hanging on the rim before, during or at half time will be assessed an unsportsmanlike conduct technical foul. Players or teams will be financially responsible for any and all damages to rims/goals damaged by players hanging on the rim.
- G. Penalties Resulting In Ejection- Anyone who is assessed the following shall be ejected:
 - 1. Two unsportsmanlike conduct technical fouls.
 - 2. Three technical fouls of any kind.
 - 3. Any flagrant foul, personal or technical.**
- H. Blood Rule – a player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time considered reasonable is left to the official's judgment. Uniform rule violations will not be enforced if a uniform change is required. However, players should be prepared with a like colored t-shirt or jersey on stand by. The official shall stop the game and allow treatment, if injured person would affect the continuation of play. The official will immediately call a coach or other authorized person to assist the injured player. The rules of the game regarding substitutions, re-entry, and short-handed player will apply, if necessary.
- I. **Players will be disqualified from participating in the game after they have been assessed five personal fouls.**
- J. Team Fouls: Teams will shoot the one and one bonus after the seventh team foul in a half. After a team commits ten team fouls in a half, the offended team will be given a two free throw shot bonus.
- K. Back Court Count: There shall be a ten (10) second backcourt count.
- L. Free throw line up: The line up for a throw shall consist of a maximum of two offensive players, the shooter and four defensive players. The lane spaces on each side nearest the goal shall be left vacant.
- M. Shot Clock????????????????

Time Allotment

- A. An official game shall consist of two 20 minute halves with a running clock. The running clock will stop for all timeouts. The clock will stop after each whistle in the final 2 minutes of regulation play.
- B. Each team is allotted four (4) - one (1) minute timeouts to be used anytime during the game.
- C. Halftime will be four (4) minutes in duration.
- D. All substitutions must check in at the scorer's table and wait for an official to allow them to enter the game.

- E. Overtime Period(s) – Any game ending in a tie score will be continued with a three (3) minute overtime period. One additional timeout will be awarded per team for each overtime period, in addition to the remaining timeouts from the previous regulation or overtime period. At the end of two (2) overtime periods the game will continue with two minute overtime periods until a winner is determined. In overtime periods, the clock stops only for timeouts and for all whistles during the last two minutes of each overtime.
- F. 20 Point Rule – If a team is ahead by 20 or more points the clock will remain running until the team behind gets back inside the twenty (20) point mark.

Standings Tie-Breaking Procedures

- A. In case of a tie in the final standings for positions for which awards are presented at the conclusion of the season, the following tie-breaker procedures will be used to determine places:
 - a) Head-to-head results between teams tied (who won when the tied teams played each other).
 - b) If teams split (each team winning an equal number of games) in head to head games the point differential of the head-to-head games will be used to determine the final standings.
 - c) If teams are still tied after head to head and point differential then the team overall with the most points scored will be determined to be the winner.

Conduct/Discipline Policy

- A. **Any player, coach or manager ejected from any league game will be suspended for a minimum of two (2) league games. If the ejection occurs after the game has been completed, the suspension will include the next two full games. Suspensions may be longer if the Dynamic Basketball Training deems it necessary. Players may be suspended.**
- B. Players, coaches or managers who have been ejected or suspended must leave the facility and grounds immediately or the team will forfeit the game, and must not return until the completion of the suspension.
- C. Suspensions will carry over from season to season. For example, a player suspended for the final game of the season will also be suspended for the first game of the next season.
- D. The officials have the authority to remove a player, coach, manager or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. This shall include, but is not limited to, profanity, threats of any kind toward the officials or scorekeeper, fighting (before, during or after the game), any intoxicated condition detected by the officials before or during the game or any flagrant foul as determined by the officials.

Dynamic Basketball Training Sports reserves the right to add, delete or amend the rules and regulations at any time for the betterment of the program.

