

DCFITNESS

Adult Men's Basketball League Format and Rules

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1. Locations

- a. The court is located in the upper floor of the fitness center.
- b. Follow the designated route when entering the court during league games. Any player who does not follow these instructions and steps foot on the court during game play will be given a technical foul for the start of their game.

2. League Format

- a. The DC Fitness adult basketball league will be broken down into two sections: regular season and playoffs.
- b. Regular season: Each team will play a ten (10) game regular season that begins on September 3rd. Team schedules will be emailed out no later than August 26th.
- c. Playoffs: Playoffs will begin November 16th, the week following the final regular season game. Playoff schedules will be emailed out no later than November 11th. Playoffs will be single elimination and every team is only guaranteed one game.

3. Equipment

- a. Jerseys: Teams must provide their own jerseys. Jerseys must be of the same color and have permanent numbers for each player in every game. (Home/Away)
 - i. Numbers must be permanent and at least 6 inches high.
 - ii. Tape on numbers will not be permitted.
 - iii. Legible, numbers with permanent marker will be permitted.
 - iv. Tee Shirts are acceptable.
- b. Non-Jersey Penalty: Any player who does not have a jersey that meets the above criteria will be assessed a technical foul.
- c. Balls: DC Fitness will provide an official men's (29.5 Inch) game ball. Each team is responsible to provide their own warm up balls.

4. Roster and Players

- a. All teams must submit a completed roster prior to their first game, no later than August 23rd.

- i. Rosters shall have a minimum of five players and a maximum of twelve.
 - ii. Rosters must contain players name, jersey number, and position.
 - iii. Players may be added to your roster until the start of the 4th week of play. (09/16)
 - iv. Updated rosters must be emailed to the league manager the Monday before each week. (09/02, 09/09, 09/16)
 - b. Each player on your roster must be at least 18 years of age.
 - c. All games played without a roster will be forfeited.
 - d. Teams must have at least four players on the court to play.
 - i. Any team that drops to three players will forfeit.
- 5. Team Manager's Role
 - a. Each team shall designate one team manager before the game begins for each game.
 - b. The designated team manager (and only the team manager) shall be responsible for all interactions with the officials.
 - i. Managers may discuss rule interpretations but may not discuss judgment calls.
 - ii. Managers are expected to be respectful toward officials - the team manager does not have the right to question judgement calls or speak to the official in a rude or disrespectful way. (Technical Foul)
 - c. Team managers are responsible for ensuring that all players and spectators who are with their team behave in an appropriate manner. (Technical Foul)
- 6. Game Time
 - a. Games will begin promptly at the scheduled start time.
 - i. If a team only has four players present at gametime, they must play with four.
 - ii. If a team does not have four players present at ten minutes past the scheduled gametime, they will forfeit the game.
 - b. Games will consist of two 20-minute halves, and a 10 minute halftime period.
 - c. The clock will be running time except:
 - i. The final 2 minutes of the second half (unless a team is ahead by 20 points or more)
 - ii. An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is up to the officials' judgment)
 - iii. A time out is called.
 - d. If teams are tied at the end of regulation, a two minute overtime period will be played.
 - i. In overtime, the clock stops during the final 30 seconds.
 - e. Officials may correct a mistake by scorekeepers.
 - i. If a team requests a scoreboard correction, and no mistake is found, that team will be charged with a time out.
- 7. Official Score and Scorekeeper

- a. Managers or a team representative must present a gametime roster to the score table prior to each game. Players first and last name along with jersey number shall be entered into the stat app.
 - i. Only players who are present shall be listed in the stat app at the beginning of regulations.
 - ii. Players arriving late may be added to the stat app without penalty.
 - iii. Players may not enter the game until they've been entered into the stat app.
 - b. The running stat app will be the official score and foul count.
 - c. Teams are encouraged to closely monitor the scoreboard and keep their own scorebook.
 - d. Teams shall alert the officials immediately if any errors occur.
 - i. If a team alerts the officials to an error (That requires a clock stoppage) and no error is found, the team shall be assessed a timeout.
8. Putting the ball in play
- a. Jump balls will only be used to begin the game and to begin all overtime periods.
 - b. All other jump ball situations (including half time) will be determined by alternating possessions.
 - c. The officials shall handle the ball after every whistle.
9. Time Outs
- a. Each team will be allowed two one-minute timeouts per half.
 - b. Unused timeouts do not carry over between periods.
 - c. If overtime is played, each team shall be awarded one timeout per overtime period.
10. Dunking
- a. Dunking is allowed in games, however, players may not hold onto the rim.
 - i. Players holding onto the rim (even briefly) will be assessed a technical foul.
 - b. Any player caught dunking during any non-live situation will be assessed a technical foul.
 - i. This includes dunking after a whistle, or during a stoppage in the game.
11. Fouls
- a. Any participant who is assessed five personal fouls will be removed from the game (fouled out).
 - b. A technical foul is considered a personal foul.
12. Free Throws
- a. Players may enter the lane once the ball leaves the shooters' hand (on release)
13. Technical Fouls
- a. All technical fouls are two shot fouls plus the ball at mid-court.
 - b. Any players who receives two technical fouls in a game will be ejected from the game and will be suspended for a minimum of one game .
 - i. Note - This excludes technicals for jersey violations.

- c. Any player who receives three technical fouls during the season will be suspended for the remainder of the season.
 - i. Note - This excludes technical fouls for jersey violations.
 - ii. This includes tournament play.
 - iii. Refunds will not be given for expelled players.
 - iv. Players who receive 3rd technical foul during the final game will be suspended for the next season.
- d. Attempting to play with a suspended player may result in a team suspension.

14. Flagrant Foul

- a. A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves but is not limited to violent contact such as: striking, kicking, kneeing or an attempt to injure.
- b. Any player who receives a flagrant foul shall be ejected from the game and will serve a minimum of a one game suspension.
- c. A flagrant foul will also count as a technical foul.

15. Player Conduct

- a. DC Fitness recreation program who aims to create a welcoming environment for all players. As such, the following conduct expectations are in place for all adult basketball games.
- b. The following actions may result in a technical foul.
 - i. Use of profanity.
 - ii. Complaining about or questioning an official's judgment call by a non-team captain.
 - iii. Persistent complaint about judgement calls by any player (Including captains)
 - iv. Abusive or profane language by a spectator (team technical shall be assessed).
- c. The following actions shall result in a technical foul, double technical (ejection), or flagrant.
 - i. Use of profanity towards an official or an opposing player.
 - ii. Making a comment that is personal in nature to or about an official or opposing player.
 - iii. Any attempt to "bait," taunt or otherwise instigate an opponent.
 - iv. An attempt to physically intimidate an opponent or official.
- d. Any physical contact with an official will result in ejection from the league and notification of authorities.
- e. Note: The officials jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur before, during and after the games are all subject to a technical foul, flagrant foul or ejection.
- f. Alcohol and tobacco is not permitted to be on-site during DC Fitness activities.
 - i. This includes attempting to enter on-site activities under the influence.

16. Fighting

- a. Any player who is ejected for, or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season (including the tournament)
- b. DC Fitness will use a strict definition of fighting, and shall impose the fighting for penalty for any of the following actions:
 - i. Throwing a punch (regardless of whether or not it is landed).
 - ii. Slapping or pushing a players face or head area.
 - iii. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team).
 - iv. Any violent, physical act on another player outside of the actions allowed in basketball.
- c. Any player who leaves the bench while an altercation is happening shall be considered to be fighting (exception: if an official specifically asks players to help to restore order)
- d. The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.

17. Officials

- a. The officials for the DC Fitness adult basketball league are contracted from an outside officials' organization and are not employees. However, the officials are expected to treat players in a professional and respectful manner, and uphold all the rules and policies in this manual.
- b. DC Fitness contracts for two officials per game and intends to play each game with two officials.
- c. In the event that one official is unavailable, a game may be officiated by one official and will be considered an official game.
- d. The \$35 official fee must be paid by the team one week in advance. The first weeks fee is due no later than August 27th, then on game day each week after. Failure to pay your officials fees will result in a forfeit and a \$10 penalty for the following game.

18. Team Conduct

- a. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeiture of all fees.
- b. Officials and teams shall report all poor sportsmanship to the league manager.

19. Rules not Listed

- a. Any rule not listed in this manual will be governed by the NFHS (high school) rules.

20. Forfeits

- a. If you must forfeit please call the league manager (323-578-1991) as soon as possible.

21. Schedule, Standings, and Statistics

- a. All standings, schedules, and statistics will be emailed to the team captions one week prior to the season starting and the following Thursday of each week.

22. Champions

- a. League champions will receive championship tee shirts and half off their next two months of gym membership.

23. Locker Rooms

- a. Each team will have access to either the home or away locker rooms 10 minutes prior to game time and 10 minutes for half time.
- b. Teams must respect the locker room areas by cleaning up after themselves after each game.
 - i. If this policy is not upheld it may result in a team technical foul for the following game.

24. League Fees

- a. The DC Fitness adult men's basketball league will be included in your monthly gym membership fees.
- b. Players must have and maintain a paid membership from league start to finish.
 - i. Failure to do so will result in the loss of your participation in the league.
- c. Attempts to play without a paid membership will result in a suspension of the rest of the current league and the following season.