

Adult(18+) Basketball League Rules (Summer 2023)

League Details:

- There will be seven regular season games played in the season, followed by single elimination playoffs. Every team makes the playoffs.
- Two OHSAA referees will officiate all basketball games.
- At half time of each game, there will be a short devotion and prayer.
- Players must wear a Jackson Friends Church jersey in games, unless they have matching jerseys of their own.
- Players are not permitted to wear necklaces, bracelets, earrings, or any other type of jewelry during game play.
- All teams must have at least seven guys on the roster. Off-roster substitutes may only play when a roster is missing a player(s) on a given week (see sub details at bottom of this page. Substitutes will also have to sign a liability/infectious disease waiver before participating in their first game.
- A technical foul will result in five minutes on the bench for a player. Two technicals in a game results in sitting out the remainder of that game and first half of the next. Receiving three technicals in the season could result in a multiple game suspension/could result in being booted from the league with no refund.

Game Rules:

- Games will be played in two 20 minute halves, on a running clock. Clock will stop on dead balls under one minute in the first half (NOT including made buckets) and under two minutes in the second half (including made buckets). Clock WILL run continuously under two minutes IF a team is winning by 20 points or more.
- If the game is tied at the end of regulation, there will be a two minute overtime, with clock stoppage. If no winner after first overtime, second overtime will be ONE minute long. And this will continue until there is a winner.
- Both teams will be allowed two 30 second timeouts per half (no carry over). In overtime each team will have one timeout per overtime period.
- Players will foul out at five fouls in a game.
- On free throws, players may enter the lane upon the ball release. Players behind three point line and the shooter must wait until the ball hits the rim.
- Players will not disrespect referees. Any foul language or poor behavior towards our referees can result in suspension.

Playoffs:

- Seeding will be determined by standings. Any ties will go to head-to-head standings. If not resolved by head-to-head, highest ranking win is next, and so on...
- Single elimination playoffs, once a week on scheduled basketball day(s) for that division. Championship game dates may be on a different day if agreed upon by teams.
- See playoff substitution rule below.

SUBSTITUTION RULES BELOW

SUBSTITUTING RULES FOR REGULAR SEASON/PLAYOFFS

Regular Season: Off-roster subs are only allowed when a team has SIX rostered players or less for a game. Six players, one sub allowed. Five players or less, two subs allowed. IF you only have two rostered players or less available for a given week, it will be a forfeit but you can bring more subs to still play the game. Each substitute can play a maximum of four regular season games, as anything over that, they need to be a paid player.

PLAYOFFS: If five rostered players or less show up, one sub is allowed to play the full game. If six or more show up to play, no subs are allowed. Only special circumstances would allow for any other substitutes, at director's discretion.

IF in a playoff game two teams can agree upon a rule change to allow more subs or more leniency with the sub rule, that is fine. But must be agreed upon by both teams.

***This is to be a fun, competitive league. Remember life is more than basketball! Be an example on and off the court! LET'S BALL!**