



Town of Henrietta

Men's Adult Basketball League RULES

I. ELIGIBILITY

1. Players in the Men's Basketball League must be 35 years of age or older at the start of the season. *(Teams are allowed to have 1 player exception on their roster who is 28 years or older.)*

II. ROSTERS

1. Each team must fill out a complete team roster and liability waiver prior to the start of the league. Rosters MUST be turned in no later than one week prior to the start of the league.
2. All players on roster must have a valid membership at the Henrietta Recreation Center.
3. Additions may be made to rosters throughout the season as long as new players have a valid membership with the Henrietta Recreation Center. If a team is adding the "28 and older exception player", they must remove the original player fulfilling that role on their roster.
4. All players will be required to scan membership tag at front desk upon arrival to each game along with signing in with site supervisor.
5. All players must have played in four (4) regular season games to be eligible to play in the playoffs.
6. Rosters will be monitored and any team found using ineligible player(s) will result in forfeited game(s). Ineligible players will be removed from the roster and may not be replaced. If a team cannot complete the season, the entire fee is forfeited.

III. LEAGUE RULES

1. Games will be 4-on-4 play. GAME FORFEIT TIME: A.) Teams are recommended to be at their court at least five (5) minutes prior to their scheduled game time. B.) A five (5) minute grace period will be instituted if one of both teams are not ready to begin play at the assigned game time. If one of the teams is not ready to play at the conclusion of the five (5) minute grace period, a forfeit will be declared. *The five (5) minute grace period starts at the scheduled game time.* C.) To start a game, teams must have at least 3 players per team.
 - If a forfeit is determined due to lack of players, and if both teams desire, the teams scheduled to play at this time still have the rights to the court and may play in a scrimmage or pickup game which will not count in the standings.
2. A game will consist of two (20) minute halves. The clock will remain running, except for the last 2 minutes of the second half and only if the score is within 10 points or less. At any point within the last 2 minutes, if a team comes within 10 points, the clock will stop. If a team then falls behind by more than 10 points, the clock will continue to run.
3. If the game is tied at the end of regulation, there will be one (4) minute overtime. Each team will receive one timeout for the overtime period. The overtime period will be a running clock, except for the last two minutes if the score is within 10 points or less. If the game remains tied at the end of overtime, a sudden death – first team to score will determine the winner.
4. A tie in the standings will be broken by head to head records between all teams involved. If a tie remains, then total point differential (plus/minus) against each other between all teams involved



will determine the tiebreaker. Point differential is the difference in score between the winning team and losing team. However, the maximum amount of points awarded for a win will be +15, and the minimum for a loss will be -15. This is to prevent teams from “running up the score”.

5. Individual Technical Fouls – A player receiving two technical fouls will be automatically ejected from the game and also suspended for the following game as well.
Team Technical Fouls – If a team accumulates a total of 5 technical fouls over the course of the season, a loss will be assessed to the team. Each technical foul thereafter over the course of the season will result in another team loss being assessed.
Ejections – Any player ejected from a game for any reason will be automatically suspended for at least the next game. Repeated offenses will result in expulsion from the league. Any fighting between players will result in immediate removal from the league for both players.
6. Timeouts – Each team is allowed one timeout per half. Timeouts will be one minute in length and clock will stop. In the final two (2) minutes of the second half, each team will be awarded one additional thirty (30) second timeout if the game is within ten (10) points. The first half timeout DOES NOT carry over into the second half. Clock will resume once ball is deemed “in play”.
7. Each team is responsible for keeping their own score and team fouls. Personal fouls will not be kept. (scoreboard will be provided). On the 7th team foul, opposing team will shoot 1 and 1 foul shots. On the 10th team foul, opposing team will shoot 2 foul shots. The clock will continue to run during foul shots, except during the last two (2) minutes of the game if the score is within 10 points. Team fouls will reset in the 2nd half.
8. Foul Shots – Players may move on release, not on the rim.
9. Hockey Style Substitutions – Substitutions may be made on the fly in a team’s defensive court as long as the substitution does not give a team an advantage. Players must enter and exit the playing court at the team bench location only.

III. MISCELLANEOUS

1. The referees are to be RESPECTED AT ALL TIMES!!!
2. FOUL LANGUAGE WILL NOT BE TOLERATED IN ANY SCENARIO. Referees are instructed to use warnings, technical fouls, and ejections when deemed necessary.
3. Teams may enter the gymnasium fifteen (15) minutes before their scheduled game for that night. Please do not disrupt any other programs that are in progress and do not enter the court area until previous games have been completed.
4. Protest Rule: All protests must be received within 24 hours of game completion in writing accompanied by a \$25.00 fee, non-refundable. Protests will be reviewed by the Recreation Supervisor.
5. PLEASE DO NOT BRING CHILDREN TO GAMES! Spectators are requested not to attend. However, if there is a need for a spectator, they must observe the game from a safe location that will not interfere with play. Unsupervised children and disrespectful spectators will be asked to leave the facility. Spectating is not permitted on the track. The track is for member use only.

To view league information such as results and standings, visit our website at <http://parksandrecreation.henrietta.org>