

JCC Rockland Adult Basketball League Rules & Regulations

Rosters must consist of no less than seven players and no more than twelve players.

Absolutely no changes to the roster will be allowed once submitted.

All fees must be paid in full at the time rosters are submitted.

Teams will not be allowed to participate in any league practices, scrimmages or games after that date until all fees are paid in full.

All roster members must be 35 years of age or older.

All players must wear a shirt (can be a t-shirt) in the team color and must have a number on the back.

Teams must have at least four players present to start a game. In this situation the game is played 4 on 4.

Teams may play with four players but if during the course of a game a player gets hurt, is ejected or fouls out, they may not play with less than four players at any time and the game is a forfeit.

You may bring an injury replacement player, the player must be added to the roster, be at least 35 years old and have a shirt. If the injured player returns and the replacement player would like to stay on the roster, JCC will charge a prorated participation fee to the replacement player.

Any player ejected from a game due to receiving technical fouls or fighting will automatically be suspended from the teams next two scheduled game.

Any player ejected from two games due to receiving two technical fouls for fighting will be expelled from the league with no refund.

Any player ejected from a game for touching, pushing, or in any way engaging in physical contact with a referee, will be automatically suspended from the next game. Repeated violations will cause expulsion from the league with no refund.

Teams are required to be present fifteen minutes before designated game time. Forfeits will be enforced 10 minutes after designated game time. No exceptions!

Games will consist of two twenty-minute halves.

The game clock will continue to run for the 18 minutes of the each half, stopping only for timeouts and shooting fouls. The clock will stop for each referee whistle during the last two minutes of the half.

In the event of a tie score at the end of regulation time there will be a four-minute overtime period. During the four minutes, the 15 foul and the ball rule is dropped; the foul counts stays but the ball is eliminated. There will continue to be four-minute overtime periods until an eventual winner. The clock will continue to run for the first two minutes, stopping only for timeouts and shooting fouls, and will stop for each referee whistle during the final two minutes.

Each team will have two timeouts per half. They do not carry over to the second half.

In the event of overtime all unused timeouts will be forfeited and each team will receive 1 timeout.

Each player will be allowed six personal fouls per game.

During a foul shot, players are able to leave the line for a rebound after the ball leaves the shooters hand. The shooter must wait for the ball to hit the rim before advancing beyond the line.

One and One foul shots will be awarded on the seventh team foul per half two foul shots will be awarded on the tenth team foul per half and two foul shots plus the ball will be awarded on the fifteenth team foul per half.

There are 3 point shots.

Under no circumstances can a player be on more than one roster.