

Basketball

Forfeits:

Teams are required to have a minimum of 4 players to avoid a forfeit. If a team does not meet the requirement, they will forfeit the game. The opponent can still provide players to still play a game if they wish to do so.

Roster and Subs:

A team can have a maximum of 15 players on a team. All games are played 5 on 5. There are no playoffs, so subs are allowed throughout the season. However, they MUST complete the liability waiver before playing. This is the captain's responsibility to ensure a signed copy is received back to Bulldogs Adult Sports Elmira Inc prior to playing.

Game Structure:

Games are 50 mins long. 24 min halves with 2-minute half time, full court. There is no overtime.

All players are expected to wear indoor shoes. We aim to maintain good relations with the custodian staff, please ensure winter boots are kept outside of the gym and we leave the gym in proper order.

Home team is expected to wear a light colour jersey, away team will wear dark colour jersey.

Foul language, trash talk will not be tolerated as per our Sportsmanship guidelines.

RULES:

- Players must be 18 years or older.
- This is a co-ed league, although there is no minimum female requirement.
- Team captains' responsibility is to ensure everyone know the rules. This is an adult sports league focused on having fun and staying active.
- Teams are expected to keep track of their own score. Scoreboards will be provided if they are preferred.
- Home team will start with the ball, inbound in their own end. Away team will start with the ball in the second half, inbound from the baseline.
- Travelling, double dribble, over and back, kick ball, 10 seconds to bring the ball over half, 5 seconds closely guarded are all enforced. Teams are expected to call their own calls and change of possession will occur.
- 3 in the key is not a rule, although good sportsmanship ensure you are not doing this out of respect on the game.
- Subs are allowed on a dead ball, or after a made basket.

- There are no time outs.
- If a team leads by more than 20 points, they cannot full court press.
- 3 pointers are allowed, anything behind the 3-point line is worth 3 points.
- Teams are expected to call their own fouls. If you commit a foul, please be honest about it and call it.
- When a foul is called the team fouled will receive the ball back on the sideline.
- If teams cannot agree on a foul call, the ball will go to the team who has the next possession.
- If the foul is a clear path foul, the offensive team will be awarded 2 points.
- Fouls include illegal pick, reaching in, holding, pushing, charges and clear path fouls.
- There is NO DUNKING allowed, if a player dunks, the point will not count.
- If there are any issues, captains are expected to reach out to Cassey Brubacher.
- Teams should complete the spirit score of their opponent, this is to ensure we are continuing to run a program that enforces sportsmanship and fun for all participants.