

# RSL's Men's Basketball League



# RULES & REGULATIONS

## ELIGIBILITY

All participants must be at least 18 years old and have completed registration, including signing the liability waiver and submitting any required payments. Players are responsible for providing accurate information, including team rosters and jersey sizes.

## GAME DURATION

Games will consist of two 20-minute halves, with a running clock. A 2-minute halftime. The clock will stop during the last minute of each half for dead balls. A mercy rule will be applied if a team leads by 35 points any time during the game, no exceptions. Overtime periods will last 3 minutes, with the clock stopping in the final minute.

## TEAM ROSTERS

Teams are allowed a maximum of 10 players on the roster. All players must be listed on the roster prior to the first game of the season. No mid-season additions or changes will be permitted unless approved by league management due to special circumstances, such as injury. If you have 3 or less players, you may pick up a player from within the league.

## UNIFORMS

Teams must wear matching jerseys with clearly visible numbers. RSL will provide jerseys if included in registration. No player will be allowed to play without a proper uniform. Players are responsible for maintaining the cleanliness and condition of their jerseys.

## GAME PLAY

Standard basketball rules as governed by NBA (National Basketball Association) will apply unless otherwise noted, such as break away fouls will not result in free-throws. Teams must pass the ball up to half court in order to advance the ball when in the back court in timeout instances. Any disputes or rule interpretations will be resolved by game officials, whose decisions are final.

## SPORTSMANSHIP

Unsportsmanlike conduct, including excessive arguing, taunting, physical altercations, or disrespect toward officials, opponents, or spectators, will not be tolerated. Penalties for unsportsmanlike behavior may include warnings, technical fouls, ejection from the game, suspension, or permanent expulsion from the league.

## FOULS

There are no personal fouls. Teams will enter the bonus after 6 team fouls. For shooting fouls, players will receive 2 free throws. Additionally, a defensive 3-second violation in the paint will be enforced with a team foul. Game delays past 5 minutes, jewelry, and out of uniform will result in Technical Fouls

## TIMEOUTS

Each team is allowed two 30-second timeouts per half. Unused timeouts do not carry over into the second half or overtime periods. In a overtime situation both teams will be rewarded one 30 sec time-out each.

## FORFEITS

Teams must have at least 4 players present to start a game. A 5-minute grace period will be allowed, after which the game will be declared a forfeit if the team does not meet the minimum player requirement. Games will be shortened to one 20 minute half. Repeated forfeits may result in removal from the league without refund.

## INJURIES

All injuries sustained during the league's activities are the responsibility of the participant. RSL is not liable for any medical costs or injuries. It is highly recommended that players carry personal health insurance.

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# CODE OF CONDUCT

## RESPECT

All participants are expected to show respect for referees, captains, teammates, and opponents at all times. Verbal or physical abuse, whether directed at officials or other players, will not be tolerated. Disputes should be handled professionally, and decisions made by game officials must be accepted without protest.

## FAIR PLAY

We promote fair play and expect all participants to play the game with integrity. Cheating, using illegal players, or any other form of dishonesty will result in disciplinary action, including potential suspension or removal from the league. Players are expected to give their best effort and avoid unsportsmanlike conduct, such as flopping or intentionally causing injury.

## SAFETY

Safety is a priority at RSL. Players are expected to take care of themselves and others by avoiding reckless play or behavior that could cause injury. If a player is injured, they are encouraged to seek medical attention and should not continue playing if it endangers their well-being.

## ALCOHOL AND DRUG POLICY

The consumption of alcohol or illegal substances before or during games is strictly prohibited. Any player found under the influence of alcohol or drugs will be immediately removed from the game and may face further disciplinary action, including suspension or expulsion from the league.

## SOCIAL MEDIA CONDUCT

Players are encouraged to engage with the league on social media in a respectful manner. Any derogatory or inflammatory comments directed toward players, officials, or the league will not be tolerated and may result in removal from the league. Positive engagement and sharing of game highlights and experiences are encouraged.

## ZERO TOLERANCE FOR VIOLENCE

Any act of physical violence, including fighting or aggressive conduct, will result in immediate ejection from the game, and potentially the league. RSL has a zero-tolerance policy for violence, and any such behavior will be met with serious consequences, including legal action if necessary.

## COMMITMENT TO THE LEAGUE

Players are expected to be punctual, attend scheduled games, and be committed to their team. Repeated absences or tardiness without valid reason may result in disciplinary action or removal from the league.