



ADULT MEN'S BASKETBALL RULES & GENERAL INFORMATION

GENERAL INFORMATION

1. **Uniforms/Team T-Shirts:** Players must have the same colored shirts on with each shirt having a number.
2. **Minimum Players to Play:** A team must have at least four (4) players ready to play by five (5) minutes after the start time, or they forfeit that game.
3. **Roster Rules:**
 - a. Rosters must be submitted prior to the start of the season to the Zeeland Recreation office.
 - b. Players must be 18-years-old or older to play in league and cannot be a current high school student-athlete.
 - c. Rosters must be written in the scorebook at least five (5) minutes before game time.
 - d. No player may play on a team if they are not on the official roster on file with the Zeeland Recreation office.
 - e. No player may be added to a team's roster after the third game of the season.
 - f. Players must have played in at least one regular season game in order to be allowed to play in a tournament game.
4. **Sportsmanship:**
 - a. Only the team manager may request an official for an explanation or application of rules at any time.
 - b. Physical contact with an official will result in a lifelong ban from Zeeland Recreation adult sports leagues.
 - c. Two technical fouls and/or player ejection = At least a one (1) game suspension, with potential for multiple games depending on the situation and decision by the Zeeland Recreation director.
 - d. Two ejections in one season = At least a three (3) game suspension, with potential of suspension from the league for the remainder of the season depending on the situation and decision by the Zeeland Recreation director.
 - e. Physical contact with an official or opponent will result in a lifelong ban from Zeeland Recreation adult sports leagues.
5. **End of Season T-Shirts:** Championship t-shirts will be awarded to the teams that win the regular season and tournament championships
6. **Tie-Breaker Rules:**
 - a. In the event that two teams end the regular season with the same record, the head-head match-up win-loss results are used as the tie-breaker. If the head-head win-loss results do not result in one team being crowned the clear champion, co-champions will be named. Point differential does not factor in any way.
 - b. When determining tournament seeds, the head-head match-up results are used as the tie-breaker. If the head-head match-up review does not result in one team being crowned the clear champion, a coin flip will determine seeds.



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RULES:

Michigan High School Athletic Association (MHSAA) rules will be followed, with exception of the following:

1. Clock Rules:

a. 20-minute running clock halves. However, the clock stops for:

- Time-outs
- Dead balls in the last 30 seconds of the first half
- Dead balls in the last two minutes of the second half

b. Overtime Rules:

- First OT: three (3) minute overtime period will be played.
- Second OT: two (2) minute second overtime period will be played
- Third OT: one (1) minute third overtime period will be played
- Fourth OT: Sudden death. The game is completed when the first shot or single free throw is made

2. Subbing: Subbing is only allowed on dead balls and when the official(s) signal player(s) in.

3. Jump Balls: After the first tip, alternate possession determines possession on a jump ball.

4. Team and Personal Fouls:

- a. 7th team foul = 1 & 1 bonus
- b. 10th team foul = double bonus
- c. Five (5) personal fouls = fouling out

5. Running Clock: Occurs when there is a 20 point spread with two minutes left or less in the 2nd half.

6. Free Throw Rules:

- a. Players lined up on the free throw lane lines may enter the lane upon release of the ball
- b. Both the shooter and players behind the three-point line cannot enter inside the three-point line or free throw lane until the ball touches the rim

7. Time Outs & Halftime:

- a. Two (2) time outs are allowed per half with a five (5) minute half-time break.
- b. Timeouts from first half do not carry over to 2nd half
- c. Each team is awarded one (1) time out in each overtime period. Time outs do not carry over from regulation or from any other overtime period