

2023-24 Basketball Rules (Men's & Coed)
Pete Benson - Commissioner
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RULES:

- 1- We will use High School Rules as our starting point. Other rules will be explained within these rules. This is 5 on 5 (3 guys/2 girls for Coed).
- 2- Time: Two(2) 20 minute halves of running time for each game. **Last 2 minutes** of each half is stop time. OT is 2 MINUTES stop time.
- 3- Timeouts: FOUR(4) per game, if you do not use one in first half – lose it(only 3 max carry over to the second half. In Overtime each team gets 1 extra TO(Any double OT – no TOs extra).
- 4- Fouls: each player has **6** fouls and then fouls out. 2 technicals is an ejection(and game suspension). If there's any flagrant fouls, also will be penalized – loss of possession.
- 5- Bonuses: We will use the 1-1 for free throws after 7 team fouls, and bonus(2 shots) after 10 team fouls *(Please with clock running – get set quickly for all foul shots)
- 6- Games start with a ball toss, but then we use alternating possession for rest of game. If OT then we will do another ball toss(1 TO added per team).
- 7- Courts @ McBrides , Washington Avenue Armory, Albany Academy for Girls & Boys too. Games will be every hour – not much warmup time – captains help with sweeping of courts when needed. Game times typically 6pm/7pm/8pm/9pm. If you are SHORT a guy or girl, you will be allowed to start with 4, but other team still plays with 5 players.
- 8- We need to leave gym the way we saw it – please clean up all empties/clothes take with you. There is a bathroom we can use, downstairs – but also, keep it clean, thanks.
- 9- Playoffs is SINGLE elim tourney style – seeds go by record, and if tiebreakers usually head to head/record vs playoff teams/points system for wins/losses. No NEED to run up the score ever...thanks. FINALS can be best of 3 series.
- 10- This is an Adult league – NO Trash talking/no swearing at other players or refs! Team will be Warned first, then T'd up(IF ref feels player needs to go, then there can be NO warning – UP to the league commissioner to decide length of suspensions. It's an adult league, let's all act like it. Thanks and have fun!
- 11- Subbing – Since clock is still running, please be efficient – we will stop play to get subs in(Dead Ball or REF blows whistle. MUST wait for REF to call you in).
- 12- PRESS – we are using FULL press for entire game. **NEW – NO Press after UP by 20 points
- 13- Adding to Rosters – NO Adding to your Rosters after January 7th, 2021.
- 14- All Players NEED to play in a MINIMUM of THREE(3) games to play in playoffs.
- 15- Advancement of Ball Under 1 min – IF you take a timeout after gaining possession or at dead ball(but your possession) – you may advance the inbound to the front court.*Team MUST specify advancement or no.
- 16- NO JEWELRY or FITBITS are to be worn – it's not safe. Refs will ask all prior to game to remove them.

We CAN ADD to these rules if league votes for or against something. Let me know your suggestions.

Pete Benson, Commissioner of Benson's Empire State Sports Leagues