

**2022-23 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 2:00 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.
- 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 toss, but then we use alternating possession for rest of game. If OT then we will do another 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 can still play 5.
- 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 double 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
- 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 – 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.
- 13- Adding to Rosters – **NO** Adding to your Rosters after January 7<sup>th</sup>, 2021.
- 14- All Players **NEED** to play in a **MINIMUM** of **FOUR(4)** games to play in playoffs.
- 15- **\*\*Not NEW** – 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.

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