

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 7th, 2021.
- 14- All Players NEED to play in a MINIMUM of FOUR(4) games to play in playoffs.

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