

2024-25 Basketball Rules (Men's & Coed)
Pete Benson - Commissioner
518-269-1293/pb7171@yahoo.com

RULES:

- *NEW- IF you do not have enough to play at game OR within 24 hours – FORFEIT FEE \$100
- 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. *CLOCK does NOT stop on MADE baskets!!
 - 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 extra OTs – 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! **ALSO – NO SMOKING IN BUILDINGS – IMMEDIATELY KICKED OUT OF THE LEAGUE IF CAUGHT!
 - 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. *NO Press after UP by 20 points
 - 13- Adding to Rosters – NO Adding to your Rosters after WEEK 6.
 - 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.

Pete Benson, Commissioner of Benson's Empire State Sports Leagues
Rules will be online and in scorebooks – bensonssports.com