



ADULT BASKETBALL LEAGUE RULES

Disqualification: The Turnaround Athletics league has a zero tolerance policy. A team and/or player are subject to immediate disqualification from the League for any misconduct deemed inappropriate, unacceptable, unsafe and/or abusive by the League Officials. This includes but is not limited to defacing and/or destruction of playing site property, trashing team bench area, fighting, un-sportsman like play and/or conduct, or ineligible players.

Foul language and poor attitudes will not be tolerated in this league. Issues of this nature could cause you to be removed from the league without a refund.

The team captain is held responsible for the conduct of his players and fans. Any misconduct by Captains, Players or Fans will result in a technical foul. The opposing team will be given a two shot technical free throw. Misconduct resulting in a second technical foul, the offender will be ejected and asked to leave the campus and will not be allowed to return. No protest will be allowed.

A Team Captain is also responsible for:

- Communicating with the players about the schedule, rules, and any additional information Turnaround Athletics deems important
- Coordinating the substitution pattern during games. All players must set out at least 5 minutes per game.
- Leading the pre-game devotionals.
- Leading the prayer (or enlisting a member of his team to lead the prayer) with both teams prior to the start of the game (Home team captain is responsible for the pre-game prayer).
- Enlisting a prayer partner (can be a player on the team or someone else) who will commit to praying for the team and the league and coordinate prayer requests for that team.
- Making sure table responsibilities are coordinated
 - Each team is responsible for working the table (score sheet, score clock) after participating in their game. Example if you play the 5 pm game you are responsible for working the table for the 6 pm game.
 - The exception is the last team scheduled will work the table for the first game scheduled. Example if the first game scheduled is 4 pm and the last game scheduled is 7 pm, the 7 pm teams must have a representative to work the table for the 4 pm game.
 - **If you do not have a representative to work the table for your designated game, the team captain will work the table for their own scheduled game the following week.**

Any disqualification is the sole decision of the League Officials. No Refunds will be issued in the event of disqualification.

Team Draft (draft leagues only): Each player will be drafted to a team by a team captain. It is important that participants complete the registration information as accurately as possible so team captains can make informed decision during the draft process and teams will be competitively balanced. Players may be moved to another team to adjust team competitive balance if needed.

Forfeit: The game will be forfeited if a team is not ready to play after grace period. Teams will be given a 10 minute grace period. You must have a minimum of 4 players to start the game.

Team Devotionals:



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All players must attend devotionals prior to their games. Devotionals are conducted 30 minutes before games, typically at half time of previous game. If a player is not able to attend or will be late, that player must notify his team captain as soon as possible. If a player is consistently missing and/or late to devotionals then the team captain will speak to participant to discuss the importance of attendance. If missing/lateness continue a league official will meet with participant and determine if continuing in the league is feasible. **Teams and/or individuals who do not attend the meetings prior to the game to discuss the devotion provided by the league will be removed from the league without a refund.**

Penalties for missing devotional:

- Participant late – he/she will not be able to play the first quarter of the game.
- Participant does not attend devotional - he/she not able to play first half of game.

***It is essential that captains from both teams hold participants accountable to attending devotionals.**

Substitutions: An individual player cannot play the whole game; each player has to sit out 5 minutes. All players must check-in at the scorer's table for substitutions. If a team determines it will have less than the number of players on its roster at game time, that team can get a substituting player from another team. The substituting player must not have been picked in the draft in the same or lower rounds of the player he is substituting for. Each captain will be given a roster with the draft order to confirm substitutions. It is up to the team captains to confirm substituting player eligibility.

Length of Games: Four 10-minute quarters, 1 minute between quarters and 2-minute half time. A regulation clock will be used. The referee, a time out or a technical foul can only stop the clock. The following exception will apply; the clock will stop on every dead ball during the last two minutes of the second and fourth quarters. Maximum pre-game warm-up 5 minutes (subject to change)

Time-outs: Each team is given four time-outs per game (2 – 1 minute) per half. Time-outs do not carry over to overtime.

Overtime: First overtime 3 minutes, second overtime will be 2 minutes. Each team is given 1 – 30 second time out for overtime. Third overtime will consist of 5 free throws per team. Only one player from each team will be allowed to shoot the free throws. If both players make all 5 then they each will shoot three.

Uniforms:

- **Draft leagues:** All new paid registered players will receive one official Turnaround Athletics reversible game jersey. All participants must wear the official game jersey or they will not be allowed to participate in the game. Additional game jerseys will not provide at game time. The home team in each game will wear light colored jerseys and will be listed first on the schedule.
- Teams are required to have home and away jerseys (one light/one dark) or a reversible jersey. The home team in each game will wear light colored jerseys and will be listed first on the schedule. Jerseys must have number on both front and back, must be permanent (no tape or markers).

Rules not listed or interpretation of rule(s) will be left to the discretion of the referee and or the League Officials.

Goals and Ball Specifications: Official game balls will be provided by the Turnaround Athletics.

