



TEAM CO-ED BASKETBALL RULES

1. The game clock must start on time!
2. There will be two 20-minute running time halves. The clock will stop on dead balls during **the last minute of the 1st half and the last two minutes of the 2nd half only or on timeouts**. Teams are allowed **one timeout per half**. Timeouts are one minute in length. Half time is *4 minutes* long.
3. Male's baskets are worth **1 point**, behind the arc is **2 points**. Female's baskets are worth **2 points**, behind the arc is **3 points**.
4. Each team is allowed 6 fouls per half. On the 7th foul males will shoot 1 free throw (2 if fouled in the act of shooting behind the arc). Females will shoot 2 free throws (3 if fouled in the act of shooting behind the arc).. The clock will not stop for free-throws unless it is the last two minutes of the second half. Please shoot your free throws promptly out of respect for the running time policy.
5. The second team foul in the last two minutes of the second half is a free throw regardless of the team foul situation.
6. ****There is NO PRESSING (full court defending) if you are ahead by 10 points or more. ****
7. Absolutely no cursing, will result in a technical foul.
8. There are no backcourt violations at the East End School. Backcourt is a violation at the MBA gym. Teams must move the ball over half court within 8 seconds on either court.
9. 5 Seconds will be called when a player is closely guarded.
10. **BREAKAWAY AND FLAGRANT FOULS:** For safety reasons, any player who is fouled from behind while on their way to a layup or who receives a hard flagrant foul against them will be awarded an **automatic 2 points** and the ball back.
11. Teams can sub on the fly, but not to your team's advantage. Try to sub on a dead ball or on offense.
12. **Regular season games can end in a tie.** During playoffs, 5-minute overtime periods will take place until there is a winner.

Co-ed Basketball League Policies

1. Teams are coed and consist of five players on the floor at one time.
2. No more than four males on the court at any given time. If there is no female player then the team must play 4 on 5 if no female is picked up.
3. Picking up players to **Avoid** a forfeit or playing shorthanded:

If a team is shorthanded, but has at least 3 players, they may pick up players from teams playing in the league. **Pick up players must be on a roster within your league.** When picking up players, you **MUST** inform the opposing captain & coordinator. The league coordinator has discretion to deny the pick-up or suggest another player be used if they feel the rule is being abused. You cannot pick up extra players, so only 5 total players. **If one of your regular players shows up late, one of the pickup players must stop playing.**

PICKING UP PLAYERS IS ONLY ALLOWED IN REGULAR SEASON GAMES, NOT IN THE PLAYOFFS. Gender playoff rule: one female from the team must be present for the game to count.

4. Players may be added to the team's roster up until the 3rd week of the season, after the 3rd week the team's roster is frozen. . Any "special circumstances" for roster additions or subtractions must be presented to the League Director and cleared by him/her before the player can play in their first game.
5. Team players must compete in at least 2 regular season games to be considered eligible for the playoffs.
6. The league director or court monitor has the right to ask a player to leave a game if they feel that their actions on the court are not appropriate or are not in accordance with league policies. Casco Bay Sports also reserves the right to ask a player to cease playing in the league if inappropriate actions continue. No refunds will be given.
7. **Please respect the official's calls. In order to keep league cost lower, we only have one official. It is very difficult for one ref to see all of the action. His calls are final and not open to negotiation. Arguing with the official will result in a technical foul. Players are allowed 1 technical/season, if you get a 2nd you must pay a \$10 fine (donated to charity) to return to action.** If it persists, a second technical and automatic ejection will be assessed. Any player who is ejected from a game will be suspended for the next scheduled game.
8. **Please pick up your belongings and leave the gymnasium cleaner than when you arrived.**