



Rules for Basketball

Sports Network and Fitness, Inc. rules for basketball are modified for indoor play in our facility.

General Rules:

- Individuals utilizing this facility do so at their own risk. The property owners, managers, league operators, officers, and staff of Sports Network and Fitness, Inc. assume no liability for any injuries or accidents, which may occur. Please refer to our Facility Pass/Waiver Form for complete details. This form may be downloaded from our website with ample time, signed and sent back to SNF prior to the participant's first league/tournament game.
- Conduct within the facility and on the court should be conducted in the spirit of good sportsmanship.
- Fighting, spitting, nose blowing, verbal abuse and foul language are not permitted. Doing so while playing will result in a foul, flagrant/technical, or ejection at the referees' discretion. Here are our general rules:

1. Play At Your Own Risk
2. Must Pay Before You Play
3. Be Aware of The Glass, Keep Hands and Feet Off
4. Absolutely No Alcohol Prior To Playing
5. Use Bathroom Lockers For Changing
6. No Cleats Allowed
7. Flat Non-Marking Shoes On Hard Court
8. Shirts Must Be Worn At All Times
9. No Ball Playing Outside of Turf Field Or Hard Court
10. No Fighting, No Spitting, No Foul Language
11. No Gum, Chewing Tobacco or Smoking Permitted
12. No Unattended Children Allowed
13. No Pets
14. No Glass Containers
15. No Outside Food or Drinks Allowed In The Facility
16. No Radios, Horns or Other Noise Making Devices
17. Dispose of Your Trash In The Proper Receptacles

Player Fees:

- Players must register online, over the phone, or at the desk prior to the deadline.
- All fees are to be paid prior to the first game. If player fee is not paid by the end of the second game the player will be charged a \$15 late fee.
- If a complete payment has not been made by the end of the second game your team will be forfeited and no monies will be refunded. You will not be able to play in any session without paying your teams/player fees up front.

Player Passes:

- Each player must sign the Sports Network and Fitness waiver form and pay the one time \$5 fee for a player pass. Each player will need to provide an identification that includes a birth date. Each week each player will need to show the player pass and check in with the referee prior to the start of the game. If player misplaces his pass he must pay the \$5 again to get a new pass. Should any player forget his pass (one time allowed) he must show proof of identification in order to play. Under no circumstances shall any player play without checking in with the referee. The referee cards will then be printed and the referee will verify that only rostered players are playing on the team.

Referee:

- The referee's calls on the court are FINAL and are not open for debate or discussion. If a situation warrants, the referee may end the game in order to protect the safety of all participants. If there are any comments/concerns regarding our officials, please submit them at support@snflive.com or in writing to the front desk.
- Calls made by the Referee will NOT be overturned. **See protest form.**
- Constructive comments about the officiating, rules or anything else will be accepted. They will be only accepted in writing and after 24 hours of the incident or game. We will not accept or hear any complaints during or after the game prior to the 24 hour rule. **See protest form.**
- Do not discuss officiating or the officials within the facility staff during or immediately after your game.

***Number of Players:**

- Adult & Youth: 5v5 (minimum 4v4) 4 players needed to start
- COED teams must consist of both 1 female and 1 male participant minimum to meet gender requirements
In the event a game does not have a male or female participant the following options maybe taken decided by the two playing teams:
 - Forfeit
 - play on as scheduled
 - play on as scheduled with a female's field goal = 3 points and 3pointers = 4 points, which must be decided prior to the start of the game.

TEAMS/ SUBSTITUTIONS

- A team consists of 5 players on the court but can be played with a minimum of 4.
- All Teams must have at least one female registered.
- Substitutions can be made during any pause of game after the referee's whistle is blown

UNIFORM/EQUIPMENT

- Teams are required to wear shirts of the same color. All players must add a last name and/or number to the back of their shirt.
- If both teams are wearing the same color jersey, pennies will be given to the away team.
- Players may not wear hats, watches, or jewelry.
- A men's size basketball will be used.

THE GAME

LENGTH OF GAME

- All games have a running clock.
- U-16 and younger: 40 minutes – two 20 minute halves with a 2 minute half-time
- H.S. and Adult: 50 minutes – two 25 minute halves with a 2 minute half-time
- There will be single elimination play-offs to determine the league champion
- Official Games: A game is considered “official” after one completed half of play. If there is an injury or other unforeseen circumstance like a power outage, the current score will stand as official once a half has been played.
- There is a 5 minute grace period before the game is declared a forfeit. The clock will always be started on time.

TIMEOUTS

- Each team is entitled to 1 forty second time-out per half.
Clock will not stop during a time-out.
- The alternating possession rule is used for jump balls. Tip-offs are only used at the start of the game and the start of any extra periods.

STARTING THE GAME

- A jump ball shall start the first half and overtime in the center restraining circle.
- The alternating possession rule is used for jump balls to determine team possession.

SCORING

NO DUNKING

3 points: A player must be leaving the floor from a spot on or behind the 3 point line.

2 points: All other field goals

1 point: Free Throw

**see “number of players” for optional scoring in certain circumstances*

OVERTIME

- Overtime period is 2 minutes with no time-outs. A jump ball will start the overtime period.

OUT OF BOUNDS:

Sidelines and All Netting

RULE CLARIFICATIONS

FOULS/FREE THROWS

- A maximum of 4 players can be along side the lane (each side) during a free throw; they can enter the lane as the ball hits the rim. The shooter and any player behind the free throw line may not cross the line until the ball has made contact with the rim or backboard.
- All technical fouls, intentional fouls, and "break-away" fouls will result in two shots plus the ball. Technical fouls count as personal fouls. The only case that a technical foul is not considered a personal foul is if a double technical foul occurs.
- Upon the seventh team foul in a half the opposing team will be in the bonus one-and-one situation. There is no double bonus.
- The clock will not stop during technical foul proceedings unless there is an unusually long delay.
- Only captains may address an official or scorekeeper on matters of interpretation and discussion.
- Five personal fouls on one player will result in that player fouling out of the game.
- Three flagrant technical fouls committed by one team in a game result in the game being ended at that point and forfeited and additional sanctions may be imposed.
- Two technical fouls committed by one player in a game result in that player being suspended for the rest of that game, plus the team's next game.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and is grounds for the entire team being dropped from the program.
- Any abusive language, physical gestures and untimely questioning of calls directed at an official, scorekeeper, or player is grounds for a technical foul. Bench technical may be called. Captains, control your bench.

ROSTERS:

High School and younger:

- The maximum roster size is 12 players. Maximum of 12 players may participate in any given game. There will be no guest players allowed outside the 12 players listed on the roster. If a team has an injury or other “circumstances” where by they lose a rostered player, that team may request that a new player be added to the roster. This additional player may not play until permission from SNF has been granted. If he/she plays before permission has been granted, those matches will be forfeited.
- All youth teams must have an adult representative on their bench during all games. This adult must be at least 18 years of age or older. Any team caught violating this rule will automatically forfeit their game and be subject to banishment from the facility. No more than 14 people may be in the player box at any given time (12 players, a coach, and an assistant coach).

Adults:

- The maximum roster size is 10 players. No guest players allowed. All players on adult teams must be over the age of 18 and players rostered in any over-30 division must be over the age of 30. In certain circumstances younger players may play with permission of SNF Management, the player’s Parent/Guardian permission, and a signed waiver. All players who play in the play-off and championship games must be on their team’s original roster from the start of the season. All rosters must be completed by the third week. No players may be added after the third week. If a team has an injury or other “circumstances” where by they lose a rostered player, that team may request that a new player be added to the roster. This additional player may not play until permission from SNF has been granted. If he/she plays before permission has been granted, those matches will be forfeited.
- Any team who has not completed a roster before their third regular season game risk having to forfeit play-off and championship games.
- Players can play for only one team within a division.

ALL:

- League players may be added to a team’s roster up to the third week. The referee has the discretion to evict players out of a team’s bench that exceed the maximum roster limit. All players must be rostered and able to provide proof of age on request. Team rosters may be inspected for accuracy at any time. Teams may make roster challenges at any time during a game – they will not be accepted after a game has been completed. Valid challenges will result in a forfeit for the violating team.
- Any team picking up players to play for their team and they are not on the roster or have a player play without a pass then the game will be considered a forfeit for the violating team.
- Unless specified as a COED competition, adult and high school players must play in their appropriate gender divisions due to liability issues.
- SNF reserves the right to combine age groups if necessary to equal the level of play or to fill divisions. Teams will be given the opportunity to withdraw without penalty if the situation does not appeal to them.