



Basketball Rules and Regulations of Play

GAME TYPE

- Full Court 5-on-5 basketball (If shorthanded, teams must have at least 4 people on the court to not forfeit).
- Two 20-minute halves Each team is allowed 1 (30 second) time-out per half - unused TOs do not carry over to 2nd half.
- Running clock except for final 2 minutes of the 2nd half (unless a team is up by 15 points or more) In the case of a tie at the end or regulation (during playoffs only) there will be a 2:00 minute overtime with each team being awarded one time-out for the overtime period. Each player must play a minimum of (3) three regular season games to play in the playoffs.

EQUIPMENT/GAME UNIFORMS

- No Idea Basketball t-shirts are your team's uniforms. All players must wear their current No Idea Sports t-shirt during games. (Fully registered players who don't wear their shirt will count as substitutes and subbing policies apply. If the player chooses to not follow the sub policy the game will count as a forfeit.)
- Any fully registered player who has received a team jersey and does not wear it the day of the game can be asked for photo ID during check in.
- Participants must wear sneakers. No black soled sneakers.

TEAM AND PLAYERS

- All players must be at least 21 years of age to participate.
- Teams consist of 5 players on the court with other team members as substitutes. All players must be in uniform (No Idea T-Shirt/Jersey). A team must field at least 4 of its own players to begin a game.
- There is no maximum number of players allowed on your roster.
- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the fifth week of play. After the third week, no new names may be added to a team's roster. If a team does not have the league minimum of players by playoffs, the season will end after the regular season is over. Only players on the roster will be eligible to play.
- Substitute players must sign a waiver prior to playing and pay the \$10/daily fee the day of the game. Subs are eligible for the playoffs if they participate in at least 3 regular season games.
- If a team is short players for a playoff game and no sub has qualified by playing in 3 regular season games, the captain may ask the opposing captain for approval of subs. This is up to the opposing captains discretion. If he/she approves an email must be sent to NIS prior to arriving at the game.

ROSTER REQUIREMENTS

- Captains will submit an official team roster to NIS prior to the first night of the session. Roster changes are allowed up until the end of the third week of play. After the third week, no new names may be added to a team's roster. Only players on the roster will be eligible to play.
- All teams must have a minimum of 6 fully registered players for the season.
- If a team is short the minimum number of fully registered players by the start of their game for week 4 they will automatically forfeit that game. This rule applies for week 5 as well.
- If a team is still short the minimum number of fully registered players at the end of their week 5 game (end of the regular season) the teams season will end and will be removed from the final 3 weeks of the league schedule.

GAME NIGHTS

- Teams may begin a game with a minimum of 4 players.
- If a team arrives with fewer than 4 players, it will give up 6 points every 5 minutes until the required number arrives. Game time will be modified based on when the game starts in these cases.
- Exception: Teams with less than 4 players may still play a legal game but only with the opposing teams consent. All teams consenting to play a legal game with less than the allowed minimum waive their right to a forfeit win.

SUBSTITUTIONS

- There is no limit on the amount of substitutions per team. Substitutions will only occur during stoppages of play.
- If you are short handed during the season you may pick up another No Idea Sports player not on your roster for the game. This will be allowed only if the other team is in agreement.
- Any non-rostered No Idea Sports basketball players may also play on a given night after signing a waiver and paying the \$10 daily fee.

FIELDING A TEAM

- The maximum number of players in the court is 5. The minimum number of players on the court is 4. There is no minimum number of women allowed on the court.

BEGINNING OF THE GAME

- The beginning of the game starts with a jump ball. Possession for all following jump balls are alternate possessions. The start of all overtimes begins with a jump ball.

TIME

- Play is divided into (2) 20-minute halves separated by a brief halftime break.
- There will be a running clock except for the final 2 minutes of play. During the final 2 minutes the clock will stop on all whistles and timeouts.
- During the final 2 minutes, time will remain running during made field goals. The clock will not stop in the last two minutes of the second half when one team is ahead by 15 or more points.

- The clock will be maintained by a scorekeeper or one of the referees. Each team is granted 1 timeout per half; unused time outs do not carry over to the second half.
- If in the first 38 minutes a TO is called prior to a free throw, the time will remain stopped during the free throws until the ball is live again.
- There is an unwritten 30-Second shot clock.

OVERTIME

- There will be no overtime during the regular season.
- During the playoffs, each overtime period is 2 minutes. The clock runs continuously during the first minute and stops in the last minute on whistles and timeouts. Each team is awarded 1 timeout per overtime period. Time-outs do not carry over from regulation to the overtime period. Except for playoffs, the game will end in a tie after 2 overtime periods have been played. In the playoffs 2-minute overtimes will continue until there is a winner.

PERSONAL/TEAM FOULS

- Personal fouls will be recorded for all leagues. Players will foul out after being awarded their 5th personal foul. All technical fouls will be recorded as personal fouls.
- The referee will call and track all fouls.
- All fouls are common fouls.
- For the first 5 (five) fouls in each game, shooting or non-shooting, the ball is taken by the fouled team at top of the key to resume play.
 - If the shooter makes the shot on a foul within the first 5 (five) fouls, the basket counts and the defense gets the ball at the top of the key.
- Beginning with the 6th (sixth) team foul, the player fouled will be awarded two (2) free throws regardless of if it is a shooting or non-shooting. If the player fouled is in the act of shooting beyond the 3-point line, they will receive 3 (three) foul shots.
 - The ball is dead after the 1st shot.
 - If the player makes the 2nd shot, the other team gets possession. If the player misses the 2nd shot, the ball is live.
- Additionally, after the 5th foul, if the shooting team is fouled in the act of shooting and the shot is scored, the points shall count and the shooting team shall shoot 1 (one) shot. If the player makes the shot, the other team gets possession. If the player misses the shot, the ball is live.
- If a team has committed less than 4 (four) fouls with only one minute remaining in the game, they will be permitted only one more foul before the other team shoots foul shots. If the first foul in the final minute is the 6th team foul, free throws will result as normal.

TECHNICAL FOULS

- Technical fouls are counted as personal fouls. Any individual that is assessed two technical fouls will be ejected from the game. (Depending on the severity of the technical foul a player can be ejected after being assessed 1 technical under the discretion of the referee.)
- Substituting on the Fly and not during a dead ball will result in a technical foul.
- All technical fouls result in 2 free throws and ball possession.
- Team Captain may select the player to shoot.

NCAA

- Normal rules and penalties of the NCAA apply unless exceptions have been made herein.
- The 3-point field goal is in effect if the court has a line marked.
- Backcourt violations will be in effect unless otherwise noted.
- Dunking may or may not be allowed based on the facility.
- When administering free throws the first marked lane space (the lane space adjacent to the end line) no player shall occupy this space.

A. The second marked lane space shall be occupied by opponents of the free thrower. No teammate of the free thrower shall occupy either of these marked lane spaces.

B. The third marked lane spaces on each side may be occupied by teammates of the free thrower.

C. The fourth marked lane spaces may be occupied by opponents of the free thrower.

Any player, other than the free thrower, who does not occupy marked lane space, must be behind the free throw line extended and behind the three-point line.

WINNING THE GAME

- The team with the higher score at the end of 40 minutes of play will be deemed the winner.

PLAYOFFS

- All roster players are allowed to participate in the playoffs.
- Photo ID, Facebook Page, or Email from NIS sent to the player will be required for check in during the playoffs.
- All teams will make the playoffs in a 4, 5, 6, and 8-team league. In a 7-team league the top 3 teams will make the playoffs. The number of teams who make the playoffs in leagues with a total number of teams above 8 will vary.
- Final standings and team position for playoffs will be determined in this order: Win/Loss Record, Score Differential, Head to Head (if applies), Points/Runs Allowed, Points/Runs Scored.
- Substitutes may participate in the playoffs if they have participated in at least 3 regular season games. Subs will have to pay the weekly fee to participate in the playoffs as well.

FORFEITING

Forfeit is strongly discouraged. Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least 5 players, including 1 female to start a game.

FORFEITING IN ADVANCE:

- If a team knows in advance that it is going to forfeit and not show up, a team member must contact NIS by 12:00 pm the day of the game. If NIS is notified on time, the team will be given losses for all scheduled matches but no further penalty.
- If a voicemail message is left or an e-mail sent, it is not considered notification unless a reply to the team is received. Failure to do so will result in forfeiting all matches, and the team will be ineligible for league playoffs and/or removed from the remainder of the schedule.

- Any team that does not notify NIS in advance of their scheduled game or at all will need to provide one full-rate individual deposit for the next season/sport they register for.

FORFEITING AT GAME TIME/AFTER 12:00 PM:

- Any team that forfeits after 12:00 pm the day of the game will be assessed a \$50. fee that will be given directly to their opponent. This money will go directly to the team which did not receive notice that they would not have an opponent that given night. All participants are expected to be able to make arrangements for subs or to notify NIS prior to 12:00 pm about their plans to participate in that week's games.
- Captains will forfeit his/her free season/credit if this occurs.
- If a team shows up short players, the remaining members who are present should mix with the opponent and play a scrimmage.

REFUNDS

Refunds are not provided once the season begins or day the season is scheduled to start. If you need a refund because you are unable to play prior to the season we are very happy to reimburse you for your registration as follows:

- Up to 2 Weeks Prior to League Start: FULL REFUND (minus \$5 processing fee)
- Up to 1 Week Prior to League Start: REGISTRATION MINUS \$20
- Less than a week until League Start through the Season: Refunds Not Available. Credit available for a future season if no longer to play due to injury.

Sportsmanship and FUN!!

Above all, this league is for FUN and the enjoyment of all those involved. NIS and its officials will eject/expel players for inappropriate behavior. In addition, NIS will remove any players and/or teams who cannot adhere to its policies and standards without refund.