

SUNDAY OVER 35 BASKETBALL RULES

Last reviewed and approved April 22, 2024

1) Fouls and Other Infractions:

- a. Fouls committed by a defensive player--A foul committed by a defensive player must be called by the offensive player (the one being fouled). If a defensive player calls a foul on himself, the offensive player must acknowledge that it was a foul. If he does not, the defensive players call will have no standing and will not stop play.
- b. Fouls committed by an offensive player--Either the offense or defense can call fouls (or any other type of violation such as traveling or charging) committed by an offensive player.
- c. Remedies--The only remedy (for any type of infraction) will be getting the ball, except for technical fouls (see #1d and #6 below) and fouls committed during the last two minutes of the first half and last 5 minutes of the game (See #3 below).
- d. Technical Fouls--If there is a foul on a fast break that is committed without any realistic chance of blocking the shot cleanly, the shooting team will get the 2 points and the ball if the shot is missed, and will get 3 points if the shot is made. This rule will be in effect during the entire game.
- e. Three seconds--There will be no calls for three seconds in the key. This is too much of a judgment call to enforce without officials. Therefore, we trust that everyone will try to avoid camping out in the key.

- 2) **Clock Management:** We play two 20 minute periods and each team will get one time-out per half. The clock will run continuously during the first 18 minutes of the first half and the first 15 minutes of the second half with the following exceptions: a) a time out is called by either team b) injury; c) ball goes outside the gym; or d) an official time out is called for some other reason by the game monitor.

- 3) **Special rules just before the end of each half:** During the last 2 minutes of the first half and the last 5 minutes of the game the following rules will be implemented:

- a) The clock stops when the ball is out of play (i.e. not running clock)
- b) If you get fouled in the act of shooting and make it, you will get the shot plus another point (i.e. if it was a three pointer, it would count as four)
- c) If you get fouled in the act of shooting and the shot was missed, you will shoot a foul shot worth two points (if you were shooting a two point shot when you were fouled); if you were shooting a three point shot, you will take a free three point shot anywhere behind the three point line. If you miss the free shot, you will get the ball out of bounds. If you make the free shot, you get the points and the ball goes over to the other team. It is the shooters call whether he/she was fouled in the act of shooting or not.
- d) During the last 5 minutes of the game only, a shot clock will be in effect. From 5 minutes to 2 minutes left in the game, it will be a 25 second shot clock. During the last 2 minutes of the game, it will be a 15 second shot clock. During the last two minutes of the game, the clock will stop on all dead balls, including a made basket.

4) Regarding Substitutions:

- a) If you have less than 6 of your own players, you can bring in subs up to 6 total players. This rule will not apply if you are missing your team leader, in which case you can add another player even if you have six of your own players.
- c) If one team has more than five players and the other team needs subs (either because they have less than five or because they want to have one sub), the team needing subs must first offer those positions to the other teams players. If those players elect to stay where they are (or if there are not enough of them to fill the need), then the sub positions may be offered to anyone else hanging around in the gym. **In any case, subs should be chosen in a way that achieves a reasonable balance between the two teams.**

- d) If a game starts out with one team needing more players and then other regular team members show up later, subs in the game that are not assigned to that hour (if any) leave the game first. After that, players that have crossed over (if any) return to their own team as soon as the other team has enough of their own players. A team having only five of their own players has the right to stay that way if they do not want to have a sub.
- e) As a general rule, subs have no entitlement to playing time unless they are crossing over from the opposing team (see 4c above). Any sub that is not assigned to a game that hour should be playing **only** when players that are assigned to that hour choose to be off the court (if ever).
- f) Subbing into the game should be done only when: i) your team has possession of the ball; ii) the other team has chosen to sub, or iii) there is a dead ball (i.e. play is stopped with one of the teams taking it out at the top of the key). A team cannot sub immediately after scoring unless they call a time out. Players coming into the game must go to the monitors table and be buzzed in before entering the game. The monitors will stop the game if a player comes on to the court before the buzzer sounds to let everyone know of the substitution.

Commissioners Note Regarding Playing Time:

Please remember that playing time should be shared among all regular team members (see rule 4c, d and e regarding rules that apply to those who are not regular team members). It is very important that everyone gets their share of playing time. Because all of us out there primarily for the exercise, getting playing time (i.e. exercise time) is much more important than winning.

- 5) **Blow Out Rules:** When a team is ahead by 20 points or more at any time during the game, the following rules will be in effect:
 - a) Close calls go in favor of a team that is behind;
 - b) No pressing or fast breaks
 - c) No three point shots by the team that is ahead—if they do, the shots count only 2 points;
 - d) If a team is ahead by more than 20 points at half time, the other team gets the ball to start the half without regard to who had the ball at the beginning of the game.

6) **Profanity Rules:** Consistent with Rec Center policies and other leagues (and because it is the right thing to do on Sunday mornings), our rules concerning profanities are as follows: The first violation will be a technical foul and the other team will get a foul shot worth two points and the ball. If there is a second violation by the same player, that player will be ejected from the game. If a player ejection causes a team to only have four players, then the team will have to finish the game with the four remaining eligible players. If a player is ejected from a game 3 times in one 14 week round, that player will be ineligible for all remaining games in that round. Enforcement of this policy will be the responsibility of the game monitor only. If he/she hears it, then it was probably loud enough for everyone else in the gym (such as kids, wives, the Rec Center person in charge, etc.) to hear it also.

Commissioners Note Regarding Game Monitors and Rule Enforcement

The game monitor's job is to enforce these rules and the spirit of these rules to the best of their ability. If there is a dispute concerning a call of any kind, the game monitor will make the call. It doesn't matter if he/she saw the play or not. It doesn't matter if they are right or wrong about NBA rules. In enforcing our rules as outlined above, the game monitor functions as a referee--their decision is final, cannot be appealed and should not be questioned. The game monitor is empowered to make decisions regarding clock management that ensure that all of our games start on time.