



GUIDELINES FOR THE 2023 INTRAMURAL BASKETBALL LEAGUE

1. **PURPOSE:** To provide basic rules and guidelines for play during 2023 Intramural Basketball League and Playoffs.
2. **DATES AND TIMES:** The 2023 Intramural Basketball League will begin on Monday, January 9, 2023. Games will be played at 1800 and 1900 on Mondays through Thursdays except for holidays. Playoffs tentatively set to begin on or around Monday, March 13, 2023.
3. **LOCATION:** The season and games will take place at Fitness Center II (215 Enterprise Way SW Washington, DC 20032).
4. **ELIGIBILITY:**
 - A. Players participating within this league are (Active Duty, Reservist, Dependent 16 and over, Military Retirees and DoD Civilians) who's self or sponsor is assigned too or live on Joint Base Anacostia Bolling. *Exception – Military Retirees do not need to be assigned to JBAB.
 - B. Each player must have a DoD issued Identification Card or DoD CAC. **NO EXCEPTIONS!!!**
 - C. DBIDs with MWR access.
 - D. Exceptions to player eligibility may be made by the Sports Coordinator
5. **REGISTRATION:**
 - A. Roster Forms are due no later than Tuesday, January 3, 2023.
 - B. Coaches meeting will be held Thursday, January 5, 2023 at Fitness Center I.
 - C. Rosters are limited to 20 players
 - D. Registration may be completed at www.quickscores.com/jbab under download documents 2023 Intramural Basketball Roster.
 - E. Teams will not be added to the league without submitting a letter of roster form.
 - F. Once a player has played with a team he/she cannot switch teams.
 - G. Players must have played in two (2) regular season game to be eligible to participate in the playoff.
6. **FORMAT:** During the season, the number of games will be determined based on the number of teams participating. Playoffs, seeding will be based on each teams win/loss record. Only the top 8 seeded teams will compete in a double elimination tournament for the championship. *A minimum of six (6) teams required for a league.
7. **RULES AND GUIDELINES:** Games will be played under the 2021-2022 NCAA Basketball Guidelines with the following modifications:
 - A. Games will be played in two (2) 20 minute halves with a running clock. The clock will only be stopped during official conferences, in case of injury, on dead balls in the final two minutes of the second half and on made baskets in the final minute of the second half. There will be a five (5) minute half time.
 - B. There will three (3) minute overtime period. Second half timing rules will apply.
 - C. There will be two (2) timeouts given per half. In the overtime period, one additional timeout will be given, however, not to exceed 2 timeouts for a given team.
 - D. A team may compete with four (4) players to avoid forfeit without penalty.

8. ADMINISTRATION:

- A. Game time is start time. There will be a 5 minute grace period for the 1700 game only to avoid a forfeit. The 5 minutes will be taken from the game clock. If the game does not start within the 5 minute window, the game will be forfeited.
- B. Each team is allowed one forfeit without penalty. A second forfeit will lead to your team being removed from the schedule.
- C. A team may start with four (4) players; however, the fifth player must be present and ready to play by the end of the halftime period to avoid forfeit.
- D. Protests and formal complaints may be formally submitted in writing for proper review and consideration. Protests will not be accepted on the basis of judgment calls made by the referee as their decision is final. Protests must be filed at first knowledge of the infraction and prior to the end of the game for it to be considered. Protest must then be presented in written form to the Sports Coordinator by 1300 the following business day.

9. EQUIPMENT

- A. JBAB Sports Program will provide jerseys for each game. Teams are welcome to provide their own jerseys as long as they are uniform and meet NCAA guidelines.
- B. **Game shorts WILL NOT be provided. Players are held responsible for bringing their own shorts to their scheduled game.**
- C. Shorts with pockets or belt loops are **STRICTLY PROHIBITED!**
- D. Players of opposing teams must wear contrasting colors.
- E. Jersey numbers **MUST** meet the NCAA standards. (Numbers 0-5 in any single or double digit combinations.)
- F. Jerseys must be tucked in at all times.
- G. Jewelry such as wrist watches, bracelets/rings, earrings, neck chains and/or any other items judged unsafe by the officials must be removed before gameplay.

10. CONDUCT AND PARTICIPATION:

- A. Acts such as extreme unsportsmanlike conduct such as verbal abuse, threats or use of profanity will not be tolerated in the Sports program. The sports office will revoke the privilege to participate in further activities for those continuously disrupt the atmosphere presented by JBAB Sports for competitive and spirited competition.
- B. The offender will be required to leave from "sight and sound" of the game within one minute. Failure of the offender to carry out the instructions of the officials will justify his/her team forfeiture. He/she will not be allowed to participate in the unit's next one (1) scheduled game.
NO EXCEPTIONS!!!!
- C. A second such offense by the same player or coach will not be tolerated and results in the disqualification of the player or coach for the remainder of this sports season.
- D. Any player or coach that intentionally strikes another person while engaged in the sport will be disqualified from further participation in **ANY** athletic activity for the **remainder of his/her assignment on JBAB.**
- E. Failure by a coach, manager or player to give the name of a disqualified player to the official **WILL** result in the removal of the team for the remainder of the season.
- F. All players that are ejected from a game will be reported to the Sports Coordinator by the head official no later than 1300 hours the next duty day. A list of suspended players will be maintained by the Sports Coordinator.
- G. Drinking of alcoholic beverages before or during scheduled games is strictly prohibited due to safety concerns. Determination of use of alcohol will be at the discretion of any JBAB Sports staff member or game umpire/official. Failure to comply will result in a two game

suspension for the first offense and a remainder of the season expulsion for a second offense. Appeals can be made. Repeated patterns of behavior may lead to overall expulsion from participation in any JBAB Sports Program.

- H. The use of tobacco or related products (i.e. chewing tobacco, e-cigarettes, vapes, etc.) will not be tolerated within a respectable radius of outdoor JBAB Sports events and **NEVER** while indoors. Failure to comply will result in a warning after the first offense, a one game suspension after the second offense, a three game suspension after the third offense and a remainder of season expulsion after the fourth offense. Repeated patterns of behavior may lead to overall expulsion from participation in any JBAB Sports Program.
- I. Extreme cases of misconduct and penalty not illustrated within these bylaws will be handled by the Sports Coordinator on a case by case basis.
- J. Appeals of all disciplinary action may be made to the Fitness Director.

11. WEATHER & SUSPENDED GAMES:

- a. The Sports Office prior to 1500 will determine if there is inclement weather (thunder/lightning/hail/snow). If games are not canceled by 1500 and if indeterminate weather still exists, the referees will make the call. IF YOU ARE IN DOUBT, CALL the Fitness Center at (202)284-3034 or email AF.JBAB.Sports@us.af.mil.
- b. If games are canceled prior to 1500 a cancellation email will be sent to the coaches.
- c. Suspended games will be afforded a reasonable waiting period before being cancelled. By reasonable, if it is apparent the inclement weather will pass, the referee will wait to resume or begin play. Any game started and then suspended for the night before the halfway point will be rescheduled from the point of interruption. Teams should ensure all relative information pertaining to the suspended game is on the scoresheet before leaving the playing area.

12. AWARDS:

- A. League Champion (For team with the best Win/Lose record during regular season)
- B. League Most Valuable Player
- C. Tournament Most Valuable Player
- D. Team Tournament Championship Trophy (1st and 2nd Place)
- E. Individual Championship Trophy (1st and 2nd Place)

13. MISCELLANEOUS:

- A. Any decision not covered in this publication will be left to the discretion of the Sports Coordinator.
- B. On days in which the OPM operating status presents a closed, delayed, or liberal leave status, games will be rescheduled as it is convenient to place them within the schedule.
- C. On days in which the weather turns bad during the work day, field and road conditions as well as weather forecasts will be factors in determining the game status for that particular day.
- D. Notice will be attempted to be given to everyone alerting them if the game will play. Game status will also be posted on www.quickscores.com/jbab or can be obtained by calling (202)284-3034.
- E. Games that are not cancelled or postponed before 1500 hrs. will be left to the discretion of the Officials.
- A. For further information, and registration, please contact JBAB's Sports Office @ (202)284-3034 or email AF.JBAB.Sports@us.af.mil