



Adult Basketball League Format and Rules

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Kansas State High School Activities Association (KSHSSA) official basketball rules are in effect with some exceptions. Below are listed rule modifications as well as some of the basic rules that will be utilized during league games.

1. League Format
 - a. The J's adult basketball leagues will break down into two sections each season: regular season and playoffs.
 - b. Regular Season: each team will play 8 regular season games that will begin on the determined start date for the season.
 - c. Playoffs: begins immediately following the regular season. The playoff format will be a single elimination tournament.
2. Rosters and Players
 - a. Teams consist of 5 players and games are played 4 on 4 full court
 - b. Players will be ranked 1-5 based on skill.
 - i. Players will self-rank when registering but that rank could change based on player performance, J staff and league captains judgment.
 - ii. Teammate requests can be made during registration but are not guaranteed.
 - iii. Subs must be even in rank or below the rank of the player being subbed for.
3. Equipment
 - a. Jerseys: players will be required to wear jerseys during games.
 - i. Jersey color shall be light for the team indicated as home on the schedule and dark for the team indicated as the away team on the schedule
 - ii. Jerseys must have a permanent number on at least one side
 - iii. Tape numbers will not be allowed
 - b. Non-Jersey Penalty: any player that does not have a jersey that meets the above criteria will be assessed as a technical foul.
 - i. Non-jersey technical fouls will not count towards a player's technical fouls that can result in ejection nor be recorded as a player's personal foul or as a team foul
 - ii. Non-jersey technical fouls will be one shot and occur just prior to the start of the game
 - c. Balls: the J will not provide game balls. Please bring an official men's (29.5) ball to warm up/play with.
4. Game time
 - a. Games will consist of two 23-minute halves.
 - b. The clock will be running clock except as follows when KSHSAA official clock rules will apply:
 - i. The final minute of the first half
 - ii. The final two minutes of the second half (unless a team is ahead by 20 points or more)



- iii. If a team takes time out
 - iv. An injury occurs that requires a stoppage of the game for longer than a normal stoppage (this is up to the official's judgement)
 - c. Officials may correct a mistake by scorekeepers.
 - d. Teams may play with as few as three players and games will start as scheduled.
 - e. Teams with less than three players will have until 10 minutes after the start time to get at least three players before a forfeit is declared. The game clock will start at the scheduled start time.
5. Putting the ball in play
- a. The home team will start with the ball.
 - b. All other jump ball situations will be determined by alternating possessions.
 - c. Officials shall handle the ball after every whistle.
6. Time Outs
- a. Each team will be allowed two one-minute timeouts per half.
 - b. Unused timeouts do not carry over between periods.
 - c. If overtime is played, each team shall receive one timeout per overtime period.
7. Fouls
- a. Each player is permitted 6 personal fouls per game.
 - i. Technical fouls are considered personal fouls and team fouls.
 - 1. Example: if a player commits 5 fouls and receives one technical foul they have fouled out of the game.
 - b. A team enters the bonus on the 7th team foul of a half and the double bonus on the 10th team foul of a half.
8. Overtime
- a. The first team to reach 7pts wins the game.
 - b. Overtime periods will start with the alternate possession.
 - c. Timeouts do not carry over from the second half. All teams get one time out per overtime period.
 - d. All technical, personal and team fouls carryover from the second half
9. Technical Fouls
- a. All technical fouls except jersey technical fouls are two shot fouls plus the ball at mid court.
 - b. Jersey technical fouls will only be 1 shot before the game begins)
 - c. **The first technical foul will result in the player who committed the technical to sit out for 5 minutes of game time.**
 - d. Two technical fouls in the same game will result in the player being ejected from the game and not allowed to return.
 - e. If a player receives 4 technical fouls in the same season they will be suspended for the remainder of the season and have to sit out one full season before they can return.
 - i. A suspended player may not substitute for any team during suspension.
 - f. **Swearing will not be permitted.**
 - g. Players may be given technical fouls for unsportsmanlike behavior.
10. Player Conduct



- a. Sports and Rec programs at The J aim to create a welcoming environment for all players. As such, the following conduct expectations are in place for all adult basketball games.
- b. The following actions may result in a technical foul
 - i. Complaining about or questioning an official's call
 - ii. Persistent complaining about judgement calls
 - iii. Abusive or profane language by a player or spectator
- c. The following actions may result in a technical foul, double technical (ejection) or flagrant foul.
 - i. Use of profanity toward an official or opposing player
 - ii. Making a comment that is personal in nature to or about an official or opposing player.
 - iii. Any attempt to "bait" taunt or otherwise instigates an opponent.
 - iv. Any attempt to physically intimidate an opponent or official.
- d. Any physical contact with an official will result in ejection from the league and notification of authorities.
- e. NOTE: actions that occur, before, during and after games are all subject to technical foul, flagrant foul, ejection or other disciplinary action.

11. Officials

- a. The officials for The J Adult Basketball Leagues are contracted from an outside officials' organization and are not employees of The Jewish Community Center of Greater Kansas City. Officials are expected to treat players in a professional and respectful manner and uphold all of J League rules and policies.
- b. The J contracts for two officials per game and intends to play each game with two officials
- c. In the event that one official is unavailable, a game may be officiated by one official and be considered an official game.
- d. In the event that no officials are present, teams may decide to proceed in one of the following ways:
 - i. Solicit a volunteer(s) to officiate the game
 - ii. Play a self-officiated game
 - iii. Declare the game a no-contest, so neither teams standings are affected.
 - iv. If options I or ii are agreed upon, the game must be played to completion. (games shall not be restarted if an official arrives)
 - v. Once a game has begun, it is considered an official game and cannot be replayed.

12. Rules not listed.

- a. Any rule not listed will be governed by KSHSAA (High School) Basketball rules.

13. Forfeits

- a. If you must forfeit, please let your opponent and the league manager know ASAP.

14. Champions:

- a. Winners of the post season tournament will receive championship t-shirts or other awards determined by J staff.