Lake Charles Ward 3 Recreation

LCW3-ACBL OFFICIAL RULES

(Must be 18 years or older)

Adult Basketball League

These rules and regulations were put in place by the Athletic Director of Lake Charles Ward 3 Recreation.
Other rules & regulations will refer to the NFHS Association.

I. **Court, Goal & Ball Dimensions:** Games will be played on an 84' x 50' court, 10' basketball goals, and with a 29.5 ball size.

II. **Defense:** ANY defensive strategy is allowed at any point during the game. This includes: Man to man, man to woman, zone, double team, trap, and/or full court press.

III. **Foul Play/Unsportsmanlike Conduct**: **ZERO TOLERANCE.** If the sight coordinator or official witnesses any acts of intentional grabbing, elbowing, cheap shots, or any unsportsmanlike act, it can result in a technical foul or an ejection from the game. Offensive or confrontational language will **NOT** be tolerated. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee may give a warning. If it continues, it can lead to player/coaches ejections.

IV. **Fouls:** After a team has committed 10-team fouls a half of play, the opposing team will be awarded a bonus of two free throws. The foul count will reset after each half, with the 2nd half fouls rolling over into overtime (playoffs only). After 5 individual fouls, the player will be fouled out and must sit the remainder of the game. If a team is down to 4 players after a foul out, the team must play with those 4 players. Once a team is down to 3 players due to fouls, then that team must finish the game with those 3 players, regardless of the amount of player's number of fouls or until the officials or administration deem the game unwinnable. ***Ladies will automatically be awarded (1pt) point every time they are fouled forcing them to the free-throw line (+the points if a basket was made).***

V. **Grace Period:** A **10 minute grace** period will be given to the team(s) of the **FIRST GAME OF THE NIGHT ONLY**. All other games are to start on time, no exceptions! The team that does not have a roster to play, that team will receive an "L" on their record. If both teams are short players, it will be considered a tie. **All forfeits, the "winning" team will be awarded 30pts towards their point system.** Under certain circumstances (traffic, etc.), the rescheduling or time changing of games will be taken into consideration, but only at the League Director's consent.

VI. **Offense:** Guys- Points will be awarded by 1's (free throws), 2's (inside the arc), and 3's (outside the arc). Ladies- Points will be awarded by 1's (free throws), 3's (inside the arc), and 4's (outside the arc). ***Ladies will automatically be awarded (1pt) point every time they are fouled forcing them to the free-throw line (+the points if a basket was made).***

VII. **Overtime:** If the game is tied at the end of regulation, then each team will shoot 5 free throws to determine a winner. The coach/team captain will pick 5 players from his/her team to shoot ONE free throw each. Any *player that is fouled out cannot shoot.* Teams will shoot BEST out of 5 until a winner is determined**.**
*********During the playoffs OT will be played out with an **extra 2 minutes of play**********

VIII. **Players Equipment:** The proper Jersey/Shirt WITH PLAYER'S NUMBER, Pants/Shorts, and Shoes are required to participate. This does **NOT** include: Cut off shorts, Jean shorts, Jean pants, Cut off shirts, Spaghetti straps, Tank tops, Training bras, and/or Muscle Shirts. Any Jersey/Shirt must not expose the player's undergarments. Cut off sleeves are allowed. The shirt may be cut, but only 6'' within the stitching of the shirt's arms, but not any other part of the shirt can be cut. All Pants/Shorts must ONLY expose the player's Mid-Thighs on down. Anything above that point is not allowed. Pants/Short tights are allowed. If the player chooses to wear tights, then his/her tights MUST NOT expose the point of the Mid-Thigh. ALL jewelry must be removed before the game. Any player that is in violation of Players Equipment **WILL NOT BE ALLOWED TO PLAY**.

IX. **Player/Coach:** Players and coaches are allowed to speak to the officials, but they must be courteous at all times when doing so. Any player or coach is not being respectful to the game, can lose the right to talk to the officials. The official may issue a warning before enforcing technical fouls. The official always has the right to eject a player/coach from the game. *All ejections will be investigated by the league director*

X. **Playoffs:** Seeding will be determined by: 1. A team's record. Teams with the best record will be the higher seed. If teams A & B are tied in the record column, but team A beat team B earlier in the season – Team A will be the higher seed (regardless of the point system). 2. The point system. Teams that are tied in the record column will be seeded according to their win/loss point differential. In the event of a tie in both columns, and those teams have not played earlier in the season, coins will be flipped to determine which teams get the higher seed.

XI. **Possession of Ball:** Game will start with a jump-tip at center court. From then on, the possession of the ball will be kept by the officials and scores table.

XII. **Rosters:** Before any players can be admitted to play in the league, he/she **MUST** sign the team's roster/waiver sheet. All rosters should be finalized upon league's roster deadline date. There will be no adding players to the roster after this date, unless there are adequate reasons. Teams must have at least 4 players to keep a game from being forfeited.

XIII. **Time:** Games will consist of two (2) 18 minute halves of running time, with a 2 minute halftime. The clock will stop on dead balls in the last two minutes of the second half, but only if the score is within 15 points. Each team is allowed **two (2) timeouts per half - (1) Full (1) 30sec.** Injuries will ALWAYS stop the clock. All games will be scheduled to start ON TIME. Any team that is not ready to play at the end of the grace period will be forced to forfeit and will receive a loss. Exceptions will ONLY be at the site coordinator's discretion. ***Note: If a Technical foul is called on the team that is currently winning, the clock will stop IF there's less than 10min remaining in the game.***

Lake Charles Ward 3 Recreation encourages you to visit our website 'www.lcward3recreation.com' and also join the league's Facebook page 'Lake Charles Adult Coed Basketball League' to keep up with all the latest league news, scheduling, and rankings. Hard copies of the schedule will be available on all game days. Games are scheduled to start ON TIME. Any team that is not ready to play at the end of the grace period will be forced to forfeit and will receive a loss. Exceptions will ONLY be at the site coordinator's discretion.

Lake Charles
ATHLETICS