

## **Sports Monster Basketball Rules**

### **SAMPLE OF GAME RULES TO LIVE BY:**

1. **Tip-off:** Upon game start whistle by referee, tip-off commences play at center court with the reception of the ball by the player that the ball is tipped to. The possession arrow is thus determined. The second half possession will go to the team that lost the first half tipoff.

2. **Method of Scoring:** Baskets are scored with the ball going through the hoop. 3-point shots are valid in gyms where a line has been provided or beyond half-court in all facilities. A 3-point shot can only be scored by player with both feet clearly behind the line.

3. **Game Length:** All SMC matches are played with two twenty minute periods with a two minute half time. The game clock runs continuously except for the final two minutes of the game with any whistled play.

Special Note: The clock will keep running if a team is ahead by 15 or more points.

Slaughter Rule: Ouch! It hurts to get slaughtered so we have a rule in place that a match is stopped once a team reaches a 40 point lead over their opponent. If a team accumulates three technical fouls while there is a 30 point differential then the game will be stopped and the violating team will receive a forfeit.

Overtime: To keep all match times starting on time, there is generally no overtime for regular season matches. Games may end in a tie. Playoffs will have an overtime of 3 minute periods immediately following regular play. Overtime periods shall continue until there is a winner.

\*CLOCK WILL NOT STOP IN OVERTIME.

4. **Time-out:** Each team has one 1-minute time-out per half. Time-outs do NOT carry over into the 2nd half. If a time-out has been called during the first thirty-eight (38) minutes of the match prior to free-throws being shot, the clock shall resume upon the start of "live" Play.

5. **Playing Area:** Lines clearly mark the playing area, lanes, free throw and three point shooting range. Lines are considered out of bounds in basketball.

6. **Substitutions:** Each team is allowed unlimited substitutions when ball is not in play. Referee must be notified of request to substitute players. Scorekeeper must be notified of substitutes by jersey number.

7. **Gender Ratio:** SMC basketball leagues are set-up for 4 or 5 players on the court at all times. Men may not participate in SMC leagues designated for women. Women may not participate in SMC leagues designated for men unless expressly granted by the local office with notification provided to all teams. Please do NOT bring a woman to play in a men's match without receiving local approval first as she will not be allowed to play. Coed leagues are set-up for 3 men/2 women on the court at all times. If male players are

missing, a team may opt to field more than 2 women. If female players are missing, it is up to the discretion of the opposing team whether more than 3 men will be allowed during the regular season. Once agreed upon by the opposing captain to allow extra male player(s), the decision is binding through the remainder of the game. However, upon the late arrival of a 2nd or 3rd female player, that team MUST remove any extra male players and substitute in the newly arrived female players. SMC outlined gender ratio must be followed during the playoffs.

#### **8. Timing Violations:**

- a) Front court violation results if ball goes back into the backcourt and is re-secured. This is not a violation in 4 on 4 leagues due to court size.
- b) 3-second rule: no player may remain within the free throw lane for over 3 seconds while on offense. One foot in or on the lane line will constitute that player being in the lane.
- c) 5-second rule: no player may hold or dribble in the front court while closely guarded for 5+ seconds.
- d) 10-second rule: team gaining possession in its backcourt must progress into the front court in 10. Timing violations result in a change of possession.

**9. Throw-ins:** Following a score, the opposing team may throw-in anywhere behind the end line. Following an out of bounds infraction or non-shooting foul, the ball is given to the opponent by the referee at the spot near where the violation occurred. The in-bounding player must:

- a) Release the ball (by throwing) within 5 seconds
- b) Not move from the designated throw-in spot. Following a technical foul free throw, the offended team receives the ball at mid court. Following an intentional foul free throw, the offended team receives the ball near the infraction.

**10. Contact:** To hold, push, trip or charge into an opponent is illegal contact. This must be tempered with the fact that fast movement in a restricted area will result in some physical contact. When no advantage is gained from contact, it is generally to be overlooked.

- a) Responsibility: The first player to establish a position on the court without contact has priority. The player moving into the path of another player when contact occurs is generally responsible for contact. Players have right to all space within their vertical base (e.g. over the back fouls)
- b) Fouls: Players called for illegal contact will be charged with a personal foul. Each player may accrue up to five personal fouls a game prior to disqualification. A common foul occurs away from the ball and does not affect attempted shots. If a flagrant foul is called, the offending player will be penalized with three (3) personal fouls recorded against them. Any player with a 2nd flagrant foul shall be suspended from the next week's match.

**11. Free-throws:** Penalty shots are awarded as follows:

- a) One free throw for a shooter whose goal is successful and is fouled while shooting
- b) Two free throws for a shooter whose attempted goal is unsuccessful or any intentional foul
- c) One free throw plus an additional free throw (one and one) for a common foul after the bonus rule goes into effect. - if the first shot is successful, the second

free throw is allowed - if the first free throw is missed, play continues (bonus starts at 7th team foul, double bonus at 10th)

d) No free throws are awarded for common fouls prior to the bonus or for double fouls

e) Intentional and flagrant fouls are two shot free throws. Opponents and teammates may not touch the ball until the free throw has touched the rim. Players from either team must remain in position along the lane until the ball leaves the shooters hands. Opponents are assigned the first space from the basket on either side of the lane.

12. **Technical Foul:** Technical fouls are generally committed when the ball is dead:

a) Disrespectfully addressing or contacting a referee (see Referee section)

b) Unsportsmanlike language, gestures, etc. (see Sportsmanship section)

c) Delaying tactics: after a score or before a throw-in

d) More than the allowed number of players on the court

e) Fighting/roughhousing

Technical fouls will result with 2 points to the offended team. The offended team will receive the ball at center court.

Once the game is over, the scorekeeper will ask the ref if any player that received a tech should be marked down. If the referee feels that the offense the player committed is worth being recorded, then that player will receive a strike. If throughout a league a player accumulates 3 strikes, they will be suspended for the next game. Once the suspension is served and should the player receive a 4th strike their season will end.

13. **Out of Bounds:** Should the ball be called out of play, the opposing team will be given a throw-in at that spot. Bordering lines are considered out of bounds if contacted by the ball or the player handling the ball.

14. **Bonus Rule:** A running tally is made as each team accrues fouls throughout the eachhalf. When a team has more than six fouls (meaning on the seventh foul), one and one free throws are awarded for every common foul thereafter.

Once the team reaches 10 fouls, two free throws are awarded for every common foul thereafter. The bonus returns to zero at the start of the second half.

15. **Jump Ball:** Jump balls will be awarded by a tip off between each team. The team that has the possession arrow will inbound the ball.

The following will result in a jump ball:

a) The ball is held steady between two opposing players

b) The ball goes out of bounds and there is uncertainty regarding last contact

c) The ball settles on the basket support

d) A simultaneous free throw violation by opposing players

e) A brown cow moves across the court to nighttime pasture.

16. **Traveling:** A violation involving moving the feet in excess of two steps without dribbling the ball or moving the pivot foot. Traveling results in a loss of possession.

17. **Goaltending:** A violation for touching a shot while it is in its downward path and above the rim. Appropriate points are awarded to the offended team.

18. **Dunking:** Unless expressly permitted by a particular facility, players should assume that where you are playing does NOT permit dunking. You can inquire with your referees or with the league office. Any player who dunks shall have that shot voided and shall be given a technical foul.

19. **Scorekeeping Table:** SMC provides a paid scorekeeper for all leagues. However, should a scorekeeper not be in attendance, SMC requires each team to run the scorer's table for one half of the game. Which team works which half is determined prior to the game. Running the table includes keeping the clock, score (scoreboard or flip score) and keeping track of personal and team fouls. Operation may be by a team's subs or fan support (read boyfriend/girlfriend etc). Any sub working the table may return to play at any time as long as a replacement is ready.

20. **Uniforms:** You're a team, look like one Team shirts are not included in the season. And, just because you picked a team color doesn't mean another team can't pick the same color. Always bring an alternate color shirt with numbers to all your games. It is up to the teams to decide who will change shirts in the event of a color conflict. But if an agreement cannot be made, the home team will get to decide. It is required for all teams to have same colored jerseys (shirts are fine). It is required for basketball, football, and soccer to have numbers. For these reasons, we strongly encourage teams to have a uniform color that is unique (not black, blue, or white) or numbered reversible's.

Players must wear same colored permanent numbered shirts. Numbers must be clearly visible (at least 8" on back or at least 4" on the front if there is no room on the back of the uniform) from across the court to scorekeeper table. Do NOT have black ink on dark uniforms. If the referee cannot clearly see the number, then the uniforms are illegal. Do NOT tape on numbers as they will not be permitted. You may number shirts with permanent marker but numbers MUST at least sizes indicated above.

Players not in uniform by Week 2 will NOT be allowed to play. They will be given a technical foul and another technical foul if they come back onto court of play still out of uniform. This includes any substitute players.

Note that it is the player's or team's decision to be out of uniform. SMC referees and scorekeepers will still have a match played but that match shall be played for fun as an exhibition. The team out of uniform will receive a forfeit.

21. **Other Rules:** Unless otherwise noted, SMC basketball leagues follow NFHS basketball rules as a guideline.

22. **Have Fun:** This is your leisure time, enjoy it. You're not be playing for money, only the pride and prestige a Sports Monster championship brings and the adoration of thousands of area residents wishing they were you, a Sports Monster.

### **Here are some handy regulations for SMC Basketball leagues:**

1. **Starting the Match:** Players must register with the scorekeeping table prior to each match. Scheduled match time is the ideal start time for your game. However, there may

be a 5 minute warm-up delay into the hour but not more than 10 minutes into the hour. If games do start later than 5 minutes into the hour because of tardy or unprepared players, that time is taken out of the first half game clock. If matches do not start on time because of your referees/scorekeepers, please notify the local office.

Use of open areas is allowed for practice prior to match play with the referee's approval. Teams not ready to take part in any of the 5 minute warm-up period will not be given extra time and the match will be started immediately.

Possession will be determined by a tip-off from the referees center court toss. Teams will change sides at the half with possession changing. Second half possession will begin with the team that did not win the 1st tip-off.

**2. Match Scoring:** All matches are scored by baskets. Baskets may be:

One point = Free Throw

Two points = Shot within or on 3 point line (where available)

Three points = Shot from outside 3 point line (where available). For facilities without three point lines, shots made from beyond half-court will be worth 3 points. Matches are won by a 1 point margin. Ties during regular season are recorded as such due to time constraints. Playoffs will have overtime play. Scores are kept by scorekeeping table to be recorded on game sheet and displayed via scoreboard (where available) or flip score. Contact SMC rep with any game rules or fault infraction questions regarding scoring. If, for any reason, a scorekeeper is unavailable, each team is responsible for providing scorekeeping for ½ of the game.

**3. Season Ranking:** Teams will be ranked based on the ranking points system as presented on the Sports Monster website. Teams with the same ranking points will be ranked based on point differential. Head to head scores are ONLY considered if there remains a tie for W/L and point differential.

**4. Forfeits:** All around bad news. This is a big no-no so please don't forfeit. Because there can be legitimate reasons for running late, Sports Monster does permit late starts BUT the offending/late teams shall start the match with the following point deficits:

10 points loss 11 minutes into the hour

20 points lost 16 minutes into the hour

Game lost 21 minutes into the hour

The referees should get a scrimmage playing 10 minutes into the hour. Upon late arrival/ready to play, the scorekeeper or referees will commence the match and confirm what the starting score is for a late match. Time missed will be deducted from the first half of play so that the match ends on time.

If a team has three or more registered players but less than a full four or five person complement, a legal game may be played with or without substitutes. NOTE: Coed teams may play with only three male players present and not forfeit the match.

**5. Minimum Age:** All SMC participants must be at least 19 years old. Valid picture id may be requested. Failure to provide a valid picture ID shall void participation until such time as proof of ID can be provided.

**6. Substitution Policy:** THIS IS IMPORTANT INFORMATION FOR YOUR TEAM!

A new player filling in for your team during regular season is permitted. Even if they are only going to play once, they have to sign the team waiver prior to play. Substitutes from outside that league are allowed as follows: Substitute must register with SMC rep prior to game and sign that team's waiver. Opposing team may challenge suspected ineligible substitute to SMC rep, but this must be done before the game or at half time. If player has not signed the team waiver, they will be expelled from the match.

Teams may add new players throughout the season up through week 6. All new players MUST sign the team waiver and be posted on that team's online roster to be eligible for playoff participation. Registered/rostered players are those that have signed that team's waiver by the 6th week, are posted on the team's online roster and have played at least two matches for that team during the regular season.

Game day substitutes picked up from other SMC teams are allowed as long as team has minimum number of rostered players and only enough players may be picked up to field a full team (meaning no players on bench). Opposing team may not challenge a same league Sports Monster substitutes but those players MUST wear a uniform/shirt to match that team or they will not be allowed to play. Scorekeeper or referees are to confirm eligibility.

Individual Teams ONLY: All outside substitutes MUST be approved by SMC to play. Please do not bring new players as they will NOT be allowed to play.

Playoffs: ONLY 1 INTRA-LEAGUE SUBSTITUTION IS ALLOWED IN THE PLAYOFFS! Teams must play with your registered/rostered players in the playoffs. Substitutes are to be used only for the purposes of fielding a complete team. Should additional rostered players arrive and are ready to play, intra-league substitute MUST discontinue play on/by halftime.

Roster substitution exceptions:

- a) If you know that you will be unable to complete the season, please notify SMC at least two weeks prior to playoffs. Upon approval, your substitute may take your place and remain eligible through playoffs.
- b) A last minute injury that prevents a player to participate will permit an outside substitution. Notification to SMC is required.

**7. Team Rosters:** Please keep in mind that each team has paid for league play. Each team determines their own roster and who will be playing and how much per person owes the captain. SMC does not dictate any team's roster unless there is a disciplinary issue. If players have been added to your team's roster without the team captain's knowledge or permission, please contact your SMC office. ALL players MUST sign the team waiver AND be posted on that team's online roster to be considered eligible for playoff matches. Failure to sign the team waiver shall void participation in that round. Failure to be posted with the online roster shall void participation in that round until roster is amended.

Sports Monster does permit players to play for more than one team. We look at the big picture and if any team wants to sign up players from other teams to play with them so everyone has more fun, so be it. If teams pick up a player from another team during the season, then that player must sign each team's waiver and be added to that online roster on/by Week 6. Such multiple team players will be permitted to play for those

teams through the playoffs BUT must select only one team to play with if both teams play each other in any round.

Individual Teams ONLY: All outside roster additions and substitutes MUST be approved by SMC for new players to play. Please do not bring new players as they will NOT be allowed to play.

**8. GOOD SPORTSMANSHIP:** Please observe standards of good sportsmanship during your time with us. Most people are great but there are some sour apples out there who try to ruin everyone's experience.

We understand that competition can generate strong emotions; however your emotions and actions must not negatively affect the enjoyment, comfort or safety of any of our other participants!

Foul language is not acceptable. Learn new words such as "sugar" or "fudge."

Taunting opponents is not acceptable. Tantrums (throwing objects and/or yelling) are not acceptable. You are not a two year old or teething, so calm it down. Opposing team may call a time out and address the referee for consideration if it is felt that bad sportsmanship is being displayed by one or more on the opposing team.

At the discretion of the SMC ref, any displays of bad sportsmanship will result in the following penalties:

For individuals:

- 1 = verbal warning
- 2 = technical foul (final warning)
- 3 = technical foul (expulsion)

2 points will be awarded when a technical foul is given. At the referee's discretion, individual receiving 2nd technical foul may be required leave the facility. If that player is required to leave, play will only commence upon departure.

Should player not leave facility that player's team will lose all points or the full match following point of infraction. Team penalties may also be imposed at this time.

At the discretion of the SMC refs, in consultation with the league office, a determination shall be made whether a red carded player shall be suspended or shall be expelled from league play.

- For team:
- 1 = verbal warning
  - 2 = technical foul (whole team)
  - 3 = technical foul (match forfeiture)

If a team technical is given and an individual player technical has already been given, that player will be expelled from the game. A team technical fouls equals 2 points.

We are serious about penalizing the flagrant use of foul language. Aside from being offensive, you are playing in schools, church or park facilities that have young children around at all times. If your referee does not actively pursue infractions, notify SMC.

**9. Taunting:** If a player blatantly taunts an opponent, a technical foul shall be assessed. Simultaneous taunting is a verbal altercation. Verbal altercations and unsportsmanlike conduct will be administered as a double technical foul and no free throws will be attempted.

Technical fouls assessed to opposing teams during the same dead ball and prior to awarding 2 points to the opposing team shall be interpreted as a double technical foul.

**A PLAYER(S) GUILTY OF TAUNTING MUST BE SINGLED OUT AND PENALIZED.** If a previous unsportsmanlike act has been committed and if this situation is **BLATANT**, a technical foul must be assessed and the guilty player(s) must be ejected.

**10. Playoffs:** Unless otherwise noted in the specific league or tournament outline overview or rules, all teams will make the playoffs. Overall 1st place team is determined by regular season won/loss record. If there are tied teams, it will be broken by the higher plus point differential. If a tie still exists, overall head to head game scores will be compared. Playoff format will be single game elimination.

Playoff matches will be bracketed in a standard bracket based on teams power index and the amount of teams in the league.

Player eligibility may be challenged by opposing team captains or referees prior to the start of a playoff match or at half time. **NO NEW PLAYERS** will be allowed to play once the second half commences. A player who has not signed that team's waiver form (and is not the one intra-league substitute allowed for teams not fielding a full complement) is not eligible for play in that match. As long as the referees are in agreement that the player has played at least 2 matches, that player would be eligible for the next match, should their team progress but **ONLY** if they have signed the team waiver when originally challenged.

**11. Referees:** 4 on 4 leagues will have one referee and one scorekeeper present due to limited space. 5 on 5 leagues will have two referees and one scorekeeper present. However, there may be a rare occasion that there is only one or no referee present. In such a case, teams are to play a regular match, keep score and make courtesy calls. We apologize in advance should a no referee situation occur in one of your matches. However, the largest single expense in your league is for facility rental and it is important that you play your match as there will not be a rescheduled game time. Match results will count towards final standings. Only in cases where a no referee match occurs more than once in a season to any one team will there be future credit consideration.

SMC referees are provided to make the match run as smoothly and error-free as possible. Obviously, no one is perfect and there may be occasion to question an individual call if the referee hasn't already offered an explanation. The only person permitted to question referees call is that team's captain. Should any other person other than the captain approach the referee during a game, a ruling of bad sportsmanship may be applied (see #8).

SMC referees sometimes will offer an explanation of calls as they are made, but this is not required and should not be expected. Signals should be clear and known to players. If no explanation has been offered, it is at that time that a captain's inquiry would be appropriate. Please keep in mind your tone of voice and to form a question. Scathing

sarcasm and/or a demonstrative proclamation demanding a response usually will not be viewed favorably and a warning or penalty may be imposed.

Whether you agree or not, the referee's judgment is the final word during the game. A challenge (see #12) may be filed with the SMC office following the game and a final determination/ruling will be made prior to the next weeks match.

Any foul or abusive language directed at the referee or within earshot will result in an automatic technical foul. Contrary to what you may think, no, you do not pay us enough to put up with abusive crap. A second technical will quickly be applied resulting in match expulsion. Possible suspension or league expulsion penalties may result as well.

Any physical action taken by any individual against a referee will be met with full prosecution by SMC against that individual including involvement by law enforcement. That individual will be banned from SMC league play and full team forfeiture may be imposed.

Please realize that referees can oversee hundreds of matches each year and really do not care who wins. They do care about running a cleanly played match and that people enjoy their playing experience.

Any questions or concerns specific to your league's referees or scorekeepers should be addressed to your local SMC office during regular business hours.

**12. Challenges:** SMC will not consider challenges if they are based solely on a decision involving the accuracy or judgment on the part of a referee pertaining to called plays/kept time.

Because many rulings and sanctions are time sensitive, it is important that any challenges involving a ruling or suspension be officially recorded in writing within 48 hours of the initial on-site ruling.

Failure to file a challenge within 48 hours of the initial on-site ruling shall automatically void the possibility of a change to League sanction and will be reviewed and followed-up for informational purposes only.

Once a time sensitive sanction has already been enforced (example: one week suspension ruling and next week's game has already occurred with player sitting out), there is no recourse for overturning the original ruling except for general clarification. SMC does offer a two level challenge format available following a match regarding strong disagreement regarding a referee's ruling resulting in specific sanction(s) or player eligibility or failure to abide by written league rules as provided herein:

- a) Contact your local SMC office's manager for your Sport to address your challenge. In some cases, this person may be the local market manager. Any verbal challenge must be accompanied with a written challenge outlining the team/player's position and circumstances to be formally considered. This written challenge may be sent via e-mail for expedience. However, SMC confirmation of receipt is required for e-mail challenges. Please allow 2-3 business days for information from all parties to be processed and a ruling to be determined.

b) If you are not satisfied with the challenged ruling, you may contact that office's general manager or SMC headquarters and re-submit your challenge. You will again need to allow 2-3 business days for information from all parties to be processed and a final ruling to be determined.

As it is possible that a sanction may be reduced, it is also possible that a sanction may be increased upon review of the challenged situation. Upon issuing any challenge, it is understood that the challenging party will abide by the final league ruling.

Because many rulings and sanctions are time sensitive, it is important that any challenges involving a ruling or suspension be officially recorded in writing within 48 hours of the initial on-site ruling. Failure to do so can impact the ability of a final ruling being issued before the sanction occurs. Once a time sensitive sanction has already been enforced (example: one week suspension ruling and the next week's match has already occurred with player sitting out), there may be no recourse for overturning the original ruling except for general clarification.

In the event a challenge has been submitted following the allowed 48 hour window, the League may still investigate and provide follow-up but no changes shall be made to the original ruling, sanction or score.

In cases where a general ruling is challenged solely for clarification, there is no deadline for submission.

**13. GUIDELINES FOR INFECTION CONTROL:** If a player suffers a laceration or a wound where bleeding occurs, the referee shall suspend the game at the earliest appropriate time. Upon suspension of play, the captain shall be informed that he/she has the option to, immediately, substitute for the player or call a timeout. If a substitute replaces the player, the opposing team shall be allowed to substitute one player. The injured player may return to the game when they have the appropriate bandage.

If the player returns to the game, the referee should make certain that any lesion, wound or dermatitis is covered with a dressing that will prevent contamination to and/or from other sources. A wrist or sweat band is not considered a suitable bandage.

ONLY the injured player may be removed from the game under these circumstances. That player's team may make a substitution as necessary to replace the injured player even if it is in the middle of a half.

**14. Alcohol:** It is strictly forbidden to bring alcoholic beverages onto/into any Sports Monster league site. Regardless of local guidelines, we do not allow open containers in any of our matches - specifically in the bench area and playing field. If spotted, you will be asked to remove your stash. Failure to do so will result in an automatic suspension in addition to possible police involvement. Note that this restriction includes fans in attendance also.

If a player, in the judgment of an SMC referee, is intoxicated, they will be removed from the game and receive a warning. A second offense shall result in league expulsion. We are not your mothers - unless she is a fabulous referee and then have her call us because we always need good refs - so common sense and personal responsibility are expected.

**15. Equipment:** Sports Monster will provide goal nets, corner and mid-field markers, balls, referees and facilities for match play. It is very common for teams to bring their own balls and to request to play with those. We are fine with that so long as it is agreed by both teams to play with a certain ball.

**16. Weather:** For ALL indoor and outdoor facilities, unless that facility has closed, you should consider your match to be played as scheduled. Each SMC city home page has a weather box that is updated on/by 5:00 pm local time on weeknights and at various times on weekends. Should games be canceled in advance, we will contact captains directly and send out a league-wide e-mail. There may be occasion when games are canceled while you are in transit and we apologize in advance for that inconvenience.

**17. T-shirts:** All SMC soccer participants (non- paid substitutes excluded) will receive a SMC t-shirt mid to late season.

**18. Prizes:** There will be prizes for the winning team. Future registration coupons, sponsored bar tabs, championship t-shirts, or trophies.

**19. Have Fun:** This is your leisure time, enjoy it. You're not playing for money, only the pride and prestige a Sports Monster championship brings and the adoration of thousands of area residents wishing they were you: a Sports Monster champion.

These rules have been updated as of 5/15/20 and shall remain in effect until such time as another update is required.

Thank you for choosing Sports Monster! We appreciate your business very much. Please let us know what we are doing well that you like and what we can do to improve for next season because as a fellow Sports Monster, this is your league and we want to see a lot more of you in the future. Please call or e-mail us with any questions, comments or suggestions. Enjoy your season with us! E-mail us at [info@sportsmonster.net](mailto:info@sportsmonster.net) – be sure to include your name and league location with any feedback.