

## XL Adult Basketball League Rules

- 1.) Each team consists of five players each on the court. Teams must have a minimum of two substitutes.
- 2.) Games are played on one full court with two baskets.
- 3.) Regulation sized basketballs (29.5) will be used in Adult Games. The Basketball Director will provide the "game balls." Teams must provide balls to warm up with.
- 4.) There will be at least a three minute Warmup before every game.
- 5.) Every successful basket inside of the Arc is given two points and outside of the Arc is given three points.
- 6.) The game is 40-minutes with a running clock (two 20-minute halves). The running clock only stops at the last minute. The winner of the game is the team with the higher point total at the end of time regulation.
- 7.) If the game is tied at the end of regulation, there will be a three minute Overtime Period. If the game is tied at the end of Overtime, Double Overtime will be "Sudden Death."
- 8.) At the last minute of both halves, all fouls count as "1-and-1's." There are no "Double Bonus" fouls. The clock will stop on fouls in the last minute of halves.
- 9.) Game play starts with the referee throwing the ball in the air "tip off."
- 10.) For Free Throw Situations, on two-point fouls it is two one-point foul shots, three-point fouls it is three one-point foul shots. Technical or Flagrant Fouls are a one-point foul shot.
- 11.) All Personal, Technical and Flagrant Fouls count as Personal Fouls. Scorekeepers will keep track of Individual Fouls (Six Fouls until Disqualification).
- 12.) Any cursing or inappropriate language will lead to a Technical Foul being given. A player can be ejected for two Technical or Flagrant Fouls. If a player is Ejected from the game, they must automatically leave the XL Building. Further action may be determined by the Basketball Director up to possible removal from the league.
- 13.) There are no coaches in the XL Adult League. The only people allowed on the court are players, refs and scorekeepers. Spectators must stay behind the glass in the Teraflex. If unauthorized personnel are on the court, XL Staff will ask them to get behind the glass while the game clock runs.