

CENTER FOR HEALTHY LIVING BASKETBALL LEAGUE RULES

TEAMS SHOULD HAVE THEIR OWN JERSEYS WITH APPROPRIATE NUMBERS.

Returning teams have first choice in choosing the color they had last season. Teams must have all their players in jerseys and numbers by the second week of the season.

FORFEITS:

- If a team cannot avoid forfeiting a contest, common courtesy would require that the opponent and the IM Coordinator be notified at least 24 hours before the scheduled game.

Rules specific to our league are as follows:

WINTER LEAGUE ONLY - A team may start with only four players.

1. Rosters may carry an unlimited number of players. Players may be an UNMC/TNMC employee, faculty, staff, volunteer, student or spouse of one. Teams may have two non-UNMC players on the roster. For further information about eligibility, see the IM Coordinator.
2. Players may be added up until tournament time, but must have played in at least one regular season game to be eligible for the tournament. See note.
3. All teams may play in the post season tournament.
4. Players may play for only one team. Meaning, if there are two divisions of play, they may only play for one team, not one team in each division.
5. Team standings will be posted by the activity courts and on the CFHL website. If your standings are incomplete or incorrect, you must report it or the standings go as written.
6. Team captains are responsible for making sure players have read the rules.
7. **FORFEIT TIME** - is 10 minutes after the scheduled game time of the first game only. After that, forfeit time is game time. Teams are encouraged to be early.
8. A 20 minute clock (half) will be used. The clock will stop on all official timeouts, team timeouts and every whistle during the last 2 minutes of each half. (Exception - Mercy Rule: If a team is behind by 20 or more points in the last two minutes of the game the clock will not stop.)
9. There are three one minute timeouts per half.
10. **OVERTIME** will be 3 minutes with one timeout and the clock will stop on every whistle during the last minute.
11. **DOUBLE OVERTIME** - If a second overtime is needed, the team scoring first shall be declared the winner.
12. Subs must check in at the scorer's table and enter the game on a dead ball whistle only.
PENALTY - technical foul after the first warning!
13. Three Point Line - A shooter fouled past this line will be awarded three foul shots on a missed shot.

14. The bonus shot will be awarded on and after the 7th team foul
15. Double bonus will be awarded on and after the 10th team foul.
16. Please acknowledge any personal fouls by raising your hand.
17. During the game if there are any calls you would like explained, please let the coach or captain address the official.
18. All players not listed or improperly listed in the scorebook will count for one technical foul.
19. **NO DUNKING OR HANGING ON THE RIM!** This is a technical foul and possible ejection from the game.
20. Any fighting, profanity or abuse of officials or staff will not be tolerated.
21. Two free throws will be attempted for flagrant, intentional and technical fouls. The offended team gets possession of the ball after the free throws have been attempted.
22. **TECHNICAL FOUL:** Any player who receives a technical foul will be removed from the game for one minute (game time). A player who receives a second technical foul will be ejected from the game. If a team receives 3 technical fouls, the game will be called in the opposing teams' favor regardless of the score. Any player, who has been ejected from two games, will not be allowed to play in any game(s) for the rest of the season or the post-season tournament. Technical fouls count as both personal and team fouls.
23. IM Coordinator may amend the rules.

NOTE #1 Teams may list players on the INJURED/RESERVE LIST by telling the league supervisor before the league starts. If a team knows before the start of the league that a player is injured or is on rotation out of town, the captain must let the league supervisor know that said player is on the INJURED/RESERVE LIST. After the league starts, players may not be added to the INJURED/RESERVE LIST.

NOTE #2 If a team has to reschedule a game for any reason, the captain must contact the Center for Healthy Living before the scheduled game to ask if rescheduling is possible. Then, the captain must contact the opposing captain and set up a time that is agreeable to them. The captains must inform the Center for Healthy Living of the new scheduled time. This must be accomplished before the original scheduled game.

CFHL - 559-5254

IM Office - 559-8422