

# Adult Co-Ed Basketball Rules

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## *Indian Community Recreation League*

### 1. Team Composition

- Team Size: Up to 10 players per roster.
- On-Court Players: 5 players (at least 2 must be women at all times).
- If a team has only 1 woman, they must play with only 4 players.
- Minimum to Start: A team must have at least 4 players to begin (1 must be a woman).

### 2. Game Format

- Game Length: Two 20-minute halves (running clock).
- Halftime Break: 5 minutes.
- Clock Stops: Last 2 minutes of the second half (only if score difference is 10 points or less).
- Overtime: 2-minute period with a stopped clock in the last minute. One timeout per team.

### 3. Scoring

- Field Goal: 2 points
- Three-Point Shot: 3 points
- Free Throw: 1 point
- Optional Rule: If a female player scores, the basket may count as 3 points (or 4 points from behind the arc) to encourage equal participation.

### 4. Fouls

- Team Fouls: Bonus begins at 7 fouls (1-and-1); 10 fouls = double bonus (2 shots).
- Personal Fouls: A player fouls out at 5 fouls.
- Technical Fouls: Two technical fouls = automatic ejection.

### 5. Timeouts

- 2 timeouts per half (do not carry over).
- 1 timeout in overtime.

### 6. Substitutions

- Allowed during any dead ball.
- Players must check in at the scorer's table.

### 7. Uniforms

- Teams must wear matching jerseys or shirts with numbers.
- No jewelry or hard hair accessories allowed.

## **8. Sportsmanship**

- No arguing with referees or other players.
- Unsportsmanlike behavior may result in ejection or suspension.
- Officials and league staff have the final authority on all conduct issues.

## **9. Equipment**

- Official men's size basketball (29.5").
- League provides the game ball. Teams may bring their own for warm-up.

## **10. Forfeits**

- A forfeit occurs if a team is not ready to play within 10 minutes of the scheduled start time.
- Two forfeits may result in removal from league playoffs.