

**Courts Plus Community Fitness**  
**5on5 Basketball League**  
**RULES AND REGULATIONS**

**UNIFORMS:** All team members should have shirts of the same color.

**REFEREES AND FOULS:** There will be **NO referees** for league or tournament games. Fouls can be called by both the **OFFENSE and DEFENSE**. After all foul calls the ball must be taken out of bounds at the location closest to where the foul occurred or checked at the top of the key. **No points will be awarded for any fouls except, the final 30 seconds of the first half and final two minutes of the second half and overtime, if the game is within 20 points.** If an offensive player is fouled in the act of shooting and makes the shot; the field goal is counted and the defense receives the ball. Any disagreements will be settled by the scorekeeper/league supervisor. **The final 30 seconds of the first half and final two minutes of the game and overtime, a one and one free throw will be shot after all foul calls, including shooting fouls.**

**GAME RULES AND EQUIPMENT:** National Federation Rules will apply, except where Courts Plus Rules Apply. **The team listed first on the schedule will receive the ball to start the game and the other team will get the ball to start the second half.** Twenty minute halves with running time will be played. **The clock will stop for time outs, final minute of the first half, final two minutes of the game** and any other time the scorekeeper deems necessary. Each team is allowed **three, (30) second timeouts per game**, timeouts cannot be carried over into overtime. There will be a five minute half-time intermission. Overtime will be two minutes stop clock. Teams will have one timeout per overtime. The defense will receive all jump balls. Teams must have a minimum of four players to start a game. A team may continue playing with less than four players once the game has started. **Substitutions are allowed during dead ball situations and after all made baskets only, on the run substitutions are not allowed at any time.**

**FORFEITS: Game time is forfeit time.** Teams must call Courts Plus the day of the game, if they are going to forfeit. Any team that has two unannounced forfeits during the season will be dropped from the league for the remainder of the season.

**ADDITIONAL RULES:**

Unsportsmanlike Conduct: Any behavior deemed unsportsmanlike by the scorekeeper or league supervisor will result in an automatic ejection.

Ejections: Any player that is ejected from a game will be expected to sit out the remainder of the game, as well as their next game.

If a player is ejected from more than one game in any one season, that player will be not be allowed to participate for the remainder of the season.

**SCOREKEEPER/LEAGUE SUPERVISOR:** There will be a scorekeeper for all league and tournament games. The scorekeeper will be in charge of the score and time clock. Any disagreements will be settled by the scorekeeper or league supervisor. All protests and major disagreements should be brought to the attention of the league supervisor. **The scorekeeper has the authority to call intentional and flagrant fouls. All intentional and flagrant fouls will result in two free throws and the ball.**