



MEN'S BASKETBALL – LEGACY (35+) LEAGUE

OFFICIAL RULES AND GUIDELINES

(Updated – 3.14.24)

Please read the following rules and guidelines carefully before participating in your first game. At any time, please feel free to contact Adult Supervisor – Heather Wilson, via e-mail at: adults@theranchtoday.org at any time.

PLAYER ELIGIBILITY

All players must be at least 35 years of age. All players must have signed waiver during the registration process for the current season to play. Waivers will be available at the scorekeeping table.

Although, this division is a men's division, any woman is welcome to play. However, it is NOT mandatory for any team to have women on the roster, NOR are there any rules on how much a woman should play.

TEAM GUIDELINES

Rosters must be set before the first game is played. However, roster additions are allowed, and may be subject to the commissioner's approval. Please make sure all members of your roster sign a waiver at the scorekeeping table.

Rosters must include a minimum of 6/maximum of 15 players per team.

All players must wear matching jerseys or shirts with non-repeating numbers on the back. Team jerseys and shirts must be approved by the commissioner prior to the first game. *Note: Numbers are not allowed to be taped on.

A team must have a minimum of four (4) players to start a game. The game will become a forfeit if a team has less than four (4) eligible players. A 5-minute grace period will be given to a team that does not have four (4) players present at tip-off time. ***If a game is forfeited, the team who forfeited will receive a loss in the standings and 30 points added to their Points Against statistic on the standings. The team playing the team who forfeited will receive a win in the standings and 30 points added to their Points For statistic on the standings.***

LEAGUE STRUCTURE

12 Teams, One League, consisting of all registered and paid in full teams.

Playoffs & Championships:

Gold & Silver Brackets

Teams 1-4 in the Final Standings will play Gold Bracket Semi's and Championships

Teams 5-8 in the Final Standings will play Silver Bracket Semi's and Championships

Player Eligibility:

Players must have played in at least 3 regular season games to be eligible for playoffs

GAME RULES & REGULATIONS

High School rules are in effect. The only exception is that on foul shots, players may enter the lane on the shooters release.

**** NEW NFHS Rule in effect****

Our League falls under the guidance of NFHS rules, National Federation of State High School Associations, along with our own MSS league exceptions.

"Some of you may not be aware that there is a new NFHS rule eliminating the bonus situation, 1-1 free throws, when seven team fouls have been committed."

The new rule now states the teams will shoot **double bonus, two shots**, once a team has committed **five team** fouls in a quarter.

Additionally, the team fouls will be reset to zero once the quarter ends. To implement this rule, we will be amending the rules for this league.

Given there is a one minute break between the 1st and 2nd quarter and the 3rd and 4th quarter, each team will now receive one full and two 30 second timeouts per game.

Games consist of four (4) 10 minute running quarters. The clock runs continuously except for the final ten seconds of each quarter. If the game is with 16 points or less in the last two minutes of the 4th quarter, the clock will stop on all whistles.

Team fouls will be reset to zero at the beginning of each quarter.

Players foul out of the game on their fifth (5th) foul. Technical fouls are considered personal fouls.

Technical fouls will result in an automatic two (2) points for the other team. No free throws are shot. The other team will also get possession of the ball following the technical foul call.

Technical fouls shall be assessed for unsportsmanlike conduct, too many players on the court, delay of game, and too many time outs. A player *may* be disqualified for receiving one (1) technical foul and *will* be disqualified for receiving two (2) direct technical fouls. A player who receives two (2) technical fouls in a game will be ejected from the game and suspended from playing in their team's following game. Any player who receives three (3) unsportsmanlike technical fouls during a season will automatically be suspended for at least one game. **If a team that receives three (3) combined technical fouls in a game, the game will immediately end. The team with the three (3) technical fouls will receive a loss in the standings for that game.** The team captain is responsible for controlling the conduct of all players on his/her team and may be assessed a technical foul for not controlling the conduct of his/her players.

Technical fouls include, but are not limited to:

- Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment
- Using profanity or vulgarity; taunting, baiting, or ridiculing another player; or pointing a finger at or making obscene gestures toward another player
- Purposely obstructing an opponents vision by waving or placing hand(s) near his/her eyes
- Faking being fouled
- Intentionally or flagrantly contacting an opponent when the ball is dead
- Intentionally slapping the backboard. The degree of intent is the sole decision of the Game Officials.

Fighting of any kind will not be tolerated, physical or verbal. Involvement in a fight includes an automatic, minimum, 365-day suspension. Involvement includes; instigation, retaliation, physical or mental intimidation, and being an accessory to a fight. Participants who are not currently in the game cannot enter the floor to break up a fight. Participants who leave the bench area during a fight will be ejected from the game and can face a suspension of up to one (1) year. The degree of consequence is held at the sole decision of the Game Officials.

If the point differential between the two teams reaches 16 points, the clock will run regardless of the time remaining in the game.

Overtime – One three (3) minute overtime period will be played except for the playoffs. It will be a running clock until the final minute of overtime at which the clock will be stopped at any dead ball situation. If the game is tied after the first overtime, the first team to score 5 points will be declared the winner.

Timeouts do not carry over to the next quarter. Timeouts not used in any quarter, cannot be used in other quarters. Teams will receive one (1) additional time out for overtime.

The clock starts when the ball is touched by a player on the court, this goes for free throws as well.

Players must check-in at the scorer's table before entering the game.

PLAYOFF GUIDELINES

The number of teams that qualify for the playoffs depends on the number of teams that are in the division. An even number of teams will qualify for the playoffs; whether that is 4, 6, or 8 teams.

****2024 Spring League – 10 teams, 1-8 will qualify for playoffs, two Brackets Gold & Silver**

Playoff seeding will be determined first according to the overall league record of the division. Teams with identical records will be seeded by the following tie-breakers:

1. Head-to-Head Record: Tie goes to the team who has won more Head-to-Head match-ups.
2. Head-to-Head Point Differential: Tie goes to the team with the highest point differential among Head-to-Head match-ups.
3. Overall Point Differential: If teams are still tied after the previous two tie-breakers, the tie goes to the team with the highest overall point differential.

*Note: The commissioner may make reasonable adjustments to tie-breakers at their discretion to accommodate the unique difference of each season.