

# BALANCE SPRING LEAGUE 2008 RULES

## CLOCK

Two 20-minute halves; **Clock stops for Free throws and Timeouts\*\***

\*\*In the last two minutes of the first and second halves and subsequent overtimes, the clock will stop on every whistle, but NOT every dead ball (e.g. a made basket).

Timeouts: **3 timeouts per game**; These timeouts expire at the end of regulation.

Overtimes: **4 minutes**; Teams are allotted one Timeout per Overtime, **no rollover** from regulation.

## SHOT CLOCK

**30 Second Shot Clock**, resets on rim contact, fouls and possession turnovers.

Shot Clock scoring errors can be fixed at the next dead ball by the officials.

The Shot Clock shall NOT be reset in Jump Ball situations unless the formerly defensive team recovers the tip.

Kicked ball: If 10 or fewer seconds remain, the shot clock shall be set to 10. If 10 or greater seconds remain, the shot clock shall remain stagnant (if 21 seconds and violation, 21 seconds remain).

## FORFEITS

Teams may start a game with 4 players, but **must have 5 by the 10:00 mark of the first half** (TimeOuts can be used to extend the period).

Teams may end the game with < 5 players due to disqualifications.

**Two regular season forfeits disqualify the team from playoff contention.**

## JERSEYS

**PLAYERS MUST WEAR LEAGUE APPROVED TEAM JERSEYS OF A SIMILAR COLOR.**

**Jerseys must be reversible, White and another distinct color, and have numbers on both side's front & back.**

A Pre-Game Administrative Technical foul will be assessed before the game for teams without proper jerseys. Any significant and noticeable difference in a team's jersey color and/or not having a number on the front and back of the jersey constitutes an improper jersey. Administrative Technicals assessed during the game do not result in loss of possession.

The jump ball will commence after free-throws are taken.

Teams with existing Balance jerseys can re-use their old jerseys without penalty.

No jewelry is permitted to be worn during the game.

**For the Official Balance Jersey contact Bob Zichelli at 410-533-2730 or [rzichelli@aol.com](mailto:rzichelli@aol.com)**

## ROSTER

## **Rosters lock Monday after the 3rd week of the season.**

Official roster sheets will be sent out at the conclusion of the 2<sup>nd</sup> week or can be requested at anytime at 202-549-3867 or [leagues@balancegym.com](mailto:leagues@balancegym.com)

**Team player numbers not on the roster are ineligible to play. Players must play in a minimum of 3 regular season games to be considered eligible for the post-season.**

Injury notices must be emailed to the Commissioner before the game following an injury absence. Playoff eligible rosters will be sent by the Commissioner at the conclusion of the Regular Season and will be enforced.

## **RULES INTERPRETATION**

NCAA Men's rules will be applied, generally, with exceptions as mentioned in this document.  
<http://www1.ncaa.org/eprise/main/playingrules/mbasketball/index.html>

## **DISQUALIFICATION**

Players are disqualified after the 5th personal foul or 2nd technical foul. Technical fouls count as additional personal fouls.

## **JUMP BALLS**

First half and any overtime begins with a jump ball; The opening tip loser receives 2nd half possession.

On all held ball/jump ball situations during the game, play resumes with a (tossed) jump ball at either the top of the Key or the Center Circle.

### **Jump Balls in Center Circle**

- a. The ball shall be put into play in the center circle by a jump ball between any two opponents:
  - (1) At the start of the game
  - (2) At the start of each overtime period
  - (3) A double free throw violation
  - (4) Double foul during a loose ball situation
  - (5) The ball becomes dead when neither team is in control and no field goal or infraction is involved
  - (6) The ball comes to rest on the basket flange or becomes lodged between the basket ring and the backboard
  - (7) A double foul which occurs as a result of a difference in opinion between officials
  - (8) A suspension of play occurs during a loose ball
  - (9) A fighting foul occurs during a loose ball situation
  - (10) In which case a ball out-of-bounds is caused by both teams
  - (11) In which case an official is in doubt as to who last touched the ball
- b. In all cases above, the jump ball shall be between any two opponents in the game at that time. If injury, ejection or disqualification makes it necessary for any player to be replaced, his substitute may not participate in the jump ball.

The shot clock does NOT reset unless the formerly defensive team recovers the ball.

## **TEAM FOULS**

Penalty shots are awarded on the 7th/10th team fouls (One & One and Double Bonus, respectively.)  
**There are no penalty shots awarded for Team Control Fouls.** (Team control does exist on a Throw-In)

In Overtime, the Team foul penalty carries over from the 2nd half.

## **FREE THROW ACTIVITY**

Play shall commence "On the Release."

**The lowest lane space on each side must NOT be occupied.**

Maximum 6 players on the lane (4 opponents of shooter, 2 teammates).

The shooter must wait for the ball to strike the rim before they can touch or cross the line. Players not in a lane spot must stand behind the 3 point line and the free throw line extended and must wait for rim contact. A violation by any member of the shooting team cancels a made free throw.

A double-violation results in a Jump ball at the center circle.

## **OFFENSIVE FOUL**

**There is NO rim circle rule on offensive fouls.**

## **TECHNICAL FOULS**

A Technical foul results with 2 penalty free throws & counts as an additional personal foul during the game; Play resumes at the point of interruption; foul is charged to individual in question.

**2 Technicals result in Disqualification, Minimum One Game Suspension and Commissioner Review - Additional Suspensions at Commissioner's discretion.**

Technical fouls assessed prior to the start of a game will **not** result in loss of possession.

**Any Ejection results in a minimum 1 game suspension along with a Commissioner Review – Additional suspensions at Commissioner's discretion.**

## **FLAGRANT FOULS**

If contact committed against a player, with or without the ball, is interpreted to be unnecessary, a flagrant foul--penalty (1) will be assessed. A personal foul is charged to the offender and a team foul is charged to the team. **It is at the official's discretion if the offender shall be ejected.**

PENALTY: (1) Two free throws shall be attempted and the ball awarded to the offended team on either side of the court at half-court. (2) If the offended player is injured and unable to attempt his free throws, any player from the bench may attempt the free throws. (3) This substitute may not be replaced until the ball is legally touched by a player on the court. (4) A flagrant foul is a technical foul and as such, (5) Said player will be ejected if he commits two flagrant fouls, or one flagrant and incurs another technical foul in the same game. (6) A flagrant foul may be assessed whether the ball is dead or alive.

## **UNSPORTSMANLIKE BEHAVIOR AND FIGHTING**

**The use of profanity, vulgarity, taunting and the verbal abuse of players or officials will not be tolerated at Balance Gym.** Any such incidents will be penalized with a technical foul and/or ejection. Any repeated conduct of this type will result in an immediate ejection of the player(s) involved, and those players will be subject to disciplinary action.

**Fighting will not be tolerated!** Anyone involved in a fight will be suspended for a minimum of one game and may be banned from the league. Any type of disciplinary action, including but not limited to suspensions and ejections, is at the sole discretion of the commissioner.

## **PLAYOFF SEEDING**

**Top 8 teams make the playoffs** in order of the following precedence: 1. Record with Forfeit consideration; 2. Head-to-Head record (If one Forfeit Disqualification, moved down regardless); 3. Point differential (must be difference of more than 1 point); 4. Avg. Points For (must be difference of more than 1 point); 5. Avg. Points Against (must be difference of more than 1 point); 6. Coin Toss / RPS.