

Men's Basketball League Rules

19 years of age and older

Mission Statement:

Our Ministry mission is to glorify Jesus Christ by encouraging physical and emotional health and spiritual growth through sports, wellness and recreation.

Purpose:

FBCT Men's Basketball exists to provide a first class basketball league that will Glorify God with actions and play. It exists to provide fulfillment and enjoyment for those individuals desiring to play basketball and to provide an avenue for outreach. We stress that the behavior, attitude and example of all players & Coaches be of the highest Christian standard.

League Overview

- 7 game season – all games will be played on Thursday nights.
- Cost is \$35.00 per person (covers jerseys, officials, scorekeeper, & bookkeeper)
- Each team is given a 5 minute warm-up.
- The home team will pray before the start of the game. Both teams will circle at half-court during the prayer.

1. General Rules

1. The governing body of the league is the Sports & Wellness Ministry of First Baptist Church of Trussville and its appointed representatives.
2. "Trash Talking" will not be tolerated in this church basketball league. It is against league rules for players and/or coaches to be involved in any form of "Trash Talking" either on the court, during a game, in anticipation of an upcoming game, or after the completion of a game either in person or through social media or any other means.
3. "Trash talking" with or without swear words or vulgarity will result in a two (2) shot technical foul and possession of the ball remains the same. If it is then heard again, the player/coach involved will be ejected from the game.
4. Foul language is not tolerated at all in this Christian league. The offense will result in a two-shot technical foul.
5. Players must show respect to the Referees and the scorekeepers at each game.
6. There will be no arguing with referee. The team captain may speak to the referees only, if permitted by the referee. There may only be one team captain per team that may speak to the referee.
7. League referees have the authority to call off any given game if, in their judgement, the players are in any way unruly or engaging in unsportsmanlike conduct, escalating tempers, unnecessary confrontation, taunting, and/or altercations of any kind.

2. Time Factors

1. All games will consist of four quarters, each 8 minutes long. The clock will run continuously with the exceptions of - free throws and the last 2 minutes of the 2nd and 4th quarters, official time outs, and team timeouts. During the final two minutes of the 2nd and 4th quarters, the clock will stop at each dead ball...unless the difference in score between the two teams is greater than 12 points.

2. Half time will be 10 minutes.
3. In the event of a tie at the end of regulation time, there will be an overtime period of three (3) minutes. The clock will operate as a standard clock during this period. All fouls committed in the regulation time will carry over. If the score remains tied following this period, there will be additional three minute overtime periods until a winner is determined.
4. Each team will be granted five time-outs during the course of a regulation game. In the event of an overtime period, each team will be granted any unused time-outs plus one additional time-out.
5. Mercy Rule: When a team is leading by 20 or more points with two (2) minutes or less remaining in the game, the game will be terminated with the team in the lead declared the winner.

3. Game Rules

1. The three-second rule in the key applies when the offensive player has any part of the foot in the key. When a legitimate shot is released, the three-second rule is no longer in effect, the count starts over.
2. Players are allowed only 5 seconds to inbound the ball.
3. Players are given only 10 seconds to get the ball and both feet across the half court line.
4. When a player receives his fifth (5th) foul, they are to be removed from the game immediately.
5. Full Court Press Defense Rule: When a team is ahead by twenty or more points, they are not allowed to full court press. Once the team that is trailing gains possession of the ball, the winning team must retreat to the other side of the mid-court line. Defensive pressure can be applied once the ball is across the mid-court line. 1st and 2nd violations = Warning and possession awarded to the offended team. Subsequent violations = technical foul charged to the team.