

League Rules

ABC Hoops abides by the NCAA Men's Basketball Rulebook. All other additional procedures, restrictions, and exceptions are explained in the following:

League Fees: League fees are due **in full** prior to the start of the season. There are no exceptions.

Clock: Games will be played in TWO 20-MINUTE HALVES with running time. The clock will stop during the last minute of the first half and the last 2 minutes of the second-half. Each team will receive 5:00 minutes of warm-up before each game and a two-minute break during halftime—if time permits.

Time-Outs: Each team will receive three (3) 30-second time-outs each half during regulation play and one (1) 30-second time-out during overtime periods. Teams are allowed to advance the ball to midcourt after a time-out is called during the second-half under 2 minutes, provided no “basketball move” is made prior to the time-out call.

Overtime: If the score is tied at the end of the 2nd half, there will be a 2-minute overtime period to be played immediately in stop-time. If the score is still tied at the end of the first overtime period each team will receive a TIE. All team fouls in the second-half shall be carried over to each overtime period.

Rosters: A minimum total of eight (8) players (4 FROM EACH TEAM) must be physically present in order for the game to begin. It is strongly recommended that each team arrive to the gym at least thirty (30) minutes before the posted game time.

If a team has less than four players available, it is declared a forfeit unless the opposing captain agrees to allow the team to pick substitutes. Each team is given a five (5) minute grace period to allow late-arriving players if they do not have enough players to begin. After five (5) minutes, the clock will begin and the team present and ready to play will be awarded one (1) point per minute until the other team shows up with each minute deducted from the clock.

Scheduling: Gym space is extremely tight and schedules after they are released, cannot be altered. Teams are given an opportunity in the beginning of the season to give their time preferences and the league will do its best to accommodate the requests. However, the league cannot guarantee these requests. During the playoffs, scheduling will be based solely on gym availabilities and seeding.

Mercy Rule: To ensure the safety and respect for players, the referee(s) may end the game if:

- A team is leading by 20 points or more at the 2 minute mark of the 2nd half
- A team is leading by 40 or more points at the 4 minute mark of the 2nd half

There will be no full-court pressure defense by the team up by twenty (20) points or more. Captains can also request at any time during the 2nd-half to have the game end prematurely, if and only if the captains of both teams feel that the game is over. If the mercy rule is applied, the court will be cleared early to allow the teams in games scheduled afterward to begin warming-up.

Fouls: Each player may receive a maximum of five (5) personal fouls during the game. Each team is only allowed seven (7) team fouls before 1-AND-1 bonus is awarded to the offended team. Ten (10) team fouls will result in a double bonus situation where the offended player is guaranteed two (2) free throws attempts barring any violations. All technical fouls will count as personal fouls and will result in two (2) free throws and possession. If a technical foul is committed during the running time period, the clock will continue to run as if the game is still in play. Two consecutive fouls under 2 minutes will result in a bonus situation.

If a team has five or less eligible players at the time one of its players commits their 5th foul, said player shall not be disqualified, rather any foul(s) committed thereafter by said player will result in not only the foul, but a technical foul as well. Any previously disqualified player in the game shall remain disqualified.

Any FLAGRANT FOUL will result in two (2) free throws, the ball awarded out-of-bounds to the offended team and a technical foul given to the offending player. Two (2) flagrant or technical fouls will result in the offending player's ejection and possible suspension (at the discretion of the Commissioner).

Any team charged with three (3) conduct technical fouls will result in a forfeit from the offending team.

Dress Code: No jewelry is allowed to be worn during play. If one cannot remove said jewelry, the player's eligibility to participate in the game will be under the discretion of the referee(s).

Playoff Rules & Regulations: Playoff eligibility (based on the number of total teams) may be adjusted at the Commissioner's discretion. All playoff games will be played with the same rules and regulations as the regular season with the exception that if a game is still tied after the first overtime, both teams will play additional two (2) minute overtime periods until a winner has been decided.

While there are unlimited roster spots during the regular season, playoff rosters are limited to a maximum of twelve (12) players – no exceptions. In addition, playoff rosters require that all players on the roster to have logged and played at least one (1) second in at least two (2) regular season games.

However, a player who has played in only one (1) regular season game is eligible to play as long as the total number of players present for a team (including said player) is five (5) or fewer. In addition, the opposing team will shoot four (4) foul shots prior to the start of regulation, and said player will start the game with two (2) personal fouls.

Players who have played in zero (0) regular season games for their respective team are ineligible to play in the playoffs.

All teams will be seeded by the overall regular season record. The regular season record tie-breaker is as follows:

- Head-to-Head Record: Tie goes to the team who has won more H2H match-ups
- Head-to-Head Point Differential: Tie goes to the team with highest point-differential among H2H matchups.
- League Point Differential: Tie goes to team with best overall regular season point differential.

A note about Point Differential: For every game a team forfeits during the regular season, fifteen (15) points will be added to their Points Against in the league standings. For every team that has an opponent forfeit a game, fifteen (15) points will be added to their Points For in the league standings.

THERE WILL BE ABSOLUTELY NO FIGHTING TOLERATED. ANY PLAYER WHO THROWS A PUNCH IN AGGRESSION OR IN DEFENSE WILL BE EJECTED FROM THE LEAGUE FOR ONE (1) SEASON—including playoffs. Officials may end a game at any point in their discretion if there is evidence of any player being put in any danger.

Each player who plays in a game must sign into the stat-book before entering the game or the player will be issued a technical foul.

Each player who plays in a game must fill out and sign the NY Rec League, Inc. Waiver.

All players must wear ABC Hoops shirts or jerseys. Any player not wearing official ABC Hoops shirts or jerseys at the opening tip-off will be issued a "technical foul", though exceptions can be made on a season-by-season basis at the discretion of the Commissioner. The maximum penalty is five shots taken either before the start of the game or during halftime.

The Commissioner at his or her discretion, in good faith, may at any time alter and/or retroactively apply new rules and regulations to the league.