

Men's Fall Basketball League 2025 - Gameplay Rules

Team Composition and Roster Rules

1. **Roster Size:**

- Each team may have up to **10 players** on their official roster.
- Players not listed on the roster are not eligible to play.

2. **Roster Submission:**

- All teams must submit a **finalized roster** to the league commissioner **at least 1 week before the start of league play.**
- The roster must include the following:
 - Player names
 - Jersey numbers
 - Contact information (if needed for verification)

3. **Roster Lock Deadline:**

- No roster moves (additions, removals, or changes) are allowed after **Week 3** of the regular season.
- **Roster Exceptions:**
 - The commissioner has the authority to approve late roster changes **ONLY for emergencies**, such as injuries or extenuating circumstances.
 - Requests for roster changes must be submitted to the commissioner in writing (email/text) and include a brief explanation for the request.

4. **One-Team Rule:**

- **No player may participate on more than one team** in the league during the season.
- Violations will result in penalties, including potential forfeits for all games in which the offending player participated.

5. **Minimum Players:**

- A team must have **at least 4 players** present to start or continue a game.
- If a team cannot field 4 players, it will result in a **forfeit.**

Player Conduct and Eligibility

1. Player Verification:

- The commissioner or referees may verify player eligibility at any time during the season.
- Teams are required to ensure all players are eligible and on their official roster.

2. Roster Check:

- Roster checks may be performed at the request of the opposing team or the league commissioner if a player's eligibility is in question.

3. Unauthorized Players:

- Any team found using a player who is not on their roster or in violation of the one-team rule will **forfeit the game** in which the violation occurred.
- Repeated violations may result in additional penalties, including disqualification from the league.

Gameplay Format and Rules

1. Game Time:

- Each game will have **two 12-minute halves** with a running clock.
- Halftime will be **1 minute long** to allow for quick resets.
- No overtime during the regular season; ties will stand.

2. Timeouts:

- Each team is allowed **2 timeouts per half** (30 seconds each).
- Timeouts do not carry over to the second half or overtime.

3. Fouls and Substitutions:

- Each team is allowed **5 team fouls per half** before the bonus (1-and-1 free throws).
- Substitutions may only occur during dead ball situations or timeouts.

4. End-of-Season Tournament:

- Roster rules remain in effect for the tournament.
 - Late roster additions for the tournament must also be approved by the league commissioner.
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Commissioner's Role

The **league commissioner** has the authority to:

1. Approve any **emergency roster changes** after Week 3 due to injuries or extenuating circumstances.
 - Example: A team loses a player to a season-ending injury and requests a replacement. The commissioner may approve the addition of a new player, provided the team remains within the 10-player roster limit.
 2. Resolve disputes regarding player eligibility or roster violations.
 3. Enforce penalties for violations of roster rules, including forfeits, suspensions, or disqualifications.
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Penalties for Roster Violations

1. **Roster Changes After Week 3 Without Approval:**
 - Any team that makes an unauthorized roster change will forfeit all games in which the ineligible player participated.
2. **Player on Multiple Teams:**
 - If a player is found to be on more than one team:
 - The offending player will be removed from ALL teams.
 - Teams using the player will forfeit all games in which the player participated.
3. **Intentional Violations:**
 - Teams or players intentionally violating roster rules may face harsher penalties, up to disqualification from the league.

Gameplay Flow Example

Here's how a typical **30-minute game time slot** will flow:

1. **First Half (12 minutes):** Running clock with two 30-second timeouts per team.
 2. **Halftime (1 minute):** Quick reset for teams.
 3. **Second Half (12 minutes):** Running clock with two 30-second timeouts per team.
 - The clock stops during the final 1 minute for dead balls, free throws, etc.
 4. **Transition (3 minutes):** Teams for the next game warm up while the court is cleared.
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Example Scenarios for Roster Rules

1. **Scenario 1: Late Player Addition (Week 4)**

A team loses two players to injury and wants to add a new player in Week 4.

 - **Solution:** The team must submit the request to the commissioner for approval. If approved, the new player will be added to the roster and eligible to play.
2. **Scenario 2: Player on Multiple Teams**

A player participates in a game for Team A and Team B during the same week.

 - **Penalty:** Both Team A and Team B will forfeit the games in which the player participated, and the player will be removed from the league.
3. **Scenario 3: Unapproved Player**

A team brings a friend to substitute for an absent player during Week 6 without officially adding them to the roster.

 - **Penalty:** The team forfeits the game, as the substitute player was not on the official roster.