

MARYLAND SOCCERPLEX & ADVENTIST HEALTHCARE FIELDHOUSE ADULT DIVISION

OFFICIAL BASKETBALL LEAGUE RULES

Last modified: January 2026

League games shall be governed by the NFHS, National Federation of High School rules. The following rules shall precede the NFHS rules if conflict with said rules should arise.

Overview

- Two 20-minute halves with a running clock – 3-minute half time
- Each team is allowed 2 time-outs per half – unused TOs do not carry over to 2nd half
- Running clock except for the final 2 minutes of each half
- In the case of a tie at the end of regulation there will be a 3-minute overtime with each team being awarded one time-out for the overtime period.

Beginning the Game

The beginning of the game starts with a jump ball. Possession for all following jump balls are alternate possessions. The start of all overtime periods will begin with a jump ball.

Team Size

Teams are limited to 12 players on their roster. Each team shall field no more than 5 players on the court at one time. All players must be rostered to play. Players that fail to be listed on the official roster at the start of game will not be permitted to play. Teams that allow ineligible players to play in a game will result in game forfeiture. ****Official rosters will be locked after the second game. To be eligible for the playoffs, a player must play in a minimum of 50% of regular season games.***

Coed Teams

- a. Coed teams must have at minimum 1 female player rostered.
- b. During Coed games, a minimum of 1 female must be on the court at all times. A team may begin, continue, and conclude a game with only one female player.

****Replacement players can/will only be permitted to be added after rosters lock if there is an injury to a current rostered player that will not be able to continue participating in the league.***

Beginning of the Game

A team may start a game with **4 players**. There will be a 5-minute grace period granted to teams with less than 4 players. Teams with less than 4 players after the 5-minute grace period will receive a forfeit. At game time, games will either commence with 4 team members or be recorded as a forfeit in the event less than 4 players are present. The teams' 5th player must arrive at the scorer's table by the end of the three-minute halftime period or the team must forfeit the game. **There will be no exceptions to this rule, and forfeits will be strictly enforced.**

Uniforms

- Official team jerseys must be worn for each game. Jerseys are not provided by the league. Teams are responsible for providing identical jerseys with numbers for all rostered players.
- A player without an official team jersey will be assessed an administrative technical foul at the start of the game. This technical foul will count towards the player's personal fouls, and the opposing team will receive two shots and the ball.
- If both teams have players missing jerseys, both teams will shoot free throws, and the game will commence with a jump ball.
- Athletic shorts/pants are required. **NO** baggy sweats, khakis, or jeans are permitted.
- **NO** jewelry permitted to be worn during games. This includes earrings, necklaces, bracelets, and watches.

Free Agent Players & House Team

- Free Agent players that are added to a House Team will be provided jerseys by the League.
- Jerseys will be issued no later than the second game.
- Teams without jerseys may borrow a set of numbered pinnies from the League Supervisor when checking in.

Time

Each game will consist of two 20-minute halves, running clock, with the exception of the final 2 minutes of each half when the clock will stop on every whistle. The clock will stop in the first 18 minutes of each half **only** for team time outs or official time outs. The clock **does not** stop for minor injuries, shooting fouls or technical fouls (except in final 2 minutes of half and game). After a time out, the clock will begin to run once the ball is designated "in play" by the referee (either after foul shot or inbound).

- If a team is up by 25 points or more in the final 2 minutes of the game, the running clock will remain.
- **Each team is allowed two full (1-minute) time-outs each half.** Time-outs not used in the first half **do not** carry over into the second half.
- Due to the absence of a shot clock, the 5-second closely guarded rule will be in effect.

Overtime

Overtime will consist of 3 minutes running time. Clock will stop in the last minute on all whistles. Each team will be granted an additional full time out to be added to their remaining totals at the end of regulation.

Personal/Team Fouls

- Each player is allowed 5 personal fouls. Technical fouls are recorded as personal fouls.
- The one-and-one bonus will be in effect beginning with the 7th team foul.
- The 10th team foul results in a double bonus (two-shot rule).

Technical Fouls & Ejections

- Any player assessed 2 technical fouls during the course of a game will be immediately ejected from the game **and** suspended for the team's next game.
- ***Ejection equals an automatic next-game suspension. All suspensions include playoff competition!***
- Fighting will result in immediate ejection and a minimum **2-game** suspension.
- Any player involved in an altercation may be suspended for the remainder of league play at the discretion of the league directors.
- ***Arguing with referees, players, or league administrators will not be tolerated.***

Check-in & Roster Management & Player Cards

- All players must check in at the check-in table with League staff before heading to the court.
- All players must be added to the team roster via email invitation before they can play.
- Rosters will **LOCK** after the second game.
- Players must accept the invite and upload a photo (headshot) before they are eligible to participate.

Player Cards

- All players are required to have a **Player Card**, which is **included with the team registration fee**.
- Players must **accept the email invitation** and **upload a photo** so MSF staff can create the Player Card.
- Each player will receive their **Player Card at their first game**.
- To obtain a Player Card, players must upload **proof of identification (license)** online.
- Players must **check in prior to each game** by turning in their Player Card to the **League Supervisor or MSF staff** at the check-in table.
- **Lost Player Cards:**
 - First replacement: **\$5 fee**
 - Any additional replacements: **\$25 fee**

Payment & Forfeits

- Full payment must be received by the beginning of the first game. Failure to submit payment on time will result in league banishment.
- Two forfeits for any team will result in elimination from playoffs.