



BASKETBALL RULES

// QUICK LINKS

[Player Eligibility](#) // [Game Play](#) // [Golden Rule](#) // [Shirt Notice](#) // [General Policies](#)

// PLAYER ELIGIBILITY

1. All Players must be at least 21 years of age and have current, adequate health insurance.
2. All players must be properly registered on a team during the season for which they are playing.
 - a. If a player is registered on more than one team within the league, they may only play for one team in the playoffs.
 - b. All players must agree to the Fray Liability Waiver as described in the Fray Terms and Conditions section of Player Registration.
3. Any use of an ineligible player will result in a forfeit.

// GAME PLAY

1. The game will start with a jump ball. The team not gaining possession first will be awarded the ball when the next held ball situation arises. Teams will alternate possession thereafter. All overtime periods will start with a jump ball.
2. Boundaries are defined as end line to end line and sideline to sideline
3. Players can only be inside the lane for 3 seconds
4. The offensive team has ten seconds to advance the ball over the half court line
5. Substitutes must check in at the scorer's table and wait to be called onto the floor by an official. Substitutions between periods or during timeouts do not need to check in at the scorer's table.
 - a. If a free throw(s) is awarded, substitutes are only permitted to enter the game before the final free throw attempt if the ball will remain in play or following the final free throw attempt if it will not remain in play.
 - i. If a sub is replacing the shooter and the shooter makes their final free throw, the official will stop play for the substitution.
 - ii. If a sub is replacing the shooter and the shooter misses their final free throw, the sub will enter the game at the next stoppage in play.
6. Fouls are tracked on a team basis, not individual player basis. Players cannot foul out of a game, though they can be ejected.
 - a. Bonus (1 and 1) in effect on the 7th team foul
 - b. Double bonus (2 shots) in effect on the 10th team foul

// Free Throws

1. A player fouled in the act of shooting will shoot foul shots, each worth 1 point. The shooter has 10 seconds per free throw attempt.
 - a. If the fouled player missed the scoring attempt, they will shoot the number of free throws equivalent to the total score they were attempting when fouled (2 shots for a field goal, 3 shots for a 3-pointer).
 - b. If the fouled player makes the scoring attempt, they will shoot 1 free throw.
2. When attempting a free throw, there is a maximum of 4 defensive players and 2 offensive players allowed in the lane spaces.

- a. Two defenders must occupy the positions on the lane closest to basket, above the blocks on both sides.
- b. Remaining players must occupy a lane space or be positioned behind the top of the key, free throw line extended. If choosing to occupy a lane space, offensive players may take the middle spaces and defensive players may take the top spaces.
- c. Players on the blocks may enter the lane on the release of the shot. Players outside the 3-point line must wait until the ball hits the rim to go for the rebound.

// Technical Fouls, Ejections & Suspensions

1. A player may be assessed a technical foul, be ejected, and/or be suspended from a game or league for unsportsmanlike conduct, including but not limited to foul language, rough play, and inappropriate or abusive treatment toward referees, other players, or spectators. Referees may assess a technical foul and/or eject a player with or without warning depending on the severity of the incident.
 - a. If a player receives two (2) technical fouls in one (1) game, they are ejected from the game, must leave the gym immediately, and cannot play in the team's next game.

A player ejected for ANY reason will be suspended for the next game. If that player is caught playing in that game, the team will forfeit.

// GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // officials, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to make sure all players are having fun!

// SHIRT NOTICE

During week 2 of the season, all players will be given DC Fray shirts for their team that are required to be worn for the duration of the season. Failure to wear the DC Fray team shirt for a game will result in a player not being able to play in that week's game. Wearing the designated season's team shirt will be required during both the regular season and playoffs in order to participate in the game.

// GENERAL POLICIES

Fray is proud to relieve captains of the burden of paying for full teams. We accept individual player payments and allow prepayment for additional players and/or full teams. We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league.

Because our mission is to make fun possible, these policies make it easier for people to get involved with and build community through social sports.

All registrations are on a first come, first serve basis. Any roster that does not reach our official size (based on each sport) is eligible to receive free agents and/or small groups. Rosters made up of primarily free agents and/or a collection of small groups may have more players than the standard roster size. This policy is in place to help ensure free agent teams are able to consistently field a team each week.

// Roster Size Chart

Sport	Promotion Size	Official Size	Max Roster Size	Woman Minimum
Basketball 4v4	6	8	10	1
Basketball 5v5	8	10	12	2

// Teams & Substitutions

- 5v5 Leagues:** A maximum of five (5) players can be on the court (CoEd - 2 must be a woman). Teams must have the required minimum 4 players to start the game (CoEd - 1 must be a woman)
- 4v4 Leagues:** A maximum of four (4) players can be on the court (CoEd - 1 must be a woman). Teams must have the required minimum 3 players to start the game (CoEd - 1 must be a woman)
- Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
- Substitute players (players not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.
 - All substitutes must be a registered player on another team and/or in another Fray league that is currently in play.

- b. Teams may use additional substitute players above the player minimum with the opposing team's consent. Teams who agree to play under these conditions must notify the Host before the start of the game and the outcome of the game will stand as is.
5. Teams must designate a captain prior to the start of the game. **They are the only team member allowed to discuss calls with officials.** Judgment calls by an official may not be disputed.

// Game Duration

1. Each game will consist of two (2) twenty-minute (20 min) halves with a 3-minute half time. Game times may vary based on a specific location.
 - a. The clock will run continuously during all but the final two (2) minutes of each half, at which time a regulation stop clock will be used. The regulation stop clock will stop anytime the referee blows the whistle (out of bounds, violations, or fouls) and will start again on the first touch when inbounded. The regulation stop clock does not stop on a made basket.
2. Each team will receive (3) thirty-second timeouts per game. Timeouts must be called by a player on the floor either with sole possession of the ball or during a dead ball situation.
3. Regular Season Games can end in ties. Playoff games will continue until a winner is decided.
 - a. If a playoff game is tied at the end of regulation, there will be a two (2) minute overtime. The clock will stop on every whistle in the last one (1) minute.
 - b. If a playoff game is tied at the end of the overtime period, the game will go into a second overtime period that is sudden death. The first team to score any point (free throw or basket) wins the game.

// Equipment, Uniforms & Facility Use

1. All equipment will be provided on site with all leagues using a 29.5-inch sized basketball. If players/teams want to bring additional basketballs to warm up with, they are more than welcome to do so and are responsible for their own equipment.
2. Players are **required to wear league provide shirts during the season.**
3. Basketball shoes with flat bottoms and appropriate ankle support are strongly recommended. Cross-trainers and running shoes are discouraged.

4. If an individual or team violates the facility's Code of Conduct, they may be asked to leave and a refund will not be issued.

// Playoffs & Standings

1. Playoffs are determined after the regular season has concluded and are based on scheduling and other league logistics. Playoffs are not guaranteed.
2. Standings are automatically sorted in Commish based on teams' Win-Loss-Tie record. If there is a tie in the standings, we sort based on the following information in order until the tie is resolved:
 - a. Head-to-head matchups
 - b. Score differential
 - c. Points For
 - d. Points Against

// Forfeits

1. Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
 - a. **First Forfeit** - Loss of game and warning issued
 - b. **Second Forfeit** - Loss of game and Fray reserves the right to remove the team from the playoffs.
 - c. **Third Forfeit** - Loss of game and removal from the league with no refund
2. In the case of a forfeit, the final score will be recorded as 40-0.

// Weather Cancellations

1. One week is built into the end of each season
2. All players will be notified via email if games are canceled
3. If more than one weather cancellation occurs, Fray will try to find another week if possible to make up the games, but it is not guaranteed.
4. Should inclement weather or other factors limit normal scheduled game duration and more than half the game has been played, the game shall count as the full game.