

**We follow all NCAA Rules with the exception of league specific rules listed below.**

1. 20 min halves with 2 min halftime. Running clock except the last minute in each half. Gym coordinators/score keepers can also decide to run the clock and/or cut time from the game due to late start by informing the captains and referees. All teams should be present at the gym 10min prior to the game.
2. Referee will count 30sec shot clock in the last 5 minutes of the game. Game clock will stop on the last minute of both halves. 5 second closely guarded will also be called.
3. If a game is a blow out the referee has the ability to call the game early if teams are fouling and/or the winning team is trying to run up the score. If a team is winning more than 20 points they are not allowed to press the losing team in the second half.
4. 3 (20 sec) timeouts can be used at any time of the game. If you are out of timeouts and you call a timeout it will be a team technical 2 (shots) and you will lose the ball. Clock stops on all deadballs in the last one minute in each half.
5. 2 min overtime with 1 additional timeout in OT, Timeout from regular games can carry over into overtime.
6. Games are scheduled to start on time you may play with 4 but if you only have 3 players 1 point will be given per min till your 4<sup>th</sup> man arrives clock will start 5min into game time. If team is more than 20min late the game is considered a forfeit. Teams can still play each other when they arrive for fun. Team that is short can also pick up low-level players with the approval of the opposing captain/Commish, each player added will also result in 2 points for the opposing team.
7. Technical foul on all curses and inappropriate language this can be called on bench players, players fouled out – penalty 2 shots and the ball– counts as a personal foul. Can be called by the referee, Commish, appointed league committee members (long as it's not during their game). If a player curses twice he will be ejected from the game.
8. Technical foul on all dunks (does not apply in Long island) – penalty 2 shots and basket does not count, and counts as personal foul.
9. Extended trash talking or stepping up to a player in an aggressive manner will lead to technical foul and possible ejection. You will also get techs for instigating by clapping in a players face. Commish can also issue technical fouls from the sideline even if the referee did not call it. Zero tolerance for misconduct.
10. Two technical fouls are an automatic ejection – players must leave the gym. All technical fouls will count as personal fouls - cursing, and misconduct. Dunking is a tech only in NYC HS gyms.
11. Misconduct or fighting will result in ejection – penalty ejection and 2 shots, automatic suspension and the player must leave the gym.
12. Each player is allowed 5 personal fouls per game. If a player is fouled out on the 5<sup>th</sup> foul the team can choose to keep him in the game if they only have 5 players but it will result in a tech each time he commits a foul and cost the team 2 free throws. The tech is on the 5th foul if he wants to remain in the game.

13. All players must have a matching jersey (same color) with the number and SABL logo ordered through SABL– **penalty 2 points for each jersey**. Everyone must be wearing a different number on the team duplicate numbers will not be accepted.
14. All roster changes must be completed before the week 6 game. Any player added after week 6 will result in a forfeit. Team fees must be completed in full by week 1 otherwise you will not be allowed to play. A team roster will be maxed out at 10 players per team. Any roster changes made after week one season must be approved ahead of time by the Commish to ensure team parity, otherwise it will result in a forfeit.
15. All players must show up to at least half their games to qualify for the playoffs 5 out of 10 games. (4 Games if it's a 9 game season). No more than 10 players are allowed on the roster. If a player is dropped from the roster they cannot be added back on to the same team in the active season. You must notify the commish via message if a player is showing up to get credit for the game in case of injury or other circumstances. They must show up to gym during their game time, 1 hour before or after will be allowed to get credit.
16. Forfeits – When a forfeit is given due to administration issues within the team and the game is played the stats will count and all the players that played will count as has played that game. Only the players that showed up will count toward playoff. Teams that only show up with 3 guys will count as having shown up for their game to qualify for the playoffs. All players will count as having played if Commish is notified one week before forfeit, otherwise the team that forfeited the game the players will not be counted toward playoff. The score will be recorded as 20-0 for seeding purposes.
17. Playoff seeding is calculated in the following manner.
  - Overall record
  - Head to head match up even in a three way tie.
  - Point differential being added between the teams that are tied with the same record.
  - Point differential between all the team for the season
  - Coin toss