

South Hadley Spring Men's Basketball League

Rules & Regulations 2026

Player/team eligibility:

1. Adults must be 18 years of age to participate in the league. Teams violating this rule will forfeit any game(s) played with the illegal player. A team violating this rule twice will be removed from the league.
2. Players on college rosters are eligible to play in the spring league.
3. Anyone with a pending felony and/or legal restrictions from being allowed in a public school are ineligible to participate in the league.
4. Players may be added to a roster at any time during the regular season; however, each player must be registered with the league through the website. Players added after the mid-point of the season are ineligible for participation in postseason play.
5. The link for the player registration is: <https://forms.gle/6Kdobh5DH6aasDok7>
6. Players off the "Free Agent List" will be allowed to try-out for a team. If the team does not pick them up after that one game, they can go back to the free-agent list.
7. Teams cannot use players from other league teams to fill a roster spot.
8. Any team that forfeits three (3) games in a season will be permanently removed from the league.

Team Fees:

1. The Director will determine the fee structure at the beginning of the season. All fees must be paid in full by the date set by the Director.
2. The team fee for the 2026 season is: \$350.00. Payment must be made by credit card, check or by dropping off cash to South Hadley Council on Aging.
3. Each team must pay one official \$45 per game.
4. Technical fouls for behavior will result in a \$20 fine per technical foul paid by the player before they can return to the game or before the next game.

Timing:

1. The games will consist of two (2), 20-minute halves.
2. Halftime is three (3) minutes unless both teams are ready to play.
3. The first 18 minutes of each half will be running time.
 - a. During running time, the clock will only stop for timeouts, injuries, and free throws.
 - b. On free throws, the clock will start when the player receives the ball for their last shot, or the second shot of a bonus free throw during the first 18 minutes of each half.
4. The final two (2) minutes will be regulation stop time.
 - a. There will be running time in the last two (2) minutes of the game if the difference in the score is 20 points or greater.
 - b. The clock will stop on a made basket in the last 59.9 of regulation play and/or overtime unless the point differential is 10 points or more.
5. Overtime will be two (2) minutes in length. The first minute will be running time and the last minute will use regulation stop time rules.
6. There will be three (3) timeouts per team and one (1) timeout per overtime period. Timeouts do not carry over into overtime or from overtime to overtime.

7. There will be a 35 second shot clock following NCAA shot clock rules.
 - a. If both clocks are not available, the shot clock will not be used in that game. If one is working, we will use it.
 - b. Kicked ball goes to 20 when it happens at 19 seconds or less on the shot clock. If the kicked ball occurs within 20 or more seconds on the shot clock, the clock stays at whatever number it was at.
 - c. If there is NO shot clock, then we will use the closely guarded rule while dribbling in the front court (games at Plains and/or shot clock not working).
 - d. Teams will be given three (3) minutes to warm up if the previous game ends after the scheduled start time of the next game. Games will begin at the scheduled start time if there is more than three (3) minutes between the end of the previous game and the scheduled time of the next game.
 - e. The scheduled start time is the time you are supposed to be dressed and ready to play. If the game is at 7pm and the previous game runs late, that doesn't give you extra time to field a team. When the game is over, five (5) minutes will be placed on the clock for warm-ups and then we start. If you have less than five (5) players, you play with that number or you can forfeit. If players arrive late, they can play.
 - f. If teams are late, the game can be shortened at the discretion of the table and referee staff.

Uniforms:

1. Players must have numbered jerseys.
2. All teams shall have shirts of similar color.
3. The penalty for failure to comply with this will be the team/player must wear scrimmage vests provided by the league.
4. Jewelry is not permitted except for wedding bands.

Game Rules:

1. NFHS High School Rules will be used. Please note there are significant differences between NCAA, NBA and NFHS rules.
2. Closely guarded will be holding only (no count when player is dribbling) unless the shot clock is not available.
3. Fouls:
 - a. Players will be allowed six (6) personal fouls. Players must be removed from the game after their sixth (6th) personal foul. Teams may finish with less than five (5) players.
 - b. All technical, intentional, and flagrant fouls result in two (2) shots and loss of the ball.
 - c. Two (2) technical fouls in one game will result in a suspension of a minimum of one game and suspensions carry over into the following season. Additional penalties will be reviewed by the Director and may be assessed.
 - d. Players that are habitual offenders and receive technical fouls in multiple games may get a suspension at the discretion of the league director and staff.
4. Fighting: Fighting will result in the player's disqualification from the league for a minimum of one calendar year and be subject to further discipline.
5. If a player would like to appeal any suspension, they must do so in writing to the Recreation Commission. The Recreation Commission will take it under advisement.
6. Teams should bring their own balls to warm up.

Playoffs:

1. Playoffs will be held after the regular season, and the playoff format will be based on the discretion of the Director.
2. Regular season results will determine the seeding of the teams.
3. Players must have played in five of their team's regular season games to be eligible for the playoffs. Exceptions may be made for injury and/or extraordinary circumstances that have been reported to the Director prior to the commencement of the playoffs.
4. The league and playoff champion will receive tee shirts, \$150 dues credit towards the next season and/or a team trophy.
5. Tiebreakers: The tiebreakers that will be used to determine playoffs seeding are:
 - a. Head-to-head matchups between the teams involved. The first is record versus the two teams and second is points scored in the games between the teams involved.
 - b. Average "points allowed" for the season not including any forfeits.
 - c. If a tie still exists, a coin toss will be used.

Gym use guidelines/Behavior:

1. South Hadley High School does not allow any type of food, gum, or drink into the gymnasium except for water and/or sports drink for the players. Each team is responsible for completely cleaning their bench area after each game. Please monitor your family members and friends.
2. Sneakers must be worn on the floor. These should be clean and different than the sneakers worn into the gym.
3. The facilities must be respected always, including the restrooms and locker rooms.
4. Children must be supervised always. Please do not let children hang from the bleachers or go on top of closed bleachers.
5. Shooting is not allowed on the side hoops in the gym, away from the scorer's table when play is going on. The penalty will be suspension for that week.
6. Alcohol, marijuana, illicit drugs, e-cigarettes, weapons, and tobacco products are not allowed on school property including the parking lot. Violators of this policy will be suspended indefinitely from further league play. Spectators are the responsibility of the player and any action by a spectator will result in suspension of the player who is responsible for that spectator.
7. Teams are asked to leave their bench areas in a timely fashion after the game is completed to allow the next team's time to get situated prior to their game.

Cancellations:

1. The website will be updated if games are cancelled and the coaches will be emailed.
2. League website: www.leaguelineup.com/shspringhoop