



Meeting Agenda

Housekeeping

- Limited seating
- Gym rules (bathrooms, stay in gym, no bouncing balls + watch your children please)
- Enter & Exit through Delta Valley Health Club Main Entrance

Covid Variants

- Please limit the amount of family/friends you invite. We encourage everyone to depart after their game so we reduce the amount of patrons in the gym & help free up space.
- Mask is required when Entering/Exiting the gym

New updates

- Videographers will come for 2 or more sessions: so each team will be recorded at least once.
- 3 point contest/ dunk contest? How could we spruce up the league?
- Rotating team members for the scorers Table, and clock before game time. (This is the only way we can keep official stats). We need your help so that we can accurately track your individual stats. We will need two team members from each team per week to come before their game to keep score keep and do the game clock per week. Teams will rotate. We will have a google sheet to manage this portion.

Chosen Adult League Rules

1. GAME LENGTH: Two 22 minute halves. Running clock for first 20 minutes of each half, The clock will be stopped on all whistles during the last 2 minutes (if team has a **20** or more point lead at any time during the last 2 minutes of the 2nd half, the clock will run continuously from that point until the end of the game).

2. OVERTIME: During the 1st and 2nd Period of OT, 2 minutes will be placed on the clock, regular basketball rules (fastbreak), clock stops on whistles. 3rd Period/Sudden Death (First team to score)

3. TIMEOUTS: 2- 60 second Timeouts per half; 1 additional timeout for each overtime period (60 seconds). You will not be able to carry over unused Timeouts.

4. ROSTERS: Team Captains (or designated captain) must fill out the scorebook at least 10 minutes before game time. If your team is playing in the 2nd or 3rd game, there will be an extra book at the scorers table. Please get it and fill in your lineup with players name and uniform numbers for each team member.

5. UNIFORMS: Team must have similarly colored jerseys with numbers on the front and back. Technical foul will be assessed for any player not listed on roster or without a jersey prior to game start. **TEAMS MUST COMPLY WITH THIS RULE BY THE WEEK 2.** **please notify Chosen Administration if you're having print/delivery issues.

6. FORFEITS: If a team does not have 4 players ready to play at the scheduled start of the game, the game will be forfeited. There is no grace period. If additional players show up (late), ensure they are added to the scorebook or a technical will be assessed.

7. SUBSTITUTES: Subs will be allowed into the game only on dead balls. Subs must report to the scorer table, and the official must beckon the players into the game.

8. COURT CONDUCT: Poor conduct will not be tolerated. All technical fouls will result in 2 points automatically awarded to the opposition plus the ball out of bounds. (There will be no technical foul shot(s). A player is ejected from the game on his 2nd unsportsmanlike technical foul and must leave the bench. If the player does not leave the bench in a timely manner, the game will be forfeited. Any player who receives 2 unsportsmanlike technical fouls in 1 game will be suspended from their next game. Any player showing physical violence towards an official or another player will be suspended from the league with no refund. A player who accumulates 4 technical fouls during the season will be expelled for the remainder of the season. Technical fouls will count as personal and team fouls. Any team that accumulates 4 unsportsmanlike technical fouls in a game will forfeit that game. Players should be aware that the league will impose stiff suspensions. The suspensions will be indefinite! **Disrespect to the scorers table will result in a technical foul.**

9. PROFANITY RULE: Unsportsmanlike technical fouls will be called for loud verbal outbursts of profanity. 1 warning will be given per game (not per team). Remember, there are kids, women and families present in the gym. Most importantly, we are ALL brothers.

10. BONUS: The bonus rule (1 and 1 free throws) will be in effect on the 7th team foul committed in each half. Double Bonus (2 shots) is in effect on the 10th team foul of each half. Offensive fouls count as team fouls.

11. JUMP BALLS: There will be a jump ball to start the game and all overtime periods. All other jump ball situations, including the start of the second half, will be resolved on an alternating basis. The team losing the jump ball at the start of the game or overtime will take the ball out-of-bounds on the next jump ball situation, then the other team and so forth.

12. OVER-AND-BACK: The over-and-back line is the centerline. (Backcourt)

13. FREE THROW LANE: Players on the lane may enter the lane as soon as the ball leaves the shooter's hand. The shooter and all players above the free throw lane must wait until the ball hits the rim before entering the lane.

14. Warmups: Warmups will be 5 minutes long.

15. College RULES will govern league play with any exceptions listed.

