

VBFH LEAGUES

Basketball By-Laws

- This league is governed by the NCAA Basketball Rules and these by-laws:

1. Administration:

- a. League play will begin Friday September 16, 2022 consisting of 7 games per team for the regular season. Team Rosters are due by close of business Friday September 9. A team roster must have a minimum of five paid or payment plan players in order to be added to the schedule. The Coaches only meeting will be held on Monday, September 12 at 6 pm in the Field House.
- b. Positions in the league standings are determined by wins/loss records. In case of ties, who beat whom in head to head competition will be used first, then the point differential of the teams will be used to determine placing.
- c. The league coordinator is responsible for the scheduling of all games including all rescheduled games. Coaches will correspond with the league coordinator in all matters regarding the basketball league.

2. Eligibility:

- a. The league is open to all VBFH members who are 18 years or older and not in high school.
- b. Rosters are open and limited to 12 players per team and teams may add or drop players as needed up to the roster lock date of October 5th. Coaches must make the changes via their dashboard account under team management
- c. In order to be added to a team roster the player must pay in full or establish a payment plan (card on will with weekly deduction).
- d. Once a player has suited up for a team, they may not play for another team in their division.
- e. Guest players can play for any team with the fee of \$15 per game. Guest players added to a team roster prior to the roster lock date will have their guest fees subtracted from total registration fee. No guest players allowed in the playoffs.

3. Competition:

- a. Games will consist of two 20-minute running halves with a 2-minute half time. Games will have a regulation clock during the last two-minutes of the second half; otherwise the clock only stops for time-outs and per the referee's request. Each team will have 3 time-outs per game consisting of 1-60 second and 2-30 seconds. Time outs can be used anytime during the game.
- b. In the event of a tie, a three minute overtime will be played. The clock will run and will be regulated for the final minute. Overtime is considered part of the second half; fouls will be carried over. Each team will be allowed only one time-out per overtime. If the game ends in a tie after the overtime, then the game is counted as a tie; except in the playoffs.

- c. MERCY RULE: If a team is up by twenty or more points at the 2-minute mark or after in the second half, the game clock will not stop.

4. Rescheduling, Forfeits and Protests:

- a. Rescheduling may be considered if the team notifies VBFH Leagues 24 hours before their game that they will not make it to the game with an acceptable reason only.
- b. A team must have at least 4 players on the court to start a game in order to avoid a forfeit.
- c. An eight (8)-minute grace period will be given for the first game of the night; after 5 minutes of the 8 minute grace period, the offending team will be assessed a technical foul and possession of the ball will be given to the opposing team to start the game. Forfeit grace period starts at the scheduled game time. No grace period for all other games of the night before a forfeit is issued.
- d. Game scores are final.
- e. Forfeits are expensive! 2 forfeits by no show during the season may result in removal from the fall basketball league. No refunds will be given.
- f. Protest based in rule interpretation should be made to the officials at the time of the alleged infraction and must be made prior to both teams leaving the court. The coach must provide the League Coordinator with a memo outlining the circumstances and rule in question by 1300 the next business day. Emails the next business day will be accepted. After all persons involved have been spoken to, a ruling by the VBFH League Office will be made and is final. **Judgment calls by officials are not protestable.**
- g. The use of any illegal player(s) will cause forfeiture of the game.

5. Advancement:

- a. The top 4 teams in each division will advance to the playoffs
- b. The following tiebreakers will be used:
 - i. Win/loss record.
 - ii. Head to head competition.
 - iii. Team Point differential.

6. Uniforms:

- a. Teams are to wear the same color jersey/shirt with visible numbers on the front and back of the jersey. We suggest that teams have 2 jerseys, a dark and light colored one. In the event that both teams competing are wearing the same color jersey, the home team must change jersey color. If needed teams may use the VBFH jerseys obtained by check out at the fitness center front desk.
- b. Shorts with pockets, zippers, or belt loops are not allowed. Shoes that visibly mark, and jewelry are not allowed.
- c. Putting tape on shorts to cover pockets or reversing shorts causing the pockets to dangle is not an option.

7. Conduct:

UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED!!

- a. Coaches will be responsible for the conduct of their players and teams will be responsible for their coaches. The following are examples of unsportsmanlike conduct, which may result in a disqualification:
 1. To refuse to abide by an official's decision.
 2. To physically attack, lay a hand upon, or endanger the safety of any official, player, coach/manager, spectator or VBFH staff.
 3. To object to an official's decision by throwing basketball or any other personal equipment or other forceful action.
 4. To verbally abuse, threaten or attack any official, player, coach/manager, spectator or VBFH staff.
 5. To be guilty of obscene language or gesture on or off the court towards any official, player, coach/manager, spectator or VBFH staff.
 6. To continually argue and talk about a judgment call in such a way that is disrupting the game including the referees, league supervisor, fans and participants.
- b. Coaches or players may be disqualified for the night if issued two Technical or one Flagrant foul. When a player or coach is disqualified from that night he/she is required to leave the gym within two (2) minutes and leave premises within 10 minutes. When a player or coach is disqualified for the night all involved (officials, player and coach) must submit, the following day, documentation to the sports coordinator regarding the incident. Officials must also submit recommendations and data to support their recommendations for the length of any possible suspension. **VBFH will have the final say to the length of any suspension that is to be enforced.**
- c. Any player or coach that receives two separate suspensions will automatically be dismissed for the rest of the season including any playoff games (no refund will be given). Any suspensions can be carried over to the next season.
- d. Any player, coach, participant or spectator who physically assaults or threatens another player, coach, participant, spectator or official shall be dismissed indefinitely from all leagues and VBFH programs.
- e. Please do not bring food into the Field House.
- f. **KIDS RULE**: Children who accompany their parents to the games **MUST** be supervised at all times. Children should not be allowed to run alongside the bleachers. Any time play is stopped for a ball going onto the court the team's child that is responsible will be charged a time out.
- g. It is the responsibility of the coach of each team to ensure all players have read and understand these rules and regulations.
- h. Coaches will be held responsible for ensuring that teams clean up their bench areas after the game.

8. **Summary of Rules/Points of Emphasis:**

- a. Jewelry, stocking caps/hats, and casts are prohibited.
- b. Jump ball only at the start of the game and any overtime period.
- c. 3 timeouts per game. (1 full and 2 half)
- d. Bonus in effect on the 7th team foul.

- e. All Class B technical fouls on the bench are 1 shot. Flagrant technical fouls carry an automatic ejection. A player ejected because of a flagrant technical foul must leave the area within 2 minutes or a default (loss) may result.
- f. Vibrating the backboard is a Class B technical foul (ball in flight).
- g. Class A Technical fouls count as a personal and team foul.
- h. All jump ball situations result in an alternating possession turnover.
- i. Only coaches and players on the team roster are allowed on team bench. All players and assistant coaches will remain seated on the bench during the game.
- j. Substitutes will report to the scorer's table in a polite manner, kneel down and wait for the officials to beckon them on to the floor.
- k. **Shorts or pants with pockets, zippers, or belt loops are not permitted.**

9. **Awards:**

- a. TBA
- b. TBA

* The League Coordinator and/or League Director may modify these by-laws without prior notice in the interest of the league and its participants.

Thank you for playing at The House!

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