

VIRGINIA BEACH FIELD HOUSE ADULT BASKETBALL RULES 2025

1. Administration

- **League Play:** The regular season will consist of a set amount of guaranteed games with an extra week for playoff and championships.
- **Standings:** Team standings will be determined by win-loss records. In the event of a tie, head-to-head competition will be the first tiebreaker, followed by point differential.
- **All games are officiated by local officials, they are in charge of following the official rules and regulations of the game.**

2. Uniforms

- **Uniform Requirements:** Teams must wear matching jerseys with visible numbers. Teams should have both light and dark jerseys. The home team must change jerseys if there's a color conflict. **(T shirts with marker and tape are NO LONGER APPROVED ATTIRE)**
- **Prohibited Attire:** Pants, Sweat pants, Zippers, or belt loops, shoes that mark the court, and jewelry are not allowed.

3. Eligibility

- **Age Requirement:** Participants must be 18 years or older and not currently enrolled in high school.
- **Roster Limits:** Each team may have a maximum of 12 players.
- **Player Fees:** All players must be paid in full.
- **Player Eligibility:** Once a player has suited up for a team, they cannot play for another team in the same division.
- **Guest Players:** Guest players may be added for a fee of \$15 per game.

4. Competition

- **Game Format:** Games will consist of two 20-minute running halves with a **2-minute halftime**. The clock will be regulated during the final two minutes of the second half. **Each team will have 3 timeouts per game.**
- **Overtime:** In the event of a tie, a 3-minute overtime period will be played. The clock will run and be regulated during the final minute. Overtime fouls will carry over. Each team will have 1 timeout per overtime.
- **Mercy Rule:** If a team leads by 20 or more points with 2 minutes or less remaining in the second half, the clock will run continuously. **Even during a time out the clock will continue to run.**

5. Rescheduling, Forfeits, and Protests

- **Forfeits:** A team must have at least 4 players to avoid a forfeit. Forfeits will result in penalties and potential removal from the league.
- **Protests:** Judgment calls by officials are not protestable.

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- **Illegal Players:** Using illegal players will result in a game forfeit.

6. Advancement

- **Playoff Qualification:** The top 4 teams in each division will advance to the playoffs.
- **Tiebreakers:** In the event of a tie, the following tiebreakers will be used:
 1. Win-loss record
 2. Head-to-head competition
 3. Point differential

7. Conduct

- **Sportsmanship:** Unsportsmanlike conduct will not be tolerated. This includes but is not limited to:
 - Disregarding officials' decisions
 - Physical or verbal abuse of officials, players, coaches, or spectators
 - Obscene language or gestures
 - Disruptive behavior
- **Penalties:** Unsportsmanlike conduct may result in technical fouls, ejections, or suspensions. Severe misconduct may lead to permanent removal from the league.
- **Spectator Conduct:** Spectators must supervise children at all times. Children should not run along the bleachers. Spectators are not allowed at the players bench area. No dribbling of basketballs on the sidelines are permitted during game time.
- **Team Responsibility:** Coaches and or Captains are responsible for their players' and team's conduct. Teams must clean up their bench areas after games.

VBFH will suspend all players who intimidate officials, workers, spectators and or players.

8. Additional Rules

- **Jewelry, Hats, and Casts:** Prohibited. (A technical foul may be assessed if a player breaks this rule)
- **Jump Balls:** Jump balls will only occur at the start of the game and overtime periods.
- **Timeouts:** Each team has 3 timeouts per game.
- **Technical Fouls:** Flagrant technical fouls result in ejection.
- **Backboard Vibration:** technical foul.