



BISD Recreational Basketball Rules

1. Only BISD Employees will be able to participate in the basketball league. Student teachers, UTB Students, spouses, retired employees and volunteers will NOT be allowed to participate in the basketball league.
2. Each player must have a release of liability and indemnification statement form signed and turned into the Wellness Coordinator one week prior to scheduled game. Players who do not turn in a liability statement form will NOT be allowed to participate.
3. A person has a playing right to his/her campus team first. If for some reason you do not want to play with your campus/department you may play on another team.
4. Signing in: All players have to sign in on the appropriate forms that will be provided. It will be located on the table as you enter the gym.
5. Team membership: You can only play on one team.
6. Forfeit of game:
 - A. All players must arrive at the gym at least 10 minutes before a scheduled game. Failure to show up on time will be declared a forfeit.
 - B. If a team does not have at least four (4) players by starting time, then the game will be declared a forfeit and the opposing team will be declared the winner.
7. Spectators/Children: It is recommended that no children be on the court when matches are being played. If no other arrangement can be made for these children, we must emphasize that they are seated in the bleachers at all times. Please keep the students off the court. To avoid accidents/injuries to players and spectators do not allow the children to bring personal playground balls/basketballs/equipment to the games.
8. Sportsmanship on the court: Un-sportsmanship behavior will not be tolerated. Fighting, pushing, scratching, and striking your opponent will not be allowed during the game. If this occurs your player will be dismissed for the remainder of the season. Use of profanity on the court during competition will not be allowed. Everyone must exercise positive sportsman like behavior while on the court.
9. As stated on the Standard of Code of Conduct in the Employee Handbook, ALL employees are expected to work together in a cooperative spirit to serve the best interests of the district and to be courteous to students, one another, and the public. Employees are expected to observe the following standards of conduct:
 - A. Recognize and respect the rights of students, parents, other employees and members of the community.
 - B. Participants engaged in any and all BISD. Wellness center activities and events are expected to use the upmost respect when addressing other participants.
10. All players: Must be on the team roster at least one week before the scheduled game. Team players will not be allowed to be added to the team roster on the day of a scheduled game.
11. Team roster must be typed.
12. Team members of disqualifying teams may not join another team during the basketball season.
13. Jewelry: Remove all jewelry, watches and bracelets, before you begin to play. This will eliminate being scratched during the game. Safety issue.

14. Only tennis shoes will be allowed on the gym floor.
15. Game Time: As specified on schedule, unless other arrangements are made by the Wellness Coordinator.
16. Each team is allowed 10 players and must consist of only BISD employees. Each player may play only on one team.
17. Please call the Wellness Office 698-0194 at least one day in advance if your team is unable to show up for a scheduled game, so we may be able to make other arrangements. There will be no make-up games.
18. Tournament: Season record will be used to determine placement of your team as far as your opponent and by positions. Tournament will be single elimination in which only winning team advances.
19. Team captain will be responsible for informing each team member of all rules governing the basketball league.
20. Substitutions: Substitutions can be made during a game at the discretion of the team captain.
21. Time outs: Two time outs are allowed for each team per half. Time limit for time out will be 1 minute.
22. Over Time: Time outs for tied games will be limited to 1.
23. Anybody caught kicking the basketball during a basketball game will be dismissed from the game and from participating in the league for the rest of the season.
24. A player shall not remain in the opponent's restricted area for more than 3 consecutive seconds while his/her team is in control of a live ball.
25. Any player that commits unsportsmanlike conduct will be suspended from entering the Wellness Center.

REMINDER: TEAM Captains are in charge. Team captains you will need to mediate and reach an agreement with the opposing team captain.

Length of game:

- 4 quarters of 8 minutes each
 - 5 minutes half time rest
 - 1 minute between quarters
- OR
- 2 - 20 minute halves with a 3 minute break in between

Scoring:

- Free throw = 1 point
- Inside the Arc = 2 points
- Outside the Arc = 3 points

Substitutions: Substitutions may be made during “dead ball” situations provided the player(s) coming off the court are out of play and in the vicinity of the bench before any substitutions go on. (Remember, the clock does not stop)

Personal Fouls: Each player is allowed five personal fouls. One is expelled from further play upon gaining their fifth personal. There are no free throws awarded for the first six common personal fouls of each half for each team. Instead, this is treated as a violation with the offended team returning the ball to live action with an in-bound pass.

Scorers: Each team must have at least one person at the scorer’s desk at all times.

Jump Ball Procedure: Each jumper must have at least one foot on or inside the half of the jumping circle that is farthest from his/her own basket. The eight non-jumpers must remain entirely outside the circle until the ball has been tapped, but are entitled to alternate positions between opponents around the jumping circle. The Wellness Coordinator tosses the ball up between the jumpers to a height greater than either can jump. If it falls to the floor without being tapped by either jumper, the wellness coordinator will toss the ball again.

There are 4 things a jumper may not do:

- Leave the circle until the ball has been tapped
- Tap the tossed ball before it reaches its highest point
- Tap the ball more than twice
- Catch the ball himself

Out of Bounds: The ball is out of bounds when it or the player in possession touches anything or anybody on or outside a boundary. (including the ceiling and its equipment)

When the ball becomes out of bounds by touching a player who is out of bounds, he is considered to have touched it last.

When responsibility for the ball going out of bounds is in doubt, play is resumed by a jump between opponents involved.

The ball is not out of bounds if it hits the edge of the backboard.

Throw-In: The player making the throw-in has five seconds to get the ball into play. He/She cannot leave the designed area, nor score a field goal from out of bounds, and opponents are restricted from harassing the efforts at a closer in order to put the ball in play.

Free Throw: the free thrower must make his throw within 10 seconds.

Floor Violations – It is a violation to:

- a. Cause the ball to go out of bounds, or fail to observe the throw-in provisions.
- b. Run (travel) with the ball, or kick it, except accidentally or strike the ball with the fist.
- c. Cause the ball to enter the basket from below.

- d. Dribble a second time(double-dribble) while ball is in one's continuous possession.
- e. Excessively swing arms or elbows even without contact.
- f. Linger more than three seconds with both feet in one's own free throw lane.
- g. Fail to observe jump ball provisions.
- h. Be guilty of basket interference (dunking) at own basket.
- i. Fail to advance the ball from back court to front court within 10 seconds; or be the first to touch a ball that one's own team has caused to go from front court to back court
- j. Staling with the basketball for longer than 10 seconds without advancement toward the basket.

The instant a floor violation occurs, the ball becomes dead and is awarded to a nearby opponent for a throw-in at the out of bound spot nearest the violation.

Personal Foul – A personal foul is simply anything that violates basketball's no contact principle, as holding, pushing, tripping, charging into or physically impeding the progress of an opponent: even laying a hand on him/her, except as incidental contact (contact that takes place that is entirely incidental to an effort by an opponent to reach a loose ball or which takes place while the ball is dead, as after a score, and which is not flagrant is regarded as incidental contact, unless it places an opponent at a disadvantage, in which case it is an unsportsmanlike foul.)

Personal Foul Penalties:

- a. One free throw for a common (except player control) foul
- b. Two free throws for a foul against a field goal thrower whose try fails, or for an intentional or flagrant foul.

BE RESPECTFUL, HAVE FUN and GOOD LUCK