

# Bridges Community Church Basketball League

## Official Rules & Regulations

### League Overview

- This basketball league is a ministry of Bridges Community Church (BCC) in Los Altos ([www.connectbcc.org](http://www.connectbcc.org)). We are a diverse, non-denominational Christian community of individuals and families who are seeking to grow in our understanding of who God is and what it means to follow Him.
- The purpose of the basketball league is to promote physical fitness and to provide an opportunity for men, women, and families from the community to enjoy friendly and safe competition and to build relationships through the game of basketball.
- The league is open to the entire community, regardless of religious affiliation. We welcome players from all levels of basketball experience.
- The league is typically divided into two divisions (depending upon the number of teams that register each season).
  - The “A” League is a highly competitive and physically demanding league, and typically consists of players who have played at a Varsity level in high school or higher.
  - The “B” League, while still competitive, is a more relaxed league for less-experienced players or players simply looking to play at a bit of a slower pace.
- The basketball league adheres to the official rules of the National Federation of State High School Associations (NFHS). (Visit [www.nfhs.org](http://www.nfhs.org) for further information.)
- A season typically consists of 8-10 regular league games (depending upon the number of teams that register each season) and 1 or more playoff games (for those teams that qualify).
  - The Fall league typically runs from late September to early December.
  - The Spring league typically runs from March to May.
- In addition to the league, BCC often offers an Open Gym on the weekends for those looking for additional opportunities to work on their game. For more information, please contact [kathy.spillar@connectbcc.org](mailto:kathy.spillar@connectbcc.org).
- For more information about the BCC Sports Ministry, go to [www.connectbcc.org/ministries/sports/](http://www.connectbcc.org/ministries/sports/).

### Primary Contacts

- Steve Durand, BCC Pastor of Family Ministries & League Director ([steve.durand@connectbcc.org](mailto:steve.durand@connectbcc.org))
- Brad Burman, League Manager ([brad.burman@lacs.com](mailto:brad.burman@lacs.com))
- Kathy Spillar, BCC Family Ministries Assistant & League Administrator ([kathy.spillar@connectbcc.org](mailto:kathy.spillar@connectbcc.org))

### Registration & Eligible Players

- In almost all cases, an individual player may only register and play for one team during any season. For instance, a player in the “A” League is typically not permitted to also play for a team in the “B” League during the same season. The only exception to this rule is if, in the estimation of the league officials, a player who has registered to play in the B League needs to be placed in the A League due to his or her skill level. In that case, that player would no longer be permitted to play in the B League for the remainder of that current season. He or she would then become a “free agent,” and may be picked up and added to the roster of any team in the A League for the remainder of the season. If, however, that player does not wish to play in the A League, or if no team in the A League picks up that player, the league will fully refund the league registration fee to the individual player or to that player’s team. In either case, the B League team with which the player originally registered will be permitted to replace him or her on their roster with one additional B League-level player.
- If any player wishes to participate in a league but has not already been assigned to a specific team, that player becomes a “free agent” and may be picked up and added to the roster of any team in the league. While the league will notify other teams of available free agents, the league cannot guarantee that every free agent player will be picked up by another team.
- Only players who have officially registered and paid for the BCC basketball league are eligible to participate in games. **NO EXCEPTIONS.** Playing with ineligible players will result in forfeiture of the game.
- No changes may be made to a team’s roster after the second week of the season, **EXCEPT** in the case of losing a player due to injury for the remainder of the season. In that case, a team may add one player to their roster as an injury replacement, only under the following stipulations:
  - It is up to each team’s captain to notify a league official before the “injury replacement player” is permitted to play in any league games.
  - The “injury replacement player” may only play for one team during any season.
  - A B League team will not be permitted to replace an injured player with another player who, in the estimation of the league officials, needs to be placed in the A League due to his or her skill level.
  - A team may only replace an injured player on their roster prior to the halfway point of the regular season. For instance, if a team has 10 regular season games, they will only be permitted to replace an injured player on their roster before their fifth game. No teams will be allowed any injury replacements after the halfway point of the season.
  - Once an injured player has been officially replaced on the roster, the injured player will not be permitted to return to the roster for the remainder of the current season (including playoffs).
  - A team is only permitted one injury replacement per season.
- Each team captain (or a designee) must provide to the official scorer prior to each game the names and jersey numbers of all eligible players on their roster (even if all players are not present). If an ineligible player enters the game, that player will be

required to exit the game immediately and two technical free throws will be awarded to the opposing team.

### **Team Manager/Captain**

- Each team must have a designated individual who will:
  - Serve as the primary point-of-contact between their team and the league
  - See that each player on his or her team understands and abides by all league rules
  - Be responsible for meeting all deadline dates for registration forms and fees (team and individual)
  - Make sure that all required forms are filled out accurately, completely, and turned in on time

### **Refund Policy**

- Full refunds will be provided for free agent players (see above) who are not added to any team roster and who therefore do not play in any league games.
- In all other cases, partial or full refunds MAY be determined by the League Director on a case-by-case basis.
- To request a refund, please contact [kathy.spillar@connectbcc.org](mailto:kathy.spillar@connectbcc.org).

### **Uniforms**

- Each team is required to furnish their own team jerseys.
- Each player must have a light and a dark-colored jersey. This can be two different shirts or a single reversible jersey.
- Teams are permitted to have a logo or team name on their jerseys, but it is not a requirement. Jerseys may not contain any images or wording that is deemed by the league to be offensive, vulgar, or defamatory.
- Each jersey must have single or double-digit numbers, either on the front and/or back of the jersey. The numbers must be screen-printed or heat-applied (e.g., no tape or other temporary numbers). If a player does not have any numbers on their jersey, or if multiple players on a team have the same jersey number, the referee(s) will assess a technical foul(s) and subsequent free throw(s) by the opposing team for each individual infraction.
- There are not color restrictions on t-shirts worn under a jersey, unless a game official determines that there could be confusion with the opponent's jersey color.

### **Game Time**

- Games may start prior to the scheduled game time if both teams and officials are ready.
- There will be a maximum of 5 minutes between games if early games run longer than expected.

- Each game will consist of 2 twenty-minute halves with a running clock. The game clock will only stop for time outs, at the end of each half, and whenever an official blows the whistle within the last 10 seconds of the first half or within the last 2 minutes of the second half (unless a team is trailing by 10 points or more).
- A 35-second shot clock may be used at the discretion of an official or league representative during the last five minutes of the second half, during overtime, or at any point in the game that the referee(s) deem necessary. The shot clock will start when a team gains possession of the ball on a rebound, a jump ball, a loose ball after a rebound or jump ball, a live ball throw-in after a made basket, or if an official signals that an inbounds player touches the ball on a throw-in. The shot clock will stop when an official's whistle sounds.
- Each team will be allowed 2 time outs per half. Each time out will last 45 seconds. Any unused time outs from the first half will not carry over to the second half. A game official may also call additional time outs in the event of an injury to a player or to consult with another official regarding a question about scoring or the game clock.
- In the event of a tie at the end of the second half, there will be a 3-minute overtime. The clock will run continuously during the first minute of overtime and will stop on whistles and time outs thereafter. Each team will be permitted 1 time out during overtime. In the event of a tie at the end of overtime, there will be a 2-minute double overtime, during which the clock will run continuously. If the game is tied after double overtime, the first team to score 2 points shall be awarded the victory.

#### **Fouls**

- During free throws, non-shooting players along the key may only enter the lane upon the release of the ball from the shooter's hands. The shooter must wait until the basketball hits the rim before entering the key.
- A player will be disqualified upon committing 5 fouls of any kind (personal and/or technical).
- Team fouls will be reset at halftime. Once a team has been charged with their seventh team foul in either half, the opposing team will enter the bonus. The double bonus will begin once a team receives their tenth foul of a half.
- Technical fouls will result in two free throws and possession of the ball.
- Any team that is charged with a sixth technical foul (individual and/or team) in the course of a season will be dropped from the league for the balance of the season and postseason play.

#### **Other Rules**

- The league will provide the official basketball for each game. The official game ball may only be used by officially rostered players and only during league games.
- First possession of the game will be determined by the opening tip, except in the case of a player infraction. Alternating possession will follow thereafter. Each overtime period will start with a jump ball.
- To make a player substitution, a player must first check in at the scorer's table and then wait until they are signaled into the game by the official.

- Dunking is allowed during the game, but players are not permitted to hang on the rim unless they are doing so to prevent injury. Dunking is not permitted during warmups.
- Players are not permitted to wear earrings or jewelry (other than a wedding band) during a game.
- The League Director reserves the right to hand down additional penalties for incidents that are not covered in these rules.

#### **Profanity & Unsportsmanlike Conduct**

- Any player found to be using profanity during a game will be assessed a technical foul.
- Any player deemed guilty of unsportsmanlike conduct (including for physical fighting) or of being abusive toward other players, game officials, or league officials will be subject to immediate suspension by the league.
- Any player removed from a game for unsportsmanlike conduct will be eligible for his team's next league game.
- If removed from 2 games at any time during a season, the offending player will be ineligible for further league play for the remainder of the current season.

#### **Drugs & Alcohol**

- In an effort to provide a safe and healthy environment for all players and their families, alcohol and drug use are not permitted in the gym or anywhere on the church campus.
- If one or more players or spectators in the stands are deemed by the game officials to be intoxicated or under the influence of marijuana or any illegal drugs, those players and/or spectators will be ineligible to play in that day's game and will be immediately required to leave the church property.

#### **Grievance Procedures**

- Game officials have the final say regarding any game-related questions or concerns.
- The League Director has the final say regarding any administrative or league-related questions, concerns, or grievances.