



Aloha State Basketball Rules

1. Each player must sign the waiver form prior to playing.
2. Each player is responsible for his own medical insurance.
3. League dues will be collected **ONE week** prior to the start of the upcoming league.
4. **ABSOLUTELY NO ALCOHOL IS ALLOWED ANYWHERE ON THE FACILITY**
5. No eating in the gym
 - a. While water/sports drinks are allowed, please make sure you throw them away in the trash.
6. Most NCAA rules will apply (unless superseded by house rules)
 - a. Free throws will be on the release of the ball before you may enter the lane.
7. **Six fouls disqualifies a player**; a technical foul counts as a personal and a team foul.
 - a. Team fouls carry over into overtime.
 - b. **FIRST TECHNICAL FOUL** – Player must be immediately subbed out of the game. If a **SECOND TECHNICAL FOUL** occurs in the same game, that said player will be removed immediately of the game and will be suspended the following game. Depending on the severity of the second technical it may be decided by the league commissioner and head official if said player is to be banned.
 - c. **Once a player receives three technical fouls in the course of the league, the player will be banned from the league immediately and potentially future seasons.**
 - d. Team will be rewarded automatic 2 points and be given the ball for any technical or flagrant fouls.
8. Games will consist of two 17(or 18 depending on time) minute halves, (20 minutes on Sunday), **30 second shot clock(when present) or UPON REQUEST**(Score table will have a stop watch), running time; **stop time will occur last 15 seconds of the first half and last two minutes of second half (second half only)**. (running clock if lead is 15pts or more under two minutes)
 - a. Half time will be 1:30 long
 - b. Overtime– Sudden death(First to score 3 points)
 - c. If the game is tied after one overtime, the game will be decided by sudden death (non playoff games). (first team to score)
 - d. During playoffs, if game is tied after one overtime. There will be 2 min stop time no timeouts per team. It will continue until there is a winner.



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- e. Teams will receive 1-3 minute warm up time between each game. (Depending on the time-WE NEED TO TRY TO STAY ON TIME FOR GYM RENTAL PURPOSES)
- 9. Each team will receive 3 timeouts per game, 1 time out in the first half and 2 in the second half. NO CARRYING OVER.**
 - a. Teams will receive one time out during the overtime (no carry over).
 - b. **The ball can be advanced to half court during the SECOND HALF of the game and under two minutes remaining** on a made basket or a non-basketball move.
- 10. No jewelry or headwear allowed during the game.**
- 11. Teams will be required to have jerseys for every player if not it will be +2 point awarded for each non-jersey or double number player plus a team foul.**
 - a. The jersey/shirt must have a number on either the front or back, visible for the officials to see. The stat table needs this for stat keeping purposes. If your team chooses not to follow this rules total game stats will not be kept for your team.
 - b. No duplicate numbers (penalty +2 points awarded to the opposing team + 1 team foul)
 - c. **Technical foul/Penalty points will be assessed if those requirements are not met.**
- 12. Substitution**
 - a. Players must come to the front of the scorers table in order to be subbed in.
 - b. If a player can't come to the scorer's table please inform the clock operator that you will be subbing in on the next dead ball.
 - c. Any player who runs from the bench to the court without letting the scorer's table know will be asked to come back out.
- 13. The Game ball will be supplied by the league.**
- 14. Teams may start a game with **FOUR** players
 - a. There will be a five minute grace period before game is considered a forfeit
 - b. Players from other teams are NOT allowed to play with any other team in the league. If in violation of this rule the game will be considered a forfeit.
 - c. Spectators are not allowed to participate with any team.
 - d. Game can be played with four player for entirety of the game
- 15. Please arrive on time.



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- a. Penalty for a forfeit will result in a **\$60.00 fine** and your team will not be able to play in the next game until it is paid.
 - b. If there is a forfeit by two teams, both teams need to pay the \$60 fine to the league commissioner.
16. All players participating in the league must be on the team roster.
- a. Every team must submit a roster before the league starts
 - b. Only players on the active roster can participate in the playoffs.
 - c. Players must play **THREE** regular season games in order to participate in the playoffs.
- 17. Poor sportsmanship/fights**
- a. Any poor sportsmanship during the course of the league will result in the player being removed from the remainder of the game and depending on the severity of his/her action may be kicked out of the league permanently. There will be ZERO tolerance for any fights that occur. If the league commissioner and or Head Referee feel player(s) or fan safety is an issue, said offender(s) will be asked to leave the premises immediately.
 - b. Fighting will NOT be tolerated and if you violate this rule, the player will be banned immediately from the league. NO REFUNDS.
 - c. We are here to have fun and appreciate the game of basketball.
- 18. Dunking is NOT allowed. (CITY AND COUNTY OF HONOLULU RULES)**
- a. Penalty will be a team technical foul. Automatic 2 points awarded to team. **ANYONE THAT DUNKS WILL BE IMMEDIATELY EJECTED FROM THE GAME AND SUSPENDED 1 GAMES.**
 - b. **No intentionally slapping the backboard (Automatic Technical foul)**
- 19. If the game is held at a gym that allows dunking, then no technical foul would be assessed for a dunk.**
- 20. Games at Kaimuki Park, PLEASE STAY OFF THE BACKBOARDS! NO SLAPPING or purposely shaking the backboards. It is there policy that we need to abide. WE DON'T WANT TO GET KICKED OUT!**
- 21. Tie Breakers**
- a. Head to head
 - b. Margin of victory
 - c. Least points allowed amongst tied teams (Defense wins championships!)
22. Please pick up your trash and keep sports drinks in your bag and off of the gym floor.
23. **All players must agree to and sign the consent/waiver form before playing in the game.**



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24. **Sports Group Hawaii and any park gym will have the right to band a player from participating in any games if they do not abide by the rules.**
25. Please meet new people and have a fun time in the Aloha Ball League!