



Co-Ed Basketball League

Schedules

- Game time is on the hour and 15 minutes. Teams are expected to be ready to play at scheduled time.
- Teams may have a “bye” on certain nights and/or have double headers.
- All schedules will be emailed to Team Captains via email. Make sure your email is correct, legible and one you check often. Schedules will also be available online at www.BangorParksandRec.com and at our office.

Rosters/Team Captain Responsibilities

- Team registrations with names, date of birth, address and player signature must be **completed by first game**
- Team Captain is responsible for keeping roster information up to date.

Forfeits

- **All teams must be ready to play at game time.** A 5 minute grace period is allowed with that time coming off the clock. If at that time you can not field a legal team, it will result in a forfeit.
- You are encouraged to play the forfeited game for fun. No scores will be kept.

Eligibility and Player Conduct

- All team captains must completely fill out the roster and consent release form.
- If a player is added after the season has started, the captain must turn in an updated roster.
- No additions after the 2nd week of play without permission from the Recreation Programmer and the League Commissioner. Must have valid reason for doing so.
- Players must play in half of the regular season games to be eligible for playoffs. Teams may ask for waiver due to certain circumstances.
- Participants are not allowed to harass, threaten or deride other participants or staff, including game officials.
- In order to maintain a fun and recreational spirit of the game in the gym. Certain actions could lead to game ejections.
 - o Challenging the official(s) by questioning calls or their ability to call a good game
 - o Swearing or showing outbursts of anger
 - o Discussing perceived poor performance of the official to a teammate or others in the facility during or after the game.
 - o Creating an unsafe playing environment
- All ejected players must leave the gym immediately.
- Players ejected from a game will not be allowed to play in the next scheduled game. Any player ejected twice will be removed from the league.

- **Any player and/or team involved in fighting or unsportsmanlike conduct before, during or after the game will be suspended from the league immediately.**

General Playing Guidelines

- Teams must have a minimum of 2 females on the court at all times.
- Baskets scored by males will be 1 point (2 points beyond the arc). Baskets scored by females will be 2 points (3 points beyond the arc).
- If a female fouls out and the team does not have enough females to continue, the female stays on the court but is not allowed to score on the offensive end.
- All jewelry must be removed prior to entering the game.
- Games will consist of two – 25 minute running time halves with a 5 minute half time.
- Clock will stop on fouls in the last 1 minute of the first half and 2 minutes of the second half, providing there is a difference in score of less than 20 points.
- Each team will have 3 time outs per game (60 seconds each)
- If a game is tied after regulation, there will be a 3 minute overtime. 1 additional 30 second time out per team will be given. Overtime will be stop time. Game will end in a tie, if tied after the time out.
- If a team is behind by 25 or more points with less than 10 minutes remaining in the game, the clock will continue to run without stoppage and neither team will be allowed time outs.
- The Home team is responsible for keeping the official book for the game. Both teams are encouraged to keep a scorebook to keep track of fouls and make sure of accuracy.
- All other rules will follow the NFHS guidelines.