

# RCSSC BASKETBALL RULEBOOK

These rules were last updated on January 2, 2019.

## **RULE 1: TEAMS, PLAYERS, AND EQUIPMENT**

### **Section 1. Roster**

1. **Leagues Offered:** The RCSSC offers three basketball leagues: SOCIAL, SUPER SOCIAL, EXTREME SOCIAL, and EXTREME SOCIAL 35+.
  - SOCIAL is the most competitive league.
  - SUPER SOCIAL is designed for teams and individuals who love to socialize and have GOOD athletic skills.
  - EXTREME SOCIAL is designed for teams and individuals who love to socialize and have LIMITED athletic skills. **NO PLAYOFFS.**
  - EXTREME SOCIAL 35+ is designed for teams and individuals who love to socialize, have GOOD to LIMITED athletic skills, and are 35 years of age or older.
2. **Season.** All games will be played on Monday and Tuesday evenings at the RCSSC Annex, 7505 Ranco Rd., Henrico, VA 23228.
3. **Number of Players.** All teams must have at least 10 players, but there is no maximum. All players must be listed on the team roster and sign the RCSSC waiver to participate.
4. **Adding Players.** Players may be added at any time until the final tee shirt order date. After that time, until the third week of play, a team must drop a player before it may add a player. The dropped player must provide his or her tee shirt to the added player. After the third week of play, team rosters are frozen. Teams must provide an updated roster to the Commissioner at the end of the third week. See the Commissioner for additional roster forms.
5. **Players on the Court.** A team can field no more than five players at a time. At least two of the players on the field must be women. A team must have at least four players, and at least two women, present at game time to avoid a forfeit.
6. **Playing Short.** A team may play with a full team of five if its opponent is short a player.
7. **3-PEAT -- aka DYNASTY RULE.** Everyone loves a little competition, but one team dominating a league season after season can spoil the fun for everybody.

If a team retaining more than four(4) to six(6) players (based on the sport's minimum roster size 6, 10 or 12) has won three championships in consecutive seasons for which they have been registered, that team will have to form two or more separate teams to promote balance in the league or withdraw their registration (no refund will be issued, league credit will be issued). The River City Sports & Social Club will have the option to, in its discretion, request that team to form two or more separate teams to promote parity in the league or withdraw their registration. The team will then have the opportunity to divide their roster (with no more than four to six retaining players) to form two or more separate teams with each subsequent roster approved by the River City Sports & Social Club.

### **Section 2. Player Restrictions**

1. **Age.** Players must be 21 years old at the start of the season. The Commissioner may request confirmation of age from players throughout the season.

2. **Professional or Division I Athletes.** Players who have competed in professional or Division I collegiate basketball in the last five years may not participate in the RCSSC.
3. **League Membership.** Players may only play for one basketball team, regardless of league.
4. **Violations.** Teams that violate the rules in this section will forfeit the entire season's games and must pay a fine.

### Section 3. Uniforms

1. **Tee Shirts.** The RCSSC will provide each team with tee shirts for its roster. All players must wear the current season's RCSSC tee shirt for each game.
2. **Permitted Alterations.** Players may add their names, numbers, and other similar personal information to their tee shirts. Players may also add depictions of the American flag. Players' additions may not cover the RCSSC or sponsor logo.
3. **Excluded Alterations.** Players may not add any corporate information to their tee shirts, including website addresses and company names. Players may not include any offensive material on their tee shirts. The Commissioner has the exclusive right to determine whether additions are offensive.
4. **Penalty.** Players who do not wear the official RCSSC tee shirt will be sidelined for that game. Players who are caught exchanging shirts will also be sidelined, and if the players are not listed on the team roster, the team will forfeit the game and must pay a fine. Teams with players who violate alteration guidelines must purchase new RCSSC shirts (\$20/shirt), and the team will forfeit all games until it has paid for the new shirts.

### Section 4. Courts and Balls

1. **Courts.** 3 courts are provided.
  - Court 1 - 94' x 50'. Social div ONLY.
  - Courts 2 & 3 - 70' x 48'. Court 2 is closest to the bathrooms. Two games will be played simultaneously, each with its own scoreboard.
2. **Game Ball.** Teams can bring their own ball, but both teams must agree on use of the ball. A default game ball will be provided if the teams do not have or agree on a ball.

## RULE 3: FORFEITS AND SCHEDULING

1. **Minimum Players.** If a team does not have the minimum number of players (five, with two female players) by game time, a \$50 forfeit fine will be assessed.
2. **Avoiding Forfeit.** If the forfeiting team contacts the RCSSC no later than 24 hours before the game, no forfeit fine will be assessed, since it will allow time for the opposing coach to notify his or her team of the impending forfeit. E-mail the forfeit notice to [rivercityssc@aol.com](mailto:rivercityssc@aol.com).
3. **Fine.** The forfeit fine will be contributed to the forfeiting team's opponent's bar tab the following week. The fine recipient must use the tab the following week: the fine will not be carried over.
4. **Time of Payment.** The \$50 forfeit deposit will be used for one game. Any additional forfeit fines must be paid before the next scheduled game.
5. **Failure to Pay.** Teams that fail to pay an assessed fine before the subsequent week's game will have two points subtracted from their win total. After the second week, the fine will double.

6. **Ejection.** After three weeks of nonpayment, the Commissioner may eject the team from the league.
7. **Inclement Weather Policy.** In case of inclement weather, check the RCSSC weather hotline (804) 307-7294 and your e-mail for updates. If you do not receive a cancellation e-mail and there is no cancellation message on the RCSSC voicemail, all games are on.
8. **Regular/Post-Season Schedule Deviations.** The RCSSC's priority is to ensure that all teams play their full regular season schedule; post-season games are not guaranteed. Make-up games for both regular season and post-season games may be scheduled on days of the week outside of regularly scheduled game days and without regard to a team's day preference. When games are rescheduled, the Commissioner will e-mail the affected teams to allow sufficient time to adjust their schedules.
9. **No Refunds.** The RCSSC will not issue full or prorated refunds if the regular season or post-season is shortened due to inclement weather or for other unforeseeable reasons.

## **RULE 3: THE GAME**

### **Section 1. Player Positions**

1. **Start of Play.** The beginning of the game starts with a jump ball. Possession for all following jump balls is alternative possessions.
2. **Man-to-Man.** All coverage must be person to person: male to male or female to female.  
**EXCEPTION:** If three or more females are playing on the court for one team, they can then mark a male or vice versa.

### **Section 2. The Clock**

1. **Halves.** Each game will consist of two 20-minute halves with a five-minute halftime break.
2. **Running Clock.** The clock will run during each half except for the final minute of the second half (unless the team is up by 15 points or more).
3. **Injury Time.** If an injury occurs on the court, the game will stop and the referee will add time at the end of the game.
4. **Start of Game.** Both games will start on the timekeeper's whistle. All games will start promptly.
5. **Timeouts.** Each team is allowed two timeouts per half. Unused timeouts do not carry over to the second half. The clock is running.
6. **Final Minute.** The clock will stop on all whistles and timeouts. During the final minute, time will run during made field goals. The clock will not stop if one team is ahead by 15 or more points.
7. **Scoreboard.** A RCSSC referee or staff member will maintain the scoreboard.

### **Section 3. Substitutions**

1. **Players.** Players may substitute on the fly, but only after the player being replaced has left the court.
2. **Substitute Players.** No unregistered players may play in the league, period. Teams playing with unregistered players are subject to forfeit.

## RULE 4: REFEREEING

1. **Responsibilities.** The RCSSC will provide one referee per game.
2. **NCAA Rules.** Normal rules and penalties of the NCAA apply unless exceptions have been made herein.  
**Exception:** Dunking is not allowed. Dunking will result in a technical foul and possibly ejection.
3. **Stalling.** There is a shot clock of 35 seconds per the NCAA rules. If the referee notices stalling, he or she will notify the offense at 10 seconds, 5 seconds, etc.

**NOTE.** Please be respectful of our referees. Many of our referees play in the league too and are here to have fun as well. We all make mistakes and cannot see everything. Please be understanding and be respectful to the people taking the time to make our games possible. If you feel like you can do a better job, we welcome you helping us out as a referee. Think before you act. This is just a game. Thank you.

## RULE 5: PLAY OF GAME

### Section 1. Start of Play

1. **Jump Ball.** When the referee blows the whistle or horn, the game will start. No other players can be within five feet of the jump ball.
2. **Second Half.** The possession clock will be used.

### Section 2. Gender Play

1. **Female Involvement.** During the course of a possession, a female player must be involved in the offensive strategy. This can be a shot, rebound, or pass.
2. **Fouling Out.** If a team only has two females present and one fouls out (five fouls), the team is not forced to forfeit. However, any future fouls against this player will be treated like a technical foul, with the opposing team being awarded two free throws per foul.
3. **Fast Break.** The fast break rule has been eliminated. All scoring plays on offense must involve a girl.

### Section 3. Rule Changes

1. **Backcourt.** Backcourt violations have been eliminated.
2. **Free Throws.** Four players will be in the box during free-throw shots: two from each team. Players cannot enter the lane until the ball touches the rim. ALL other players must stay behind the three-point line until the ball hits the rim. Also, the shooter may not cross the foul line until the ball hits the rim.

### Section 4. Scoring

1. **Shots.** All shots scored by a male counts as two points. All shots scored by females count as three points. A free throw counts as one point for a male and two points for a female.
2. **Three-Point Shots.** All shots scored by a male counts as three points. All shots scored by females count as four points.
3. **In Lane.** Male players cannot block female players' shots outside the lane. The male's position during the play is irrelevant.

4. **Outside Lane.** Any shot taken by a female inside the lane CAN BE blocked. A foot inside the painted area counts as in the lane.
5. **Blocks.** Males CANNOT jump (leave his feet) to block a female's shot outside the lane. This also applies when there is a male to female "man-to-man" situation during the game.

## **RULE 6: PENALTIES**

### **Section 1. Fouls**

1. **Personal/Team Fouls.** Personal fouls will be recorded for all leagues. Players will foul out after being awarded their fifth personal foul.
2. **Technical Fouls.** Technical fouls are counted as personal fouls. Any individual who is awarded two technical fouls will be ejected from the game. All technical fouls result in two free throws and ball possession.
3. **Flagrant Fouls.** Flagrant fouls are treated like technical fouls. Any individual who is awarded two flagrant fouls will be ejected from the game. All flagrant fouls result in two free throws and ball possession.
4. **Intentional Fouls.** Fouls found to be intentional and unsportsmanlike are subject to immediate ejection. Referees have the authority to eject any play from the game. Severe fouls are also subject to ejection from the league as deemed by the league organizers.
  - Any behavior deemed unacceptable by staff may result in a game suspension and/or ejection from the game or league.
5. **Legal and Illegal Use of Hands and Arms. For clarification, we have included three sections from the NCAA:**

**Article 1:** The arms may be extended vertically above one's shoulder and need not be lowered to avoid contact with an opponent when the action of the opponent causes contact (results in an offensive foul).

**Article 2:** It shall be legal for a defender to accidentally hit the hand of a ball handler when reaching to block or slap the ball when there is player control with that player's hand in contact with the ball and when that player is:

- a dribbler,
- attempting to try for a field goal, or
- holding the ball.

**Article 3:** A player shall be permitted to hold his or her hands and arms in front of his or her face or body for protection in a recoil action rather than a pushing action.

**Article 4:** A player shall not use the arms, hands, hips, or shoulders:

- to force his or her way through a screen or
- to hold the screener and then push the screener aside to maintain a guarding position relative to his or her opponent.

Each player is entitled to his or her established position on the court, extending vertically straight up to the ceiling. Any infringement on another player's space will result in a foul. Any simultaneous contact with both hands at the same on an opposing player's body will be called a foul for holding.

6. **Shooting Fouls:** From the NCAA: The try shall start when the player begins the motion that normally precedes the release of the ball on a try. The ball does not need to leave the player's hand. The arm might be held so that the player cannot throw; however, he or she may be making an attempt.

A shooting foul does not occur while a player is still merely taking steps during a drive toward the hoop.

7. **Other Fouls/Calls.** If the referee cannot see the out of bounds due to a bad angle, he or she will usually call a jump ball or alternating possession.

## Section 2. Major Penalties (Suspension)

1. **Suspension.** Players who are suspended will also be suspended for the following week's game. Players who are suspended twice during the same season will be removed from the league. Suspended players must immediately leave the Annex.
2. **Infractions Warranting Suspension.** Players who engage in the following conduct may be suspended:
  - disrespectfully addressing a referee;
  - using profanity or vulgarity toward the referee or another player;
  - taunting, baiting, or ridiculing another player; or
  - contacting an opponent, while the ball is dead, in an unacceptable and excessive manner.

## Section 3. Ejections

1. **When Warranted.** Players who engage in the following conduct may be immediately ejected from a game:
  - excessive unsportsmanlike behavior or
  - fighting.

## RULE 7: TEAM STANDINGS

1. **Regular Season.** Points will be awarded to teams for each game as follows:
  - Win: 3 points
  - Tie: 1 point
  - Loss: 0 points
2. **Ties.** During the regular season, there will be no overtime or penalty shots to break ties. If a tie occurs in a playoff game, the teams will participate in a shootout.
3. **Playoffs.** The Commissioner will determine the number of teams making the playoffs in each division. The computerized playoff wizard will break regular season record ties. Playoff games may be scheduled on days other than regularly scheduled game days, especially in case games are canceled due to inclement weather.

## RULE 8: SPORTSMANSHIP

1. **Social Aspect of League.** Teams should patronize the sponsor bar after its game. The league's focus is on being social, not winning or losing.
2. **Unsportsmanlike Conduct.** Any RCSSC member who does not conduct himself or herself, whether on or off the field, in a manner that demonstrates courtesy and respect for his or her teammates and other teams will be removed from the league. The RCSSC will keep a record of all players and/or teams who engage in unsportsmanlike conduct.
3. **Contact.** RCSSC Basketball is a non-contact sport. Any players or teams that violate this rule are subject to immediate suspension from the league without warning.
4. **Unsportsmanlike Conduct Penalties.** Any player ejected from a game for unsportsmanlike conduct will receive a mandatory two-game suspension. If the player receives a subsequent ejection, that player will be dismissed from the league and shall not receive reimbursement of any league fees.
5. **Team Penalties.** Teams who engage in two unsportsmanlike conduct offenses or who engage in illegal contact

will be ineligible to participate in any RCSSC sports for one year. Teams that are suspended will not be reimbursed for any league fees.

6. **Fighting.** Fighting will result in a player's or a team's permanent suspension from participation in the RCSSC.

## REMINDERS

- RCSSC officials have the final call on all game rules.
- NO glass containers.
- NO alcohol.
- Please police yourself.
- Coaches are responsible for controlling their teams. We are all adults. Enough said.

**PLEASE SUPPORT OUR SPONSOR BAR!**

