

FABB Sports Men's Basketball League Rules/Information

National Federation High School rules will apply unless otherwise noted below.

Player Conduct

- Above all, players must conduct themselves in a sportsmanlike manner! Complaints regarding officiating must be kept to a minimum. Please keep in mind that referees are doing their best to call the game as they see it.
- Any player who is involved in fighting or any other unsportsmanlike conduct will be ejected from the game and is subject to expulsion from the league with no refund. Once a player or coach is ejected from the game he/she must leave the premises immediately. The player or coach ejected will have one (1) minute to exit the building or the game will be deemed a forfeit.
- Any team or individual exhibiting unsportsmanlike acts or using profanity towards members of another team, any referee, league official or any facility representative before, during, or after the game, will receive a technical foul and risks forfeiture of the game at the referee's discretion.
- Any player charged with two technical fouls (intentional/non-intentional) during a game will be disqualified from the game.
- All team members shall be properly dressed. This includes having shirts tucked in.
- No jewelry of any kind is permitted except for religious pieces or medical bands.
- No alcoholic beverages are allowed in the facilities at any time. If any member of a team is seen consuming alcohol before, during or after their game, their team risks forfeiting that week's game and the following game.

League Rules

1. All rosters are due and final by the second week of the season.
2. A jump ball will begin each game. Thereafter, teams will use the alternate possession rule.
3. Each game will consist of two 20 minute running time halves – clock will only stop for timeouts. All games will start on time with no grace period. All games have a 50 minute time limit. There shall be two minutes between halves. Time will stop on shooting fouls at referee's discretion. Time will stop during last two minutes of the 2nd half. The clock will not stop if one team is ahead by 20+ points with two minutes remaining in the game.
4. Each team will have two full timeouts and two 30 second time outs per game. Teams will be given one time-out per overtime period. Timeouts will not carry over to overtime.
5. In the event of a tie after regulation, two minute overtime periods will be played until one team prevails.

6. Any player with five fouls will not be allowed to continue to play. Note that a team may start with four players but the fifth player must have arrived by the beginning of halftime or be subject to forfeit.
7. Teams will shoot one and one after seven team fouls in each half. On and after ten team fouls, players shall shoot two free throws. Technical fouls will be charged as both a team and individual foul.
8. On free throws, players may enter the lane upon release of the ball by the shooter. The shooter may not cross the free throw line until the ball hits the rim.
9. Substitutions may be made only during a dead ball.
10. Three point scoring will be in effect.
11. Absolutely no hanging on the rim before, during or after the game(s). This is a judgment by the referee.
12. Players will not communicate, argue or complain to the referee, official scorekeeper or clock keeper for any reason other than substituting into the game. Only coaches will be allowed to communicate to the score table during time-outs or stop-in-play. Failure to comply with this ruling will result in a technical foul.
13. Team captains should contact FABB Sports at (301-203-5999) or via email at info@FABBsports.com with any questions or for further information.

League standings and other pertinent information will be available at the league website – www.FABBsports.com.