

sabes jcc adult leagues



Sabes JCC Adult Basketball League

League Regulations

There are 8 weeks of league play. Games are played between 6 – 10pm and are scheduled in 1 hour time slots. Preferred game times suggested by each team are taken into consideration, but are not guaranteed. All roster players are responsible to check on the playing dates and times of their games. If teams have one or more player 6'1" their team will be required to play in a more competitive division. The gym wall will be marked at 6ft to ensure everyone in the league is abiding by league policies.

Navy and White SABES JCC league jerseys purchased for this league must be worn at all times. Players without this jersey will not be allowed to play. In order to access the facility, players must sign-in on the their team's roster at the front desk table.

If a player registers to play in the league but fails to show up and play in 4 regular season games, he/she is not eligible for the playoffs and forfeits his/her fee. Exceptions will be taken into consideration if the member sustains an injury or notifies his captain of problems that cause him/her to miss play.

Each team is allowed two non-roster substitutes. These replacement players are only allowed to play league games (total of 4). These players are not eligible for playoffs. All team captains should be in contact with JCC staff about league information. League rules and regulations are emailed to all participants in this league and are on the adult basketball league website. It is the responsibility of the players to read and understand the league rules; all players will be expected to adhere by them.

Game Structure

Games will start no longer than 10 minutes past the scheduled start, or 10 minutes after the conclusion of the previous game, whichever situation applies. No game will start before the scheduled start time.

Games will be played in two 20 minute halves. There will be running time for the first 18 minutes and stop time for the last 2 minutes of each half. If a team is leading by 20 points or more the last 2 minutes of the game will be running time. Each team is allowed 3 timeouts per game. If an overtime situation occurs, overtime will consist of a 3 minute period, 2 minute run, and 1 minute stop time. After 2 periods, it becomes sudden victory, with the first team to lead by 2 or more points declared the winner.

Only team captains are allowed to confer with the officials and scorekeepers to question rule interpretations. It is the captain's responsibility to control his/her players. Failure to do so can result in player ejection from the game and/or team technical foul. Intimidation of staff or officials will not be tolerated. No exceptions will be made in this area.



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League Rules

The SABES JCC adult basketball league adheres to the basketball rules administered by the Minnesota State High School League with the addition of the SABES JCC basketball rules listed below.

1. Fighting, swearing, abusive conduct, unsportsmanlike conduct and flagrant fouls will not be tolerated at any time, including pre/post game times. Violators may be removed from the game and gym by either the game official or the JCC staff supervisor. A referee may distribute technical fouls before or after any game. The penalty will then be enforced at the start of the next game.
2. A team with 3 of their 4 players will be eligible to pick up an additional player with the approval of the opposing team captain and a JCC staff member. The additional player picked-up must be from the same competitive league division or a lower competitive league division. Once a roster player from the team arrives, the substitute must leave the game on the next dead ball. Teams without their minimum amount of players will forfeit their game and the referee will not be required to ref.
3. If a team forfeits two or more games they will be fined \$5.00 per person; if a team forfeits four games they will be not allowed to play during playoffs.
4. Teams are allowed 3 time-outs per game. Taking a time out when you do not have one will result in a 2 shot technical foul and loss of possession of the ball. Overtime periods will award each team an additional time out to their existing time outs remaining.
5. If a team has their minimum number of players and a player receives their last foul, the person committing the foul may stay in the game but a two technical foul shots are awarded to the other team. If the foul is on the shot, only the technical foul is awarded and the opposing team will receive 2 shots and possession of the ball.
6. If a player receives 2 technical fouls, they will be removed from the game and must leave the gym area. A player receiving 2 technical fouls may be subject to further penalty by the league coordinator.
7. There is no double bonus rule in effect.
8. NO DUNKING! The basket will not count and the opposing team will get possession of the ball.
9. **Over and Back Policy:** Once the ball passes the half court line, the team with the ball cannot go past the white (volleyball) line again. If the other team tips the ball and it goes onto the other side of the line, you can grab the ball without the "over and back" violation.
10. **Free Throw Policy:** When a player in taking a free throw shot, all players on the free throw line must be between the free throw lane hash-marks (not on them); this will count as a violation if players step onto the hash marks or into the free throw lane before or during a shot. Once the ball is released from the shooter hand, players are allowed to enter the free throw lane.
11. **Rim Violation:** If the basketball hits the top of the backboard or basket wiring, it will be counted as out of bounds and possession will be awarded to the opposing team.
12. **THE REFEREE'S CALL IS FINAL!** If your team would like to complain about a referee or a referee call, the team captain must write a formal complaint and turn it in or email it to the Sport and Recreation Director within 48 hours after the game. Once received, the complaint will be reviewed and depending on its nature action against the referee may be taken; however, the game's final outcome will not be changed.

For questions regarding the SABES JCC league structure and/ or rules, please contact Elisabeth Fischbein at 952.381.3438 or email efischbein@sabesjcc.org