

**DC Gay Basketball League**

**Official League Rules and Policies**

**League Commissioner: Aaron Ross**

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**I. Facilities and Locations**

 Trinity University Bookstore

 125 Michigan Ave NE, Washington, DC 20017.

Courts are located on the upper level of the facility after entering the building. There is a parking lot with ample spaces next to the gym.

**II. League Format**

The DCGBL season will be broken into three sections: preseason, regular season and playoffs.

1. **Preseason:** Jan 6, 2020 will be the “preseason.” This date will be a round-robin open gym style playing day. Teams will play 10 min games and then rotate off the courts. A schedule for the round robin format will be created and sent to the captains before the New Year. These games will be used to give the captains a chance to work different lineups and see how their players work together as they prepare for the season.
2. **Regular Season.** The season will officially begin on Jan. 16, 2020. The schedules for the season will be created before the New Year and approved by the captains. The approved schedule will be posted to the DCGBL website no later than Jan. 6, 2020. Each team will play an eight (8) game regular season.
3. **Playoffs:** Playoffs will begin the week of Mar. 26, 2020 and the Final Four and Championship games will be played on Mar. 26, 2020. Following the Championship, there will be an awards ceremony.

Every team in the league will be eligible for the playoff games. Individual players who miss five (5) regular season games or more are not playoff eligible.

**III. Equipment**

1. **Jerseys:** Teams will be issued jersey tops. Players must provide shorts to complete the uniform. Players **ARE** allowed to play in shorts that have pockets.
	* 1. Players who do not have a league jersey will **NOT** be permitted to play. We do not want a player forgoing their jersey for t-shirts.

**NOTE: This rule may be enforced at the discretion of the DCGBL Board members.**

* + 1. Players will not be allowed to wear jewelry (i.e. watches, earrings, chains, etc.). If a player it caught wearing jewelry after game play has started, they will be given a delay of game warning while they remove the article and must be substituted out of the game.
1. **Balls:** The League will provide an official men’s sized (29 inch) basketball for each game. These balls are only provided for game time, they will not be allowed to be used during warmups. They will be controlled by the clock and scorekeeper’s table.

**IV. Roster and Players**

1. Teams must have at least four (4) players on the court to play a game.
	* 1. The minimum required players to start a game is four (4) players.
		2. A fifth player may enter the game upon arrival to the facility; however,

if it is after half time, that team will be charged a **Technical foul** for the late arriving player. If the fifth player arrives before halftime, no penalty shall be enforced.

1. No player shall be allowed to play on more than one (1) team.

**V. Game Time**

1. Games will begin promptly at the scheduled start time.
	* 1. If a team does not have four (4) players present at five (5) minutes past the scheduled

game time, they will forfeit the game. (i.e. a team only has three (3) players present). The 5-minute delay option only applies to the first game of the night at the 7 pm time slot. For all other time slots during the night, the five (5) minute delay option is not available.

**NOTE: This rule may be dismissed at the discretion of the DCGBL Board members if it is found out that a team abuses this leeway of time. If a team is found to abuse this rule, the board may vote to forfeit the game and award the opposing team the victory.**

1. Game clock will start immediately at tip-off and will run non-stop for 20 minutes halves, with one five (5) minute intermission.
2. The clock will have continuously running time, including fouls, except:
	* 1. The last two (2) minutes of the first half and the last three (3) minutes of the second half.
3. The clock will stop for all infractions during those times, unless a team is trailing by fifteen (15) or more points in the last three (3) minutes of the second half.
	* 1. An injury occurs that requires stoppage of the game for longer than a normal

stoppage (this is up to the officials’ judgment).

* + 1. A time out is called.
1. There will be three (3) shots awarded on a technical from the bench and two (2) from the

floor. The opposing team will also receive possession after the free throws.

1. Players must check-in and out at the official’s score table

*Overtime*

1. If teams are tied at the end of regulation, a three (3) minute overtime period will be played.
	* 1. In overtime the clock will be continuously running.
2. The clock can be stopped during the final 30 seconds for fouls and infractions.
3. If teams are tied at the end of the three (3) minute overtime, they shall play a sudden death (first point wins) overtime period.

**VI. Official Score and Scorekeeper**

1. Team Captains or co-captain must fill out the scorebook at the scorer’s table prior

to each game. Players first and last name along with the jersey number shall be

entered into the scorebook legibly.

Only players who are present shall be listed in the scorebook.

Players arriving after the start of the game, in the first half, may be added to the scorebook without penalty. Players arriving after the conclusion of the first half, may enter the game at the cost of their team being charged a technical foul penalty.

Players may not enter the game until they’ve been entered into the scorebook.

1. The running scorebook (kept at the scorer’s table) will be the official score and foul count.
2. Teams are encouraged to closely monitor the scoreboard and keep their own scorebook.
3. Officials may correct a mistake by scorekeepers.
	* 1. If a team requests a scoreboard correction, and no mistake is found, that team will be charged with a time out.

**VII. Putting the Ball in Play**

1. Jump balls will only be used to begin the game and to begin all overtime periods.
2. All other jump ball situations (including half time) will be determined by alternating possessions.
3. The officials shall handle the ball after every whistle.

**VIII. Timeouts**

1. Each team is permitted one 1-minute (60 second) timeout and one 30 second timeout per half. If no timeouts are used in the first half, then a team may carry over the 30 second timeout to the 2nd half.
2. If overtime is played, each team shall be awarded one 30 second timeout per overtime period.

**IX. Dunking**

1. Dunking is allowed in games; however, players may not hold onto the rim.
2. Players holding onto the rim (even briefly) will be assessed a technical foul

**NOTE: This is up to the officials’ judgment.**

1. DUNKING IS NOT ALLOWED DURING WARMUPS!
2. Any player caught dunking during warmups or in any other non-live situation will be

assessed a technical foul.

1. This includes dunking after a whistle, or during a stoppage in the game.

**X. Fouls**

1. Any player receiving five (5) personal fouls will be removed from game (fouled out).
2. Any team receiving seven (7) fouls will be “in the penalty”, creating a one and one situation for the opposing team.
3. Team fouls will reset after the first half. After ten (10) team fouls, the “double bonus” will be in effect.

**XI. Free Throws**

1. Players may enter the lane once the ball leaves the shooter’s hand (on the release).

**XII. Technical Fouls**

1. All technical fouls are two shot fouls plus possession of the ball at the baseline.
2. Any players who receives two (2) technical fouls in a game will be ejected from the

game and will be suspended for a minimum of one game; a technical foul is also considered a personal foul. **Exception: The late arrival technical foul does not count towards this.**

1. Any team receiving three (3) technical fouls for unsportsmanlike conduct will forfeit the game.
2. ANY PLAYER WHO RECEIVES FIVE (5) TECHNICAL FOULS DURING THE SEASON WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON. **Exception: The late arrival technical foul does not count towards this.**
3. Refunds will not be given for suspended players.
4. Players who receive their 5th seasonal technical foul during the final game will be subject to suspension for the next season.
5. Any misinformation about a technical foul may result in a team forfeit.
6. The following will be considered misinformation:
7. Refusal to give the scorer’s table the offending players name.
8. Lying about the name of a player who’s received a technical.
9. Attempting to play with a suspended player.

**XIII. Flagrant Fouls**

1. A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking, kneeing or an attempt to injure.
2. Any player who receives a flagrant foul shall be ejected from the game and will serve a minimum of a one game suspension.
3. A flagrant foul will also count against a team’s technical foul count.

**XIV. Fighting**

1. Any player who is ejected for or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season.
2. The DCGBL will use a strict definition of fighting, and shall impose the penalty for fighting for any of the following actions:
3. Throwing a punch (regardless of whether or not it is landed).
4. Slapping or pushing a player’s face, neck, or head area.
5. Grabbing or pushing a player during an altercation. E**xception: Trying to restrain a player from your own team**.
6. Any violent, physical act on another player outside of the actions allowed in basketball. **Example: Throwing a player to the court.**
7. Any player who leaves the bench while an altercation is happening shall be considered to be fighting. **Exception: If an official specifically asks players to help to restore order**.
8. The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.
9. If an ejected player refuses to leave or re-enters the gym on that same night, the team he or she plays for will automatically forfeit their game. In the event such action does occur, that individual is automatically suspended from further league play until reinstated by the DC Gay Basketball League Board of Directors.

**XV. Officials**

1. The officials for the DCGBL are contracted from an outside officials’ organization and are not employees or players of the DCGBL. However, the officials are expected to treat players in a professional and respectful manner and uphold all of the rules and policies in this manual.
2. DCGBL contracts for two officials per game and intends to play each game with two officials. The exception will be the Championship game where there will be three (3) officials for the game.
3. In the event that one official is unavailable, a game may be officiated by one official and will be considered an official game.
4. In the even that neither official is present, teams may decide to proceed in one of the following ways:
5. Play a self-officiated game; a referee may arrive late to complete the game.
6. Declare the game a no-contest, so neither team’s standings are affected.
7. Once a game has begun, it is considered an official game and cannot be replayed.
8. Only the team captain can confer with officials.

**XVI. Player Conduct**

1. The DCGBL is a recreation program that aims to create a welcoming environment for all players. As such, the following conduct expectations are in place for all basketball games.
2. The following actions may result in a technical foul:
3. Use of profanity
4. Complaining about or questioning an official’s call by a non-team captain.
5. Persistent complaint about judgment calls by any player (including captains).
6. Abusive or profane language by a spectator (team technical shall be assessed).
7. The following actions shall result in a technical foul, double technical (ejection) or flagrant foul:
8. Use of profanity toward an official or an opposing player.
9. Making a comment that is personal in nature to or about an official or opposing player.
10. Any attempt to “bait,” taunt or otherwise instigate an opponent.
11. An attempt to physically intimidate an opponent or official.
12. Extreme profanity toward or the laying of hands upon an official will result in an automatic suspension of one (1) year. After the one (1) year suspension period is over, the player must contact the DC Gay Basketball League Board of Directors and request reinstated to be eligible to play. **NOTE: Scorekeepers and clock operators are also considered officials.**

**NOTE: The officials’ jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur, before, during and after games are all subject to a technical foul, flagrant foul, ejection or suspension.**

1. Alcohol and tobacco are **NOT** permitted to be on-site during any DCGBL games at Trinity

**SCHEDULE AND STANDINGS**: All standings and schedules will be posted on the DC Gay Basketball League website at dcgbl.org.

**WEATHER:** In the event of inclement weather, contact the Trinity weather line at (202) 884-9009 to determine whether games have been cancelled.