

Over 40 League Rules

OVER 40 LEAGUE

RULES

The Over 40 League plays according to High School rules and with the following modifications.

Game Clock

a) Regulation Play

Regulation play consists of four ten minute quarters with a running clock except:

- when the referees calls for clock to be stopped;
- during the last minute of first half (stop on whistle only);
- during the last two minutes of second half (stop on whistle only);
- when a player calls a timeout and the referee blows the whistle;
- when the referee calls for a "TV timeout."

A TV Timeout is used to allow the next rotation of players to enter the game. TV Timeouts are called on the floor by the referee at approximately the five minute mark of each quarter during a transition of play (e.g., after a basket, a whistle to stop play, etc.)

b) Overtime Play

Games ending in tie will be followed by one three (3) minute overtime. If the game is tied after the three minute overtime, a sudden death three (3) minute period will be played. If the game is still tied at the end of the second overtime period, the game will end in a tie.

There is no TV Timeout during overtime periods.

Number of Players and Playing Time

Team rosters will consist of nine to eleven players. All players are expected to play approximately one-half of each game for which they are present.

Determining play time:

Number of Players Present	Time per Quarter (minutes) Approximate for guidance	Total Time per Game (Approximate minutes)
11	4.5	18
10	5	20
9	5.5	22-23
8	6.25	25
7	7 - 7.5	28-29
6	8 - 8.5	32 - 34

This table is provided for guidance however, the scorer and time keeper and the referees are expected to monitor the play time and inform the team if the above guidance is not being adhered to in a reasonable manner. Players who exceed the appropriate number of minutes may be prohibited from additional playing time for that game.

Teams must have five (5) players present to start the game. Due to the tight schedule resulting from limited gym time, a forfeit will be declared by the Commissioner(s) and referees after five (5) minutes of the scheduled start time of the game if a team cannot provide five players to start the game. The scheduled time is that listed in the schedule for the first game on each date and for all other games unless the prior game did not end before the scheduled time of the following game.

Entering the Game

TV timeouts are used to allow a rotation of players. To ensure the safety of our players, a player may be substituted "on the fly" without the stoppage of play by:

- reporting to table and informing the score keeper that you wish to enter the game;
- allowing the score keeper to notify the referees who will announce "substitution."

The departing player and the entering player should leave and enter the court at the same time in the proximity of the scorers table.

The player entering must not enter the game in a manner that gives him or his team an advantage such as moving into the front court to receive the ball or entering into the backcourt to be in an advantageous defensive position relative to where the player you are substituting for was positioned at the time of the announced "substitution" by the referee.

Foul Shots

Players can move after the release.

Bonus

Teams will shoot one and one on the opposing team's 7th team foul of each half and will shoot two (2) free throws on the opposing team's 10th team foul of the half.

Second half team fouls continue into each Overtime period. That is, the team foul count continues from the last foul counted in regulation play or in the preceding Overtime period.

Over 40 League Rules

Pressing

See No Pressing Rule below for details. No pressing is allowed until the final two minutes of the game (includes Regulation play and Overtime play).

Teams that fail to drop back will be warned by the referee. Players failing to drop back after a warning is issued by the referee will be assessed a technical foul.

No Press Rule

Pressing is not allowed in the Over 40 League except for the last two minutes of regulation play and the last two minutes of each Overtime period.

At all other times, the following applies:

When the defensive team has established possession (rebound, intercepted pass, etc.), the opposing team must immediately drop back across the half-court line. Players are to put no pressure on the ball and may not stay in their front court even if they are not in close proximity to the person in possession of the ball.

However, if the team in possession of the ball aggressively advances or attempts to advance the ball ahead of the defense, the defensive team may defend at any point on the court to challenge a fast break, long pass or other aggressive advancement of the ball.

Time Outs

a) Regulation Play

Each team will have two (2) Time-outs per half. Time outs may not be carried over from first to second half.

b) Overtime Play

Each team will receive one (1) timeout in each overtime period played. Unused timeouts from regulation play may not be carried over into overtime play. An unused timeout from the first overtime period may not be carried over into the second overtime period.

c) Short-handed Time Outs

An additional timeout will be allowed in each half for a team with five players. However, that additional timeout must be taken prior to the last two minutes of each half.

Fouls

a) Personal Fouls

A player is fouled out of the game on receiving his fifth personal foul and must be immediately substituted by any eligible player. (When a team has 10 or more players present any player on the bench is considered eligible. When a team has fewer than 10 players see section on "Determining Playing Time" above to determine who is an eligible player.)

A team with only five players may continue to play after one or more players receive their fifth foul with the following penalty.

When a player who has fouled out (that is committed a fifth foul) commits an additional foul, the opposing team will be entitled to take the appropriate free throw if it is a shooting foul. This will be followed by awarding two Technical Foul shots to the team fouled and then awarding the ball to the shooting team.

a) Technical Fouls

A player who receives a second Technical Foul in the same game will be ejected from that game. If that ejection leaves that players' team with four players the game will end immediately with a loss for the team with only four eligible players and a win for the opposing team.

Over 40 League Technical Foul Penalty

In order to maintain the spirit and intent of the Over 40 League as a competitive but recreational league, the following rule is in effect.

- For the first technical foul the player will be fined \$25.00. Payment is to be made by check prior to the next scheduled game to be eligible to play. The fine will be used in our Charitable Giving fund, specifically the American Cancer Society.
- For the second technical foul the player will be fined \$25.00 and suspended for the next scheduled game. Payment must be provided before being eligible to play again.
- For the third technical foul the player will be ineligible to play again in the Over 40 League.

This rule applies across seasons. Any player receiving three technical fouls either in a single season or over the course of multiple seasons will be prohibited from playing in the Over 40 League.