



Carpe Diem Basketball League Rules and Regulations – 2019-2020 Season

Rules are subject to modification at any point to the discretion and approval of the League Commissioner.

Dates: 11/17/19-2/9/20

Game Play:

1. **Roster Form:** Each team must fill out (completely) a team roster and agreement to participate form prior to the start of the league. **If a player does not fill out the form they do not play!**
 2. **Game Time:** Please arrive at the court fifteen (15) minutes before you are scheduled to play.
Games will start early if both teams are ready!
 3. **Game time:** two (20) minute halves. The clock will remain running, except for the last 2 minutes of each half. The clock will stop in the last 2 minutes of the first half for free throws only. *Every other play in the last 2 minutes of the first half, the clock will run*
 4. Any foul under 1 minute in the second half will be 1 and 1
- **Participants:** Games will be 5-on-5 play. Teams must start with 4 players at the time of your game. There will be a five-minute grace period after the start of the game. If you do not have 4 players at that time then your team forfeits. EX: Game at 5 PM, players have until 5:05 PM.

5. **Hockey Style Substitutions:** Substitutions may be made on the fly with no need to check in at the table or with an official. Players must enter and exit the playing court at the team bench location only.
6. **Roster:** ***NEW*** Players must play a minimum of four (4) games to be playoff eligible. No player will be allowed to “just show up” for the playoffs.
7. **Foul Shots:** Players may move on the release, not on the rim. After seven (7) fouls, it is 1 and 1. After ten (10) fouls, it is 2 shots.
8. **Time Outs:** Each team is allowed two (2) timeouts per half. Timeouts will be one (1) minute in length (stop clock). The timeouts do **NOT** carry over (use it or lose it). ***In the last 10 seconds of each half, if a time out is called the ball advances to half court***
9. **Overtime:** There will be one (4) minute overtime. Each team will receive one (1) timeout for the overtime play (Regardless of how many were used in regular game). If there is still a need for more overtime (2OT), there will be a 2-minute overtime. If there is still a need for more overtime (3OT), a sudden death basket rule will be put in place.
10. **Uniforms:** Each member of the team must be wearing a Carpe Diem issued uniform if you were given one. Otherwise it is an automatic 2 points for the opposing team to start the game.

exception would be if someone does not fit into the uniform, or if there is a sub
11. **Individual Technical Fouls:** Technical Foul rules (these are for the season): 1st technical = warning, 2nd technical = suspended from the next game, 3rd technical = suspended for 2 games.
12. **Team Technical Fouls:** When a team accumulates a total of 4 technical fouls over the course of the season, a loss will be assessed to the team. Each technical foul thereafter over the course of the season will result in another team loss being assessed.
13. **Ejections:** Any player ejected from a game for any reason will be automatically suspended for at least the next game. Repeated offenses will result in expulsion from the league. Any fighting between players will result in immediate removal of the league for both players. All issues are up

for appeal by the league commissioner. To appeal, there must be a written report of one paragraph explaining the appeal request. All decisions made by the league commissioner are final.

14. **Swearing/Foul Language:** Swearing will not be tolerated, and is up to the official's discretion to enforce bad language. Carpe Diem Basketball will stand by any official's decision to enforce this. The officials have been instructed to assess technical where they see fit.
15. **Scoring System:** Standings will be kept by win percentage. A tie in the final standings will be broken by head to head play results during the regular season between the teams involved. If there is still a tie, total point differential (plus/minus) between teams involved against each other will be used. Point differential is the difference in score between the winning team and losing team. However, the maximum amount of points awarded for a win will be +15, and the minimum for a loss will be -15. This is to prevent teams from “running up the score”.
16. **In-Game Scoring:** Any game that is a 30+ point lead will be called with 2 minutes remaining.
17. **Forfeit:** If a team needs to forfeit, the team captain must let the commissioner know at least 24 hours in advance. If the team captain fails to let the commissioner know, there will be a penalty of \$25 due before that team can play it's next game. *If more than half of the teams have a conflict on a particular date, those games will be rescheduled*
18. **Regular Season:** Each team will play each other once during the regular season (8 games, Weeks 1-8).
19. **Playoffs:** Weeks 9 will be playoffs, with seeds 1-4 in one bracket, and 5-8 in another bracket. Week 10 will be the winners of 1-4 and losers of 1-4, and the winners of 5-8 and losers of 5-8. There will be a champion crowned for 1-4, and a champion crowned for 5-8.
20. **Statistics:** Stats will be kept by the league commissioner, and they will be shared on social media and on the league website every Monday following the game. Feel free to share the content on social media.

Respect the Officials, Play hard, and Enjoy the Games!