

League Rules

ABCHoopsNYC abides by the NCAA Men's Basketball Rulebook. All other additional procedures, restrictions, and exceptions are explained in the following:

Clock: Games will be played in TWO 20-MINUTE HALVES with running time. The clock will stop during the last minute of the first half and the last 2 minutes of the second half. Each team will receive 5:00 minutes of warm-up before each game and a two minute break during halftime—if time permits.

Time-Outs: Each team will receive three (3) 30-second time-outs each half during regulation play and one (1) 30-second time-out during overtime.

Overtime: If the score is tied at the end of the 2nd half, there will be a 2-minute overtime period to be played immediately in stop-time. If the score is still tied at the end of the first overtime period each team will receive a TIE.

Rosters: A minimum total of eight (8) players (4 FROM EACH TEAM) must be physically present in order for the game to begin. It is strongly recommended that each team arrive to the gym at least thirty (30) minutes before the posted game time.

If a team has less than four players available, it is declared a forfeit unless the opposing captain agrees to allow the team to pick substitutes. Each team is given a five (5) minute grace period to allow late-arriving players if they do not have enough players to begin. After five (5) minutes, the clock will begin and the team present and ready to play will be awarded one (1) point per minute until the other team shows up with each minute deducted from the clock.

Mercy Rule: To ensure the safety and respect for players, the referee(s) may end the game if:

- A team is leading by 20 points or more at the 2 minute mark of the 2nd half
- A team is leading by 40 or more points at the 4 minute mark of the 2nd half

There will be no full-court pressure defense by the team up by twenty (20) points or more. Captains can also request at any time during the 2nd-half to have the game end prematurely, if and only if the captains of both teams feel that the game is over. If the mercy rule is applied, the court will be cleared early to allow the teams in games scheduled afterward to begin warming-up.

Fouls: Each player may receive a maximum of five (5) personal fouls during the game. Each team is allowed only seven (7) team fouls before 1-AND-1 bonus is awarded to the offended team. Ten (10) team fouls will result in a double bonus situation where the offended player is guaranteed two (2) free throws attempts barring any violations. All technical fouls will count as personal fouls and will result in two (2) free throws and possession. Two consecutive fouls under 2 minutes will result in a bonus situation.

Any FLAGRANT FOUL will result in two (2) free throws, the ball awarded out-of-bounds to the offended team and a technical foul given to the offending player. Two (2) flagrant or technical fouls will result in the offending player's ejection and possible suspension (at the discretion of the Commissioner).

Any team charged with three (3) conduct technical fouls will result in a forfeit from the offending team.

Dress Code: No jewelry is allowed to be worn during play. If one cannot remove said jewelry, the player's eligibility to participate in the game will be under the discretion of the referee(s).

Playoff Rules & Regulations: Playoff eligibility (based on the number of total teams) may be adjusted at the Commissioner's discretion. All playoff games will be played with the same rules and regulations provided for the regular season with the exception that if a game is still tied after the first overtime, both teams will play additional two (2) minute overtime periods until a winner has been decided.

While there are unlimited roster spots during the regular season, playoff rosters are limited to a maximum of twelve (12) players – no exceptions. In addition, playoff rosters require that all players on the roster to have logged and played at least one (1) second in at least two (2) regular season games.

All teams will be seeded by the overall regular season record. The regular season record tie-breaker is as follows:

- Head-to-Head Record: Tie goes to the team who has won more H2H match-ups
- Head-to-Head Point Differential: Tie goes to the team with highest point-differential among H2H match-ups.
- League Point Differential: Tie goes to team with best overall regular season point differential.

THERE WILL BE ABSOLUTELY NO FIGHTING TOLERATED. ANY PLAYER WHO THROWS A PUNCH IN AGGRESSION OR IN DEFENSE WILL BE EJECTED FROM THE LEAGUE FOR ONE (1) SEASON—including playoffs. Officials may end a game at any point to their discretion if there is evidence of any player being put in imminent danger or if one or both teams cannot control themselves.

Each player who plays in a game must sign into the stat-book before entering the game or the player will be issued a technical foul.

Each player who plays in a game must fill out and sign the NY Rec League, Inc. Waiver.

All players must wear ABCHOOPSNYC T-shirts or jerseys. Any player not wearing official ABCHOOPSNYC jerseys or appropriate matching and non-repeating numerated jersey at the opening tip-off will be issued a "technical foul", though exceptions can be made on a season-by-season basis at the discretion of the Commissioner.

If you have any questions or concerns regarding the League Rules, please feel free to contact us via e-mail at abchoopsnyc@gmail.com.