

RVC Over 40 League Rules

RVC OVER 40 BASKETBALL 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; e.g, injured player etc.
- during the last two minutes of second half and overtime (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 minute overtime period. If the game is tied after the initial overtime period, a sudden death three 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. ***The clock will operate in the Overtime Period in the same manner as the 4th Period of regulation (1 minute running then stopped on the whistle for the last 2 minutes.***

There is no TV Timeout during overtime periods.

Number of Players and Playing Time

Team rosters will consist of ten players. All players are guaranteed to play approximately one-half of each game for which they are present. When a team has fewer than 10 players present, the missing player(s) time will be allocated evenly across the players present according to the following.

Determining play time:

Number of Players Present	Additional Time per Quarter /Player (Approximate)	Total Time to be made up per missing player(s)
9	2:15 minutes	20
8	5:00 minutes	40
7	9:30 minutes	60
6	13:20 minutes	80
5	All play 40 minutes	100

It is the responsibility of the TEAM CAPTAIN to ensure the additional playing time is allocated evenly. The scoring table will monitor playing time and inform the Team Captain if playing time is not in accordance with the above guidance. Players who exceed the appropriate number of minutes will be prohibited from additional playing time for that game. If a team purposely disregards the substitution policy the referees will charge the team with a Technical Foul. If a subsequent violation of this rule occurs a forfeit the game may be declared upon review by the referees and League officials.

Teams must have five (5) players present to start the game. If a player is injured they can continue with four (4) players.

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 scorer’s 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.

Bonus Foul Shots

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.

RVC 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 Pressing 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 to seven 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. Any player on the bench is considered eligible however the section above, "Determining Playing Time," must be adhered to in allocating playing time for the fouled out 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 five fouls) commits an additional foul, the opposing team will be entitled to take the appropriate free throws if any and also will be awarded two additional foul shots. Then they will be awarded the ball at the division line.

b) Technical Fouls

A player who receives a second Technical Foul in the same game will be ejected from that game. If the 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 Principles of the Over 40 League as a competitive but recreational league, the following rule is in effect (Winter & Spring seasons).

- **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.
- **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.
- **Third Technical Foul:** the player will be permanently banished from playing in the Over 40 League. This is a lifetime ban.

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