

2026 OVER 35 BASKETBALL LEAGUE

Rules and Regulations

2025-2026 National Federation of State High School Athletic Associations basketball rules are in effect and will be enforced with certain additions and/or modifications listed below.

TEAM ENTRY FEE:

The entry fee is due on December 2, 2025. Entry fees are **non-refundable**. The total number of games will be 10 for each team, including play-offs. The league fees are \$1025 per team and \$130 per individual. Individual fees will be refunded if there is not enough interest to form a house team. The league will have a regular season schedule followed by a double elimination seeded play-off.

SEASON STARTING DATE: Tentative Date set for December 7, 2025

OFFICIATING: All games will be done by certified International Association of Approved Basketball Officials. Jewelry must be removed to play.

GAMES:

All games will be played at the Brunswick Recreation Center on Sunday evenings at 12:30, 1:30, and 2:30 p.m. In addition, games may be played on Tuesday, Wednesday, or Thursday evenings at 6:00 and 7:00 p.m.

Tie Breaker Rule: In case of a tie following the regular season, seedings will be determined by head-to-head competition first and, if needed, based upon total point differential between tied teams, then total point differential for each team's entire schedule.

ROSTERS:

A minimum of 8 players must appear on final rosters. Final rosters are due before the last regular season game on the schedule. Any player who does not play in 3 regular season games is not eligible for the play-offs. Players can only play for one team for the season. Eligibility age is determined by the age of the player on their birthday during the 2026 calendar year.

UNIFORMS: Team players will wear **identical, numbered shirts**. Shirt color and numbers must be uniform.

FORFEITS:

A team that forfeits on more than two occasions may be dropped from the league without the benefit of any refund and not allowed to participate in the league the following season.

POSTPONEMENTS:

No scheduled game will be postponed unless conditions are such **on the day of the game** that road travel proves hazardous to the participants. The League Director will make all postponements. A decision on postponement will be made by approximately 10am the day of the game. The League Director will notify the team captain and a post will be made on Facebook and the Recreation Department web site.

GAME TIME:

Game time is listed on the printed schedule. A 5-minute grace period will be granted to any team unable to produce five players by the designated scheduled **starting** time. Any team with less than 5 players will result in a forfeit for that team, even if both teams have less than 5 players. Forfeits will not be made up or rescheduled. In case of a forfeit players may play pick-up without officials until the court is needed for the next game.

AWARDS: A team trophy will be awarded to the overall champion at the end of the play-offs.

PLAYER RESTRICTIONS:

Players must not be affiliated with any college team on or after the starting of the league's season. Players must play for only one team.

UNSPORTSMANLIKE CONDUCT:

Any player ejected from a game because of unsportsmanlike conduct will be suspended for three games for the first offense. If the same player is ejected from a second game, he is suspended for the remainder of the season as well as the play-offs, if his team is still alive in the play-offs after he has sat out three games. If a player is suspended with less than three games left, the suspension will carry over to the next year. Both regular season and playoff games count when determining a first offender's eligibility.

Should the first offense be such that the actions of the player, coach, team representative(s) are deemed to be detrimental to the league, by the league officials, the offender will be banned from the league for the remainder of the season. Striking an official will result in suspension for the season.

ANY PLAYER RECEIVING A SUSPENSION OF ANY KIND WILL BE ASSESSED A \$50.00 FINE. SUSPENDED PLAYERS WILL NOT BE ALLOWED TO PLAY AGAIN UNTIL THE FINE IS PAID.

TECHNICALS:

Two (2) unsportsmanlike technical fouls on a player within one game will result in ejection from game and receive unsportsmanlike penalties. Any player ejected from the game will not be allowed back into the facility during the suspension. A team is limited to accumulating three technical fouls (individual and/or team) per game. The fourth technical foul will cause the team to forfeit the game. ***If an individual accumulates a total of 5 unsportsmanlike technical fouls during the course of the season that player shall be suspended from the league for the remainder of the season or three games, whichever is greater and pay a \$50.00 fine.***

EIGHT (8) UNSPORTSMANLIKE TECHNICAL FOULS ACCUMULATED BY A TEAM, EITHER BY TEAM TECHNICALS, INDIVIDUAL TECHNICALS, OR BY A COMBINATION OF THE TWO, WILL RESULT IN THE TEAM BEING EJECTED FROM THE LEAGUE FOR THE REMAINDER OF THE SEASON AS WELL AS THE FOLLOWING SEASON.

CLOCK:

Each game will consist of two (2), twenty-minute halves with a 5-minute half time. The clock will stop for injuries and timeouts. The clock will not stop for non-shooting fouls. However, the clock will stop on fouls for which shot(s) will be taken. The clock will be re-started when the ball is put at the disposal of the shooter. The clock will be stopped on all technical fouls. The clock will also be stopped on every whistle during the last three (3) minutes of each half and overtime period. **Teams are reminded about their responsibility to take their position at the foul line without delay.

Effective only during the last five (5) minutes of the game:

- a. Fifteen- (15) point spread, clock runs continuously
- b. Thirty- (30) point spread, game over.

OVERTIME PERIODS: Each overtime period will be three minutes in length.

TIME OUTS:

Each team is entitled to four (4) charged (60 second) time outs during a regulation game. During each extra period, each team is entitled to one additional time out.