

Valley Forge Basketball League Rules

Revised: February 2022

1. Regulation baskets and balls will be used at all times. Before each game, one team will be determined to be the home team and will maintain the official scorebook.
2. An official game will consist of four (4) quarters of eight (8) minutes each.
3. Time will be kept as follows:
 - Eight (8) minutes per quarter
 - Ninety (90) seconds per timeout
 - Two (2) minutes between quarters
 - Five (5) minutes between halves
4. The clock will run at all times except for the following:
 - Official stops the clock
 - Timeouts
 - The last two (2) minutes of each quarter the clock will stop on every dead ball
5. In the event of a tie at the end of regulation, overtime will be played. All overtimes will be three (3) minutes (2 running, 1 stopping). One (1) timeout per overtime will be added to the total remaining at the end of the 4th quarter.
6. There will be four (4) timeouts for each team per game.
7. All players must play a minimum of one (1) continuous full quarter. Failure to comply will result in forfeiture of the game.
8. There must be a minimum of five (5) players per team before a game can start. A team with only five (5) players can play with four (4) if one fouls out, but cannot play with three (3). See Rule #19 for exception.
9. A player must leave the game after committing five (5) personal fouls.
10. Any player or coach who receives two (2) technical fouls during a game is ejected from the game and must leave the gym. Once ejected, the player or coach is suspended for the next scheduled and played game. A second ejection will result in expulsion from the league.
11. After six (6) team fouls, one and one begins. After nine (9), two (2) fouls shots are awarded.
12. An offensive foul is counted as a team foul, but is a shooting foul only in one and one situations.
13. The lane violation will be three (3) seconds.
14. The clock will stop for injury timeouts; the team will be charged with a timeout if player stays in game.
15. All teams make the playoffs. For playoff seeding, tie-breaker for teams with the same record will be the result of head to head games. The second tie-breaker will be a coin toss.
16. The referee has the final say in all matters of rule interpretation and enforcement.
17. There is a zero tolerance policy for anyone demonstrating a lack of respect for players, coaches, referees, and spectators.
18. Dunking is not permitted and will result in a disqualification of the basket.
19. **For playoff games only** - if a team only has 5 players and one of them receives a 6th foul, rather than being removed from the game, the following will apply: (1) the player will be permitted to stay in the game (2) in addition to either fouls shots or taking the ball out of bounds, the fouled players team will receive 1 foul shot plus get the ball out of bounds.