

City of Lincoln

5 on 5 Basketball Rules

I. Eligibility

- A. Rosters must be submitted before your first game. Each roster must consist of 5 – 12 players. A player may play on only one team in the league. The minimum age is 18.
- B. After game one, players may be added to the roster through week 5 by completing and submitting a “Team Roster Add Form” along with a \$5 fee for each player added. Players may not be added to a roster after week 5.
- C. Any team that’s found to be playing with an ineligible player or a player not on their roster will immediately forfeit the game they are playing.
- D. Any protest a team has regarding the eligibility of a player on the opposing team must come from the team’s captain and be made towards the staff person in charge during the course of the game. No action will be taken if the protest is made upon conclusion of the game or made by any person other than the team’s captain.

II. Playing Rules

- A. CIF/High School rules and “Code of Conduct” govern play, with exceptions listed.
- B. Game time plus 5 minutes on the gym clock is forfeit time. A team must have FOUR to start. Any time a team drops below THREE players, the game is a forfeit. There is a \$30.00 forfeit fee.
- C. Like-colored jerseys with numbers are required. Each player without a like-colored, numbered jersey will be given a technical at the start of each game.
- D. Games are 20 minute running halves. During the last two minutes of the second half, the clock will stop, unless one team is leading by fifteen (15) points or more at the 2-minute mark.
- E. Bonus free throws are shot on the 7th team foul of each half. Two free throws are shot on the 10th foul of each half.
- F. Teams are allowed two time-outs per half, no carryover.
- G. Three (3) minutes is allowed for halftime.
- H. No slam-dunking is allowed. Violation of this rule will result in a technical foul against your team.
- I. All technical fouls will result in the other team receiving an automatic two points and the ball out of bounds. Two “misconduct” technical fouls in the same game will result in immediate suspension from the game and the next game as well.
- J. Three-minute overtime periods will be played if the score is tied at the end of regulation with the clock stopping during the last two minutes. Bonus carries over. One time-out total allowed per team. After three overtimes, a sudden death period will be played, where the first team to score two points wins.
- K. All children must be accompanied by an adult and remain off the court at all times.