

# City of Fort Worth Adult Women's Basketball League Rules & Regulations

## League Governing Body:

National Federation of State High School Associations (Modified)

## Player Requirements:

All players must be 18 years or older, no exceptions.

All players must wear a jersey with a permanent number. No blank numbers; no jersey, no play.

## League Equipment:

- League provides game balls that are stamped and approved.

## Home/Away Teams:

- Home Team: Light Colored/White
- Away Team: Dark Colored
- No written/taped/mix-matched jerseys allowed.

## Jewelry Policy:

- No jewelry (earrings, necklaces, rings, etc.) allowed; violators receive a technical foul.
- Medical alert jewelry is an exception.

## Game Play:

- Teams must submit lineups with jersey numbers to the scorekeeper 5 minutes before tip-off.
- Late entries result in a technical foul.
- Required: Number - First Initial/Last Name (Example: #12 J. Doe)
- Games consist of four 10-minute quarters with a running clock, stopping only for timeouts and whistles in the last 2 minutes if the score is within 15 points.
- If a team leads by 16+ points with 2 minutes remaining, the clock runs continuously.
- Two timeouts per half (1 full, 1 30-second); no carryover.
- Special timeout rules apply based on score differential.
- Overtime: Maximum of two 3-minute periods; clock stops for all whistles.
- One 30-second timeout per overtime period; no carryover.
- **MERCY RULE: 40 Points**

## Conduct:

- Unsportsmanlike conduct results in a technical foul.
- Two such fouls lead to ejection and 1-game suspension.
- Four unsportsmanlike fouls result in forfeit.

### **Team Fouls:**

- Teams reset each quarter.
- Five fouls per quarter = bonus.
- 3-point line: NBA for Men's Varsity; HS/NCAA for Men's JV/Women's.
- 25-second closely guarded rule applies.
- All technical fouls go towards player/team count.

### **Technical Foul Limits:**

- Player: 4
- Team: 8
- Exceeding limits = removal from the league for minimum of 6 months or maximum punishment.
- Two ejections = removal from league.

### **Rosters & Eligibility:**

- Rosters must be finalized by the league's due date.
- Only players on TeamSideline roster with signed waiver are eligible.
- Maximum roster size: 15, including player/manager.
- A removed player may join another team until the last game of the season.
- No professional, semi-pro, college, or high school players allowed during their respective seasons.
- Only registered players count toward eligibility.

### **Playing Short:**

- Teams must start with at least 4 players but must have 5 by halftime or forfeit.
- Borrowed players must be on an active roster; no borrowed players allowed in playoffs.
- Only rostered players may participate in playoffs.