

Adult Basketball Rules – LRC 2025

Game Format

- There will be a Men's League and a Women's League

A single player cannot participate in multiple leagues.

- o The Mens League will be a competitive environment. Standard 5 on 5 format. Call your own fouls rules apply.

- o The Women's League is a regular 5 on 5 format. They will play by the same rules and regulations as the Upper and Lower Leagues.

- o The 30-and-Over League will be played in a 3 on 3 half court setting. You must be at least 30 years old to play in this league.

Equipment

- Jerseys: Teams must have jerseys of the same color and permanent numbers for each player in every game. – We can order if you give us 2 weeks notice before game time.

- o Taped on numbers will NOT be permitted.

- o Legible numbers with permanent marker will be permitted.

- o Tee Shirts are acceptable. – Pennies will be available if team does not have a uniform

- Basketballs: Games will be played with an official men's sized (29inch) basketball for The Men's Leagues and an official women's sized ball (28.5inch) for the Women's Leagues. Basketballs will not be provided to practice with but will be provided at the games.

- Shoes: Standard basketball shoes or athletic shoes are permitted. No boots, dress shoes, heels, flip flops, cleats, etc.

Roster

- All teams must submit a completed roster prior to their first game.

- o Rosters shall have a minimum of five players and a maximum of twelve

- o Rosters need to contain a current email address for the team captain.

- o Players may be added to your roster until last week of the regular season but

players may NOT be removed from your roster unless approved by the commissioner of the league.

- Each player on your roster must be at least 18 years of age
- Team members will need to check in at the score table before each game in order to be eligible to play. A team member may check in during a game if arriving late.
- Teams must have at least four players on the court to play.

Gameplay

- Games will consist of two 20 minute halves.
- The clock will be running time except:
 - o The final 2 minutes of the second half. (unless a team is leading by 20 or more points)
 - o An Official's time-out.
 - o An injury occurs that requires stoppage of the game for longer than a normal stoppage
 - o A time-out is called. (Each team has 2 time-outs they can use throughout the game)
- The games will be played by Kansas High School rules and regulations (Men, Women)
 - o These games will be self-officiated. (Call your own fouls)

Fouls/Ejection Penalties

- Any participant who is assessed five personal fouls will be removed from the game (fouled out).

For any more questions or concerns please contact the Program Coordinator.

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