

5TMSL Fall 2025 BASKETBALL RULEBOOK



REQUIRED EQUIPMENT

- All players must be wearing a team jersey in order to play.
 - If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.
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TEAM REQUIREMENTS & FORFEIT POLICY

- Each team must have at least five players ready to play no later than 10 minutes after the scheduled game time.
 - Failure to meet this minimum will result in an automatic forfeit.
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GAME STRUCTURE

- Games are played four 8-minute quarters.
 - The clock will stop on all whistles inside the final minute of each quarter, and the final two minutes of the fourth quarter.
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OVERTIME RULES

- Overtime is 5 minutes.
 - In the regular season, if the game remains tied after overtime, it ends in a tie.
 - In the playoffs, 5-minute overtimes will be played until a winner is determined.
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TIMEOUTS

- Each team receives one 20-second timeout and one 60-second timeout per game.
 - Unused timeouts may be carried over into overtime.
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FOUL & BONUS RULES

- A team enters the bonus after committing five fouls in a half. The opposing team will shoot one-and-one.
- After seven team fouls in a half, the opposing team will shoot two free throws.

- Inside the final two minutes of either half, the bonus begins once a team commits its second foul.
 - In overtime, the bonus begins on the second team foul. Double bonus begins on the fourth team foul.
 - There is no foul-out limit for personal fouls. A player is, however, ejected if he receives two technical fouls.
 - A technical foul results in two free throws and possession of the ball.
 - Players are allowed to jump over the free-throw line on free-throws.
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FLAGRANT FOULS

- A Flagrant 1 foul is unnecessary contact. The opposing team will receive two free throws and possession of the ball. The player remains in the game unless it's their second flagrant foul.
 - A Flagrant 2 foul is unnecessary and excessive contact. The player is automatically ejected, and the opposing team will receive two free throws and possession.
 - A player is ejected if they receive:
 - Two Technical fouls, or
 - Two Flagrant 1 fouls, or
 - One Flagrant 2 foul
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PRESS DEFENSE

- Press defense is not allowed until the final two minutes of the game.
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TIME VIOLATIONS

- Teams have 5 seconds to inbound the ball. If not inbounded in time, the ball will be turned over to the other team.
 - The offense has 10 seconds to cross half-court. This will be called loosely - only if a team is purposely delaying bringing up the ball.
 - Free throw shooters must attempt their shot within 10 seconds of receiving the ball from the referee. This will be called loosely as well - only if a team is purposely delaying.
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PLAYING TIME RULES

- All players must play in every quarter for at least one minute (unless injured).

- No player may play an entire half; each player must sit for at least one minute per half.
- Every player must sit for at least three minutes per game.
- Regular Season: Referees will monitor for clear violations, but enforcement will primarily rely on coaches and the honor system.
- Playoffs: Staff will track individual player minutes and work with coaches to ensure compliance.
- Note – There will be no retroactive penalties for earlier playing time violations. However, if a player has not yet sat for the required two minutes by the end of a half, or the required three minutes by the end of the game, they will be required to sit the remaining balance during the final minutes.
- Example – If a player has only sat for one minute throughout the game, they must sit the final two minutes of regulation (the referee can whistle a play dead at that point). Should the game go to overtime, they will be eligible to play.

Adjustment for Smaller Rosters

- If a team has 7 or fewer players present, the following adjustments apply:
 - Each player must play at least two minutes per quarter.
 - The total sit requirement is reduced to two minutes for the game.
 - If a team has exactly five players, all players will play the entire game and these rules do not apply.
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TRAVELING VIOLATIONS

- The official traveling rule (NBA rule): a player may take two steps after a legal gather step before passing or shooting.
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JUMP BALL & POSSESSION

- Games will begin with a jump ball.
 - All held ball situations will be determined by the possession arrow.
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HOOP HEIGHT

- The hoop will be set to 8.5 feet.
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It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.