

VASL BASKETBALL LEAGUE RULES



Our Coed Basketball League is purely social with an emphasis on meeting people and having a good time! Overall, we have very relaxed rules and follow our pure social format. All officials have the last and final calls. Please read below for more details:

SUMMARY

- 3 players vs. 3 players.
- Minimum of 1 female on the court.
- All game nights consist of 5 round-robin games among 5 teams with each team playing the other 4 teams once.
- Three points are awarded for a win, one point for a tie, no points for a loss
- Each game is 10 minutes (running time)
- Any deliberate running out the clock will force a turnover
- Any shooting foul results in possession of the ball and one point. If shot is made, team regains possession. (this rule creates a very clean game with less contact)
- Regular field goals are worth 2 points.
- Shots behind the three point line are worth 3 points.
- Possession changes after each basket unless fouled.
- You must clear the ball to the 3 point line on all possession changes.
- There is an unwritten 30 second shot clock rule.
- Games may start with 2 players to avoid forfeits.
- 5-6 people are the suggested roster size.
- All common fouls are called with regular basketball rules.
- Any jump balls go to the defense.
- All balls must be checked at the top of the key to start the play.
- One pass must be made before any basket is scored.
- The one team that is not playing during a rotation may be asked to assist refereeing

EQUIPMENT

- 1 Basketball will be provided.
- Please wear basketball sneakers or cross-trainers to avoid injury!
- No jewelry.

OTHER ASSORTED RULES

- You are not required to wear your league t-shirt to games although it is suggested. Team with the most league t-shirts will be able to take possession of the basketball first. League T-shirts will allow you to take advantage of our specials at our league partner bars.
- You must sign an athletic waiver at the beginning of the season.
- If you know in advance that your team is going to forfeit a game, you must contact us by noon on the day of the game at vasleague@yahoo.com. Failure to notify the league could cause your team to be removed from the rest of the schedule.