



Adult Basketball

League runs: December - February

Min. teams per league: 4 teams Max. teams per league: None

What: We offer 6 leagues during the winter. They are Men's Open Fastbreak, Women's Open Fastbreak, Men's Open Slowbreak, Over 30 Slowbreak, Church Slowbreak League, and over 40 Fastbreak.

Eligibility: Ages 18 and over. For all leagues, you cannot be participating in the VHSL or college sport.

Where/When: All games take place at the Christiansburg Recreation Center. All teams play on Sundays. Church League also plays on Mondays, Slowbreak on Tuesdays, and Fastbreak on Thursdays.

How: Team registrations only. However, a free agent list will be kept by the Supervisor of Adult Athletics and Athletic Special Events.

To register follow these guidelines:

1. Entry form filled out and returned to the administrative office along with the fee of \$350.
2. Appropriate methods of payment are: correct cash, check and credit card.
3. Registrations are accepted from 8:00 a.m. – 5:00 p.m. Monday – Friday at the Christiansburg Recreation Center at 1600 North Franklin Street.

League Info:

1. Players are allowed to play on 1 team.
2. If you have any other questions, contact Nick Yopp, Supervisor of Adult Athletics and Athletic Special Events @ 382-2349 x 2007.

Adult Basketball Rules:

Registrations in the future will only be taken until a week past the deadline. Registering the week after the deadline will cause teams to have to pay a late fee of \$25.00.

High School rules will be observed with the following modifications or changes:

1. Each game will consist of two (2) twenty (20) minute halves. The clock will be a “running clock” stopping only on time-outs until the last two (2) minutes of each half. The clock will stop for all violations, foul shots, and time-outs only in the last two (2) minutes of each half.
2. There will be a five (5) minute half time.
3. Each team will be allowed two (2) time-outs per half. Time-outs cannot be carried over to the next half.
4. During the last two (2) minutes of the first half, time-outs will automatically advance the ball to mid-court. No back court throwing will be allowed in the first half.
5. **Dunking will be permitted at any time. Hanging on the rim will result in a technical foul.**
6. Overtime periods will be five (5) minutes in duration. The clock will stop only for time-outs until the last two (2) minutes of overtime. If additional overtime periods are needed, they will be five (5) minutes in duration. Each team will be given one (1) time-out per overtime.
7. Each team will have two (2) time-outs per half. Time-outs do not carry over to the next half or overtime.
8. One jump ball to start the game. Alternate possessions thereafter.
9. **Free Throws will be played on contact with the rim.**
10. Technical Fouls
1st - \$20.00 fine, 2nd - \$40.00 fine, 3rd - \$60.00 fine plus disqualification from league.

(All fines must be paid before the next game, between the hours of 8am-5pm at the Rec Center). You must present the receipt from your payment at the scorer’s desk before entering play.

Slowbreak Basketball Rules:

High School rules will be observed with the following modifications or changes:

1. Games will be ruled “forfeit”, 5 minutes after the scheduled game time.
2. Each game will consist of two (2) twenty (20) minute halves. The clock will be a “running clock” stopping only on time-outs until the last two (2) minutes of each half. The clock will stop for all violations, foul shots, and time-outs only in the last two (2) minutes of each half.
3. There will be a five (5) minute half time.
4. Each team will be allowed two (2) time-outs per half. Time-outs cannot be carried over to the next half.
5. During the last two (2) minutes of the first half, time-outs will automatically advance the ball to mid-court. No back court throwing will be allowed in the first half.
6. The mid-court line will represent the time line. The ball must be walked across the time line with a walking dribble until the last three (3) minutes of the second half.
7. No fast break is permitted until the ball has crossed the time line in the first half. Teams may fast break only in the last three (3) minutes of the second half.
8. No guarding is permitted until the ball has crossed the half court line, (except for the last three (3) minutes of the second half). A defensive player must give the opposing team a distance of three (3) feet past the half court line before guarding may begin.
9. Once the defensive team gains control of the ball, no guarding is permitted until the ball has passed the half court line and three (3) feet beyond (except for the last three (3) minutes of the second half).
10. Hand checking will not be permitted.
- 11. Dunking is permitted. Hanging on the rim will result in a technical foul.**
12. Overtime periods will be five (5) minutes in duration. The clock will stop only for time-outs until the last two (2) minutes of overtime. If additional overtime periods are needed, they will be five (5) minutes in duration. Each team will be given one (1) time-out per overtime.
13. Each team will have two (2) time-outs per half. Time-outs do not carry over to the next half or overtime.
14. One jump ball to start the game. Alternate possessions thereafter.
- 14. Free Throws will be played on release.**
15. Technical Fouls

1st - \$20.00 fine, 2nd - \$40.00 fine, 3rd - \$60.00 fine plus disqualification from league.

An ejection from a game (2 Technical Fouls or Unsportsmanlike incident) will bring an automatic 1 game suspension. Suspension could be more based on the severity of the incident. **(All fines must be paid before the next game, between the hours of 8am-5pm at the Rec Center). You must present the receipt from your payment at the scorer's desk before entering play.**
