

Berwyn Heights Men's League: Guidelines

- The League will provide: jerseys; game basketball; referees and scorekeepers.
- The BHML philosophy is to enjoy the competitive spirit and camaraderie of a fun game in a structured league.

Eligibility

- ✓ All players must be at least 30 years of age in order to participate in Sunday League games.
- ✓ Players must turn in registration form, waiver and league fee prior to League draft.
- ✓ All gym registrations MUST be paid through the Berwyn Heights Community Center
- ✓ Players must live in Berwyn Heights, be a past (or present) member of the Berwyn Heights Boys & Girls Club

Weather

- ✓ All cancellations are determined by either BHML or MNCPPC
- ✓ Games that are cancelled may be rescheduled during the regular season.

Officiating Obligations

- ✓ Every participant in the BHML is *required* to serve as referee, scorekeeper, or timekeeper approximately one game per month.
- ✓ Failure to cover your assignment shall result in a one-game suspension.

Insurance:

- ✓ Participants in activities held by BHML are not covered in any manner for personal liability or property damage. This means that players are competing at their own risk.

Player Conduct

- ***Any comments, actions, or gestures meant to provoke or threaten other players or officials will not be tolerated. Abusive or foul language will not be tolerated. Violations will result in a technical foul and/or ejection from the game.***

Berwyn Heights Men's League: Rules

The Berwyn Heights Men's League will be officiated in accordance with NFHS high school rules with modifications noted below.

- ✓ Games will consist of two 20-minute halves. There is a fifteen-minute grace period for the first game only. No grace period for the 2nd and 3rd games. Clock stops on all fouls, time outs and jump balls. Clock will stop on all whistles the last 2 minutes of the game
- ✓ Overtime will be a period of 5 minutes.
- ✓ Free throws are played on the release.
- ✓ Free Throw Line Up- 6 players are allowed in the paint (4 defensive – 2 offensive) and shooter.
- ✓ Teams will be awarded four (4) time outs per game
- ✓ Teams will be awarded one additional time out for overtime and will retain any unused timeouts remaining from regulation.

- ✓ If you are not able to field a team, the team captain must notify BHML commissioner, Jim McGinnis at 301-651-8142 at least four (4) hours before the start of the game so that the League can notify the opposing team and game officials.

Penalties & Discipline:

- ✓ A player is fouled out on his 5th personal foul.
- ✓ All technical fouls will count towards the players 5th personal foul.
- ✓ Two technical fouls in a game shall result in a player's ejection from the game.
- ✓ Any player receiving a total of three (3) technical fouls during the season will receive an automatic one-game suspension.
- ✓ Any player ejected from any two games during the course of the season, or who receives four (4) technical fouls within the season, will receive a suspension for the remainder of the season, including playoffs.
- ✓ A player committing a flagrant foul shall be ejected from the game and suspended for the following game.
- ✓ Fighting shall result in a minimum 3-game suspension, subject to review by the BHML Board. Any further violent acts may result in a one-year ban from the League.

Playoffs:

- ✓ Tiebreakers for playoffs will be determined by head to head record followed by total points scored throughout the season.
- ✓ Top 6 teams advance to a single elimination tournament.
- ✓ Playoff Format:

o First Round – 3 seed vs. 6 seed; 4seed vs. 5 seed

o Second Round – 1 seed vs. lowest remaining seed from 1st round; 2 seed vs. highest remaining seed.