

# ■ CBL Official Game Rules

## ■ Clock & Timing

- Running game clock throughout, except for the last 2 minutes of the game.
- Stop the clock during technicals.
- Shot Clock: 30-second shot clock enforced beginning at the 5-minute mark of the SECOND HALF only.
- On an offensive rebound or foul in favor of the offense, if the shot clock is under 14 seconds, it resets to 14 seconds.
- Pre-Game Warmup: 5 minutes.
- Halftime: 2 minutes.
- Timeouts: 3 per team, 30 seconds each.

## ■■ Gameplay Rules

- Offensive 3-second violation enforced.
- Defensive 3-second violation will NOT be enforced.
- Full uniform is required to play – no exceptions.
- No throwing or kicking the ball at another player.
- Fouls: 5 fouls = foul out. 7 team fouls = bonus. 10 team fouls = double bonus.
- Unsportsmanlike Conduct: 2 technical fouls = half-game suspension.
- 3 technical fouls = full-game suspension.
- Physical altercation (hands on opponent) = automatic suspension, may lead to league removal.
- Pulling your jersey to force a foul = 2 free throws + possession.
- Hard foul with intent not to make a basketball play = 2 free throws + possession.

## ■ Team Rules & Reserves

- Reserves must be approved by the committee.
- Week 5 is the final deadline for reserves.
- Team abandonment = 1-year / 2-season suspension + moved to bottom of waitlist.
- If a team is down to 4 players, the opposing team can decide to play 4-on-4 or 5-on-4.
- No team may play with fewer than 4 players. A 3-player roster = automatic forfeit.

## ■ Trades

- Trades will be decided at the discretion of the board if any situations arise.

## ■ Court Access

- Only players scheduled in the current game may be on the court.
- No shooting around, warming up, or walking onto the court until your game begins.