

# LAPRAAC INTRA-DEPARTMENTAL BASKETBALL RULES

Location of Game: Elysian Park Academy Gym

Amended Basketball Team Rules and Eligibility for 2025-2026 Season

By LAPRAAC Athletic Coordinator Stanley Appleman and Rachelle Serrano

## **Game Management:**

- **Game Clock:** Each game will consist of two twenty minute halves (running clock). Regulation “stop clock” to be used in the last two minutes of the second half and at the one-minute mark on made baskets if there’s a point spread. Overtime will consist of two minutes, second OT – 1 minute and third OT – sudden death (first team to score).
- **Modified NCAA rules:**
  - The clock will stop in the final two minutes of the game if the score is 10 points or less. If the score is 11 or more, the clock will continue to run.
  - Under one minute, clock will stop on a made goal if the score is 10 or less.
  - A shot clock will be in effect the entire game.
  - There will be “no defensive restrictions” for any divisional play
- **Timeouts:** Two timeouts per half. No timeouts carry over to the second half. Use it or lose it. If a game goes into overtime, one timeout will be given to each team. No timeouts are carried over into overtime.
- **Bonus shot:** Bonus free throws are shot on the 7<sup>th</sup> team foul (one and one). Double bonus occurs on the 10<sup>th</sup> team foul (two attempt free throws). A player is fouled out at their 6<sup>th</sup> personal.
- **Start time/ Number of players:** A ten-minute grace period will be granted from the scheduled game time. A team may start with three players to begin the game. If the fourth player does not arrive by halftime, the game may continue but it will be scored as a forfeit for the undermanned team. If a fourth player arrives at any time during play before halftime, the entire game will continue to completion without forfeit. The game may be completed with as little as one player, as long as the team has a chance to win.
- **Unsportsmanlike Behavior:** The goal of the league is provide a safe, enjoyable and competitive activity. Unprofessional and/or unsportsmanlike behavior will not tolerated.
  - A verbal warning and documented in the scorebook.
  - Technical fouls: Officials has the digression to upgrade any call on the play.
  - Flagrant 1: intentional fouls can be a result to an ejection of the game.
  - Athletic Dept. will review play and decide is a game suspension is necessary.

- Protest: Any protest will be in writing and reviewed by the Athletic Department and LAPRAAC board.
- Schedule: Games will be scheduled hourly, from 0800-1400. League Schedules are online at [www.quickscores.com/lapraac](http://www.quickscores.com/lapraac). Season will begin the week of September 23, 2025. Games will be final and posted by September 3<sup>rd</sup>. if you were to have any conflicts please inform Athletics right away.
- Game Cancellation/Rescheduling: Cancellations and rescheduling may occur based on department issues and unusual occurrences, but not personal inconvenience. Not having enough players is not a valid excuse to request a game reschedule. Not having a specific player is not a valid excuse. It is imperative that team captains verify their game schedule ahead of time. Rescheduled games must be made 2 days prior to game day. Anything less than 24-hour notice will be considered a forfeit. For the games that reschedule appropriately, the Athletic Dept. will reschedule games at the end of season, prior to playoffs. Each team may only reschedule a game one time during the season.
- Playoffs:
  - Games are double elimination tournament style for all Leagues
  - Each League final standings will determine tournament bracket seeding
  - All playoff games will be played on the same day as their regular season game day
  - All players that playing in playoffs must have played a minimum of three games with their tournament team and listed on the official team roster.
- Fees: League fees for the 2025-2026 season are \$600.00 per team. Fees are due before the start of teams' third game, in the case of this season, the week of October 7, 2025. Until dues are paid, each game thereafter will counted as a forfeit. Checks are to be made payable to LAPRAAC. **\*IMPORTANT\*** If a team plays the entire season including playoffs without forfeiting a single game, \$100 from their league fees will be reimbursed to them.
- Rosters:
  - No team will be added after the schedule is finalized, unless it is in the league's best interest.
  - All rosters must be submitted prior to the first game of the season to insure that all players are LAPRAAC members and eligible to play. Non-members are not allowed to participate.
  - Rosters are due by the week of September 13, 2025
  - A team may add an unlimited number of new players to its roster throughout the season.
  - New additions must be submitted via email and approved by the Athletic Department
  - ALL players must sign the sign in sheet provided by LAPRAAC Athletics before every game.

- Leagues:

- **Al Nelson, A League**

- A League is the most competitive division
    - Open teams can be made up of LAPRAAC members from any division and must remain with the team from start to end of season.

- **Bill Ellis, B League**

- B League is comprised of advanced teams.
    - **2 outsider - 2 Department players max per team**

- **Anita Ortega, C League**

- C league is comprised of mid-level intermediate teams.
    - **2 outsiders; NO department players.**

- **Danny Roberts, D League**

- D league is comprised of lower level intermediate teams.
    - A minimum age requirement of 35 years old shall apply to the team.
    - **2 outsiders; NO department players**
    - Players must be D League Caliber players (the Athletic Dept. has discretion to determine if a player is not at the D League level).

***\*\*The Athletic Department reserves the right to reposition a team in a higher or lower level league\*\****

- Outsider Rule: Refers to any player not assigned to your team division as of the start of DP 9, August 25th. Example: if your team is NOE, all your players must show assigned to NOE as of DP 9's department roster. Otherwise, it will count as one of your outsiders.

- The "outsider rule" shall not apply to the following teams:

- Command Staff – consists of player with the rank of Captain and above or LT's on the current captain's promotional list
    - Women's teams – consist of females from any division and a max of males on their roster.
    - All other A, B, C, D League rules apply.

- Exceptions: A merged team consist of two divisions combining to form one team (with prior approval from the Athletic Dept., but that that team cannot select two additional outside players from other divisions.

- If a player transfers from one division to another, he/she must play for the original team unless he/she is released in writing by that coach or captain (emails are sufficient if both teams are represented).

- Additional ruling:

- Slam Dunks are permitted, however if the players hang on rim, it will be technical foul.
  - If a team drops out prior to their first game, the players can play for any other team in their assigned basketball division. As long as they all under all team rules and guidelines.
  - Players may play on teams in leagues to their ability.

- Players may participate on only one team per league to avoid conflict.

Awards:

- First place teams will receive awards at the annual Sports Awards Banquet.
- Participation is highly recommended

• Communication: It is important for team captains to monitor their emails, as this will be the primary method of communication. Exchange of cell numbers can also be an option of a faster way to communicate any updates with game schedules. Below will be Athletic Coordinators contacts. Stanley Appleman Ext. 219 and Rachelle Serrano office Ext. 219  
sappleman@lapraac.com

Open discussion:

- Last season: A league (Mon), B League (Tues), C League (Thurs), D League (Wed)
- Combined Leagues: A/B and C/D