

City of Bloomington Adult Basketball League Rules

League Overview

1. All games will be played with two (20) minute halves. The first 18 minutes of each half will be running time, to be stopped only by a charged team time-out or an official's time-out. The last 2 minutes of each half will be played under "stop time". The exception to this rule would be that if a team were behind in the score by 15 or more points in the second half of the game, running time would resume.
2. If the score remains tied at the end of regulation time, there will be a 3-minute overtime period. If the score remains tied at the end of the first overtime period, a second overtime will be played with the next point(s) scored determining the winner.
3. Each team will be allowed 3 time-outs PER GAME. Each team will also be allowed one and only one time-out for each overtime period.
4. A bonus free throw will be awarded on the 7th, 8th, and 9th team foul of each half (provided the first free throw is good). No shots are awarded for a "Team Control" foul. Two shots will be awarded for each common foul starting with the 10th Team foul of the half. (Other than player & Team control fouls).
5. ALL TECHNICAL fouls carry a penalty of TWO free-throws and the ball out-of-bounds.
6. A second technical foul called on any ONE player will result in automatic disqualification of that player for the remainder of the game.
7. INTENTIONAL fouls are also TWO free-throws and the ball out-of-bounds.
8. Each team must have (5) members to start a game. At game time, if a team does not have 5 eligible players, the clock will start. If a team does not become eligible within 5 minutes, a forfeit is declared.
9. Players in the marked free throw lane spaces (not the shooter) may enter the lane upon the release of the ball. The shooter and all players not in lane spaces may NOT enter the lane until the ball touches the rim. There are four (4) defensive players and two (2) offensive players allowed in the marked lane spaces. No players are allowed in the two (2) marked lane spaces closest to the basket.
10. In an effort to maintain equality, a "non-shorthanded" playing rule has been adopted. It will be enforced as follows: When a team is playing with only 5 eligible players and a player receives a 5th personal foul, that player will not be removed from the game. Any subsequent foul committed by that player or any foul committed (after another person's 5th foul) would result in a technical foul (2 foul shots + the ball) awarded to the offended team. Footnote: This rule is intended to provide a five (5) on five (5) playing situation throughout the game. Any player (s) fouling out prior to a team being reduced to five (5) eligible players will remain ineligible to participate for the remainder of that particular game. In no way is this rule intended to keep a player in the game who has committed a flagrant foul or who has been ejected from the game.
11. NO DUNKING! Any attempt to dunk successful or not will result in automatic ejection. Also, no points will be credited on a basket judged by an official to be a dunk. A player dunking a 2nd time during the season will be suspended for the entire year. THIS RULE INCLUDES WARM-UPS AND AFTER A GAME HAS CONCLUDED.
12. **All players must wear shirts/jerseys that are of the same color.** Reversible numbered jerseys are highly recommended. Each shirt must have a visible Arabic numeral on it. No two players will wear duplicate numbers.
13. **Tape will not** be allowed on the shirts to meet this requirement. In addition, a player without a number on his shirt will not be allowed to be "Number 0".

Roster/Waiver Forms

1. A City Roster/Waiver Form must be completed and signed by all members of your team and submitted by your team's second game. Players who have not signed your team's roster/waiver are considered illegal players. Roster/waiver forms are to be submitted online at blm.mn/webtrac, logging into the managers account, and by selecting *update documents* under the *account menu*. Any problems uploading the roster, must directly communicate with the League Director.

Roster/Waiver Forms Cont.

2. Players can always be added to your roster during the regular season using the Roster Addition Form, onsite with city staff, as long as you do not exceed the 15-player roster limit.
3. Roster additions will NOT be accepted during playoffs.
4. Any protest regarding the legality of an opposing player, must be done by the team manager with the referee and staff.

Schedules

1. League play begins the week of December 1st 2025. No games will be scheduled 12/21, 12/24, 12/25, 12/28, 12/31, 1/1/2026, and 2/8/2026
2. League schedules are created based on the following guidelines when necessary:
 - Game times are balanced so that a team will not have more than one more or one less game at a particular game time than the league average.
 - Head to head games are balanced so that a team will not have more than one more or one less game against a particular opponent than the league average.
 - Teams will have an equal number of home and away games if number of teams allow.
3. Make-up games may be added on to the end of the regular season and an alternative locations as necessary.
4. All cancellations will be updated on the **Weather Updates** page on Team Sideline. This page will provide the most up to date information and game status. Page link: [Weather Updates Page](#)

Team/Player Conduct

1. Players must be at least 18 years of age to participate in Bloomington's Adult Sport Leagues.
2. During the regular season a person may play for any team, provided that two of the teams are not in the same league.
3. Abusing officials will not be tolerated.
4. Casual profanity should be limited.
5. Teams must show up for games on time.
6. Team must agree on game ball used. The City will provide a game ball.
7. If there is a need to forfeit, that team must contact both the League Director and the listed manager of the team that they are scheduled to play by 3 pm on the day of the game.
8. Only rostered players are allowed.
9. Kennedy and Jefferson Activity Centers are not City owned facilities, so please be respectful.
10. Warm up time is allowed when scheduled activities allow.
11. Physical altercations will result in immediate suspension from league play for the individuals that were involved, as determined by the League Director. Verbal confrontations will be reviewed and appropriate disciplinary action will be issued on an incident by incident basis, and letters will be sent regarding any altercations and course of action taken to document the incident.
12. Any player/manager ejected from a game will receive a minimum of a 1 game suspension exception: ejected for dunking). The League Director will review all game ejections to determine if further action is needed.
13. The City of Bloomington is NOT RESPONSIBLE for lost or stolen items.



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Referee Assigner
Hammer Sports LLC

Kennedy Activity Center
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952-681-5280

Jefferson Activity Center
4001 W 102nd Street
952-806-7880

More information can be found at blm.mn/adultsports