

# CMSA W+ Basketball League – Official Rules

Jan. 2026

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## Timing of Games

- Referees/commissioners may reduce game length if teams are not game-ready at the start time of the game.
- Games consist of **two (2) 20-minute halves**.
- The clock runs continuously except for:
  - Team or referee timeouts
  - Player injuries
  - Technical fouls
  - **The final one (1) minute of each half**, during which the clock stops on dead balls
- The clock continues to run on made field goals.

## Overtime

- Overtime periods are **3 minutes** in length.
  - Running clock except for the **final 1 minute**, when the clock stops on dead balls.
  - The clock continues to run on made field goals.
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## Timeouts

- Each team is allotted **two (2) one-minute timeouts per half**.
  - Timeouts do **not** carry over between halves or into overtime.
  - One additional **30-second timeout** is granted per overtime period.
  - Timeouts are only recognized when granted by the referee.
  - The clock stops only after the referee signals the timeout to the scorer's table.
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## Pressing & Sportsmanship Rule

- **Full-court press is allowed only in the last 2 minutes of the game if the score difference is less than 20 points.**
  - Violations will result in a warning, followed by a technical foul if continued.
  - All members are expected to play with good sporting conduct. Unsportsmanlike conduct will not be tolerated.
    - Unsportsmanlike conduct includes (but is not limited to) any verbal or physical behavior that disrespects others, escalates conflict, or compromises player safety and the spirit of the game.
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## Fouls, Unsportsmanlike Conduct & Ejections

- A player may **not** continue playing after their **sixth (6th) personal foul**.
- All technical fouls count as personal fouls but do not add to the team fouls.
- Ejections for misconduct may result in further league discipline, including ejection from the league.
- Commissioner and CMSA VP of Athletics review of ejections can be requested.

Technical fouls may be assessed for:

- Abusive language or unsportsmanlike conduct toward referees, players, or staff
- Flagrant fouls
- Throwing or slamming the ball or equipment

Ejections occur for:

- Two technical fouls in a single game
- Fighting

League ejection may result from:

- Fighting or throwing punches (hit or miss)
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## Free Throws

- Bonus free throws:
  - **1-and-1** after the 7th team foul
  - **2 free throws** after the 10th team foul and beyond
- Technical fouls result in **one (1) free throw**, with possession resuming at the point of stoppage.

- Early entry into the lane before the shooter releases the ball is an automatic lane violation.
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## Goaltending / Illegal Touching

- It is illegal to:
    - Touch the ball while it is on the rim
    - Touch the rim, backboard, or support while the ball is on the rim
    - Touch the ball during its downward flight after contacting the backboard
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## In-Game Substitutions & Team Substitutions

### In-Game Substitutions

- Substitutes must report to the scorer's table and be ready to play.
- Players may only enter the game when beckoned by the referee.
- Substitutions are allowed:
  - On dead balls
  - When your team has possession of the ball, you may call for subs to rotate in
    - If the opposing team also has subs at the sub table, their subs may also rotate in concurrently
  - During timeouts

### Team Substitutions

- If a team does not have enough players for a game, they can request substitutes from other current, registered CMSA W+ Basketball teams
  - All team substitutes must be registered players of the current season of the CMSA W+ Basketball league
    - Any non-registered substitutes will result in a forfeit of the game
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## Turnovers & Common Fouls

- Referees are not required to check the ball on backcourt violations or common fouls.
  - Referees must check the ball for all frontcourt violations and fouls.
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## Forfeits

- Forfeits due to late arrival are determined jointly by referees and league commissioners.
  - Teams must have a **minimum of four (4) players** to begin and continue a game.
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## Miscellaneous Rules

- **Backcourt violation:** 10 seconds (resets if ball goes out of bounds)
  - **Possession:** Alternating possession; no jump balls
  - Referees may remove unruly or disrespectful non-uniformed individuals from the bench following:
    1. Warning
    2. Team technical foul
    3. Removal from bench area
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## Facility & Equipment Rules

- Only water is permitted in the gym.
  - Teams must assist with court setup and breakdown as scheduled.
  - The league provides one game ball per court; teams should bring their own warm-up balls.
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## Amendments

The CMSA W+ Basketball League reserves the right to amend these rules to improve safety, fairness, and league operations.