

Seattle Region Basketball Rules 2025

Note: These rules supersede any other writings found pertaining to the rules, or any stake, ward or team basketball rules unless permission is granted by the Regional Athletic Director.

1. Players- if an illegal player participates, then the team forfeits the game
 - a. A player is eligible to play in the regional tournament if they played in the stake tournament or, if there is no stake tournament, played in at least 1 game during the regular season.
 - b. The only way for a player to be eligible if he/she did not play in a stake game and the stake had a season, is if the player is coming home from a mission, college, move-in or serving in the military. These are the only exceptions to the rule. The team must submit a new roster prior to playing in the regional tournament with the player's required information and the bishops initials next to the player's name.
 - c. Age- all ages stated must be in effect at the beginning of the 1st game of the regional tournament.
 - i. Youth ages are 11-18. If a youth is 11, it must be in the year they turn 12. If a youth is 18 and still in high school, then that player is eligible to play with the youth team. If the youth is out of high school, then the player is not eligible to play with the youth team, unless there is permission from the bishop.
 - ii. Adult teams consist of 18-year-olds and older
 - iii. Players must play with the team they played for during the regular season.
 - d. School Player
 - i. Players participating/or on a roster (current season) in intercollegiate, semi-professional, or professional basketball programs are ineligible. "Participating" is defined as either being a member of a varsity team or being on a player roster for a varsity game, or suiting up for a varsity game, even if the school sport season has ended.
 - ii. High School Varsity basketball players (member or non-member) will be allowed to participate in the Seattle Regional Tournament, but only one varsity player on the team will be allowed on the floor at a time.
 - e. Eligibility
 - i. Members must live within ward boundaries unless permission is given by the bishops of the 2 wards prior to region play. Members must also live within the stake boundaries. NO EXCEPTIONS, UNLESS PERMISSION GIVEN BY THE REGIONAL ATHLETIC DIRECTOR
 - ii. Non-members are allowed to participate if approved by the bishop. Non-members must live within the stake boundaries. NO EXCEPTIONS UNLESS PERMISSION GIVEN BY THE REGIONAL ATHLETIC DIRECTOR.

2. Teams
 - a. A Stake must have an organized sports program to have teams participate in regional play.
 - b. A player may only play for one team in the regional tournament, in the same sport, in the same season and it must be the same team in regionals as with stake play.
 - c. If a team has 5 players or more, then the majority of members must be on the court at all times. FAILURE TO COMPLY WITH THE MAJORITY MEMBER RULE WILL RESULT IN AN AUTOMATIC TECHNICAL FOUL.
 - i. If 4 players are present to start a game, 2 members and 2 non-members are permissible.
 - ii. If a team has less than 4 players or not majority members available, then the team will forfeit the game. Cannot start a game without a majority of members on the court.
 - d. If a team is scheduled for a game and no team member shows up or no communication with the Regional Athletic Director occurs prior to the game, then it will consist of a "Complete Forfeit" and the team will be eliminated from the tournament.
3. Registration – Each team will register their team at the region website (<http://SeattleAreaSports.org>) The registration must be done prior to the coaches meeting. Registration consists of the following-
 - a. Team Registration
 - b. Rosters must be complete. See roster section for definition of a complete roster. They can be uploaded to the website or emailed.
 - c. Score Sheets must be submitted as well. Each player must be included on the score sheet. They can be uploaded to the website as part of the team registration or emailed as well.
4. Rosters
 - a. Rosters are REQUIRED to be turned in prior to the Coaches Meeting.
 - b. Rosters must be complete and consist of:
 - i. A player's name, address, date of birth and signature. Youth players must have parent/guardian signatures as well.
 - ii. The bishops signature is required to participate in Stake and Region play
 - iii. The Stake Athletic Director's signature is required to participate in region play.
 - c. There are NO adding players to a roster. The only exception is if a player is coming home from a mission, college, move-in or serving the military. See Eligibility – Players Section for details.

Game Rules

1. Games will be played by High School rules, with the following exceptions:
 - a. Game time is forfeit time. Please arrive early to avoid a forfeit.
 - b. Games will consist of two 20-minute halves. The clock will run continuously, except for time-outs.
 - c. The final 3 minutes of the game will be stop-clock. The clock will stop after a made basket until the ball is touched after the inbounds pass.

- d. Timeouts during free throws will stop the clock until active play resumes (Ball inbounded or rebound on the missed shot).
- e. If a team is leading by 16 points or more in the last three minutes of the second half, the clock will not stop, unless a team calls a timeout. If the lead is reduced to 15 points or less, the clock will stop on all whistles and after a made basket inside of 3 minutes.
- f. There is no full court press or backcourt defense until the last 5 minutes of the second half.
- g. If a team is up by 16 points or more, they are not allowed to full court press unless the lead is reduced to 15 points or less.
- h. For all infractions relating to full court press and backcourt defense, the officials will give 1 warning to the coach or captain. Further infractions will result in team technical fouls.
- i. There will be a 3-minute half-time
- j. Each team will receive 2 timeouts per half. Timeouts not used in the 1st half will carryover to the 2nd half.
- k. Overtime will be 5 minutes, last 2 being stop clock. Teams will get 1 timeout per overtime. No timeouts from regulation will carry over to overtime.
- l. NO DUNKING. THIS IS A TECHNICAL FOUL

Unsportsmanlike Conduct

1.
 - a. A player who, in the judgement of the official, stake representative or regional rep, verbally abuses an official, player, coach or spectator will be subject to a technical foul and possible ejection. Technical Fouls for unsportsmanlike conduct resulting with an ejection must be recorded with the site manager. The site manager is required to contact the Tournament Director that night to report the ejection.
 - b. Cussing is very discouraged in the Lords House. If heard by officials it is an automatic technical foul. 2 instances in the same game will be an ejection and that player will need to meet with the bishop of their ward to discuss the path forward.
 - c. If a player or coach is assessed 2 technical fouls in a game, that person is automatically ejected from the game and MUST leave the gym. If they do not leave the gym within 2 minutes, play will be stopped, the game will end, and that person's team will be assessed a forfeit. An Ejection will result in a suspension for the next game and may be further depending on the circumstances. NO EXCEPTIONS!
 - d. All ejected players/coaches will be suspended for one game and must get permission from their Bishop and the Stake Athletic Director before they can play another game. Suspended players/coaches are not allowed on the bench; however, they may be in the stands as a spectator during the next game they serve the suspension.
 - e. If a player is ejected twice in the regional tournament, they are suspended for the remainder of the tournament. To play the next year, they will need to meet with their stake president and the regional athletic director to discuss reinstatement requirements. Signed permission by priesthood authority and athletic director is required to participate in next year's basketball tournament.

- f. If a team has 2 or more players/coaches ejected from the game with 2 or more unsportsmanlike conduct fouls each, then the game is immediately stopped and the team forfeits the game and is no longer eligible for the remaining of the tournament.
 - g. Fighting results in automatic suspension for the tournament for the players/coaches/spectators that are determined to have participated in the fight. THE PLAYERS FIGHTING WILL BE REQUIRED TO MEET WITH THEIR BISHOP AND RECEIVE SIGNED PERMISSION TO BE ELIGIBLE TO PLAY IN NEXT YEAR'S REGIONAL TOURNAMENT.
2. The penalty for all technical fouls is an automatic 2 points, and possession of the ball at half-court to the offended team. No free throws will be shot.
 3. Any specific building rules that result in a technical foul will not count against a player or team's count of unsportsmanlike conduct technical fouls. The penalty is 2 points and ball will go to the offended team. Below are known specific building rules.
 - a. Kent Stake Center- Hit the curtain next to the chapel

Uniforms and Dress Code

1. At all times dress and grooming must be modest, tasteful and appropriate for the activity. The dress code is as follows:
 - a. Shorts must be church appropriate.
 - b. Shirts must be worn underneath the jersey. Long-sleeve, short sleeve and sleeveless are all allowed but they must not be hanging sleeveless shirts and must be capped.
 - c. All team members must have uniforms consisting of ward or stake provided jerseys with the same color and with numbers on the front and/or back; duplicate numbers are not allowed.
 - d. If a player is discovered to be bleeding, they must leave the game and cannot re-enter until the bleeding is stopped and the wound is completely covered. Blood on a uniform must be removed before that player can resume play.
 - e. No Hard casts are allowed.

Team Information

1. Coaches
 - a. Men's and Women's coaches can be a player
NOTE: Only same gender coaches allowed for all levels. NO EXCEPTIONS.
 - b. A coach must be present at game time or that team forfeits.
 - c. Coaches should familiarize themselves with these rules and review them with their team.
 - d. Only 2 coaches can be on the bench
2. Officials
 - a. At least 2 officials will be provided for all games by the site manager/region. 3 referees will be provided for as many of the later games and championship games as possible.
 - b. Officials must arrive early – at least 10 minutes before game time.

3. Scorekeepers/Timers

- a. Teams should provide at least 1 person to act as scorekeeper or timekeeper, unless provided by the site manager or stake. (that would involve two people; one from each team)