

# City of West Sacramento Lunch League Basketball Rules

## **Lunch League Philosophy**

- Respect for the gym and property, along with other participants.
- Everyone has an opportunity to participate, an opportunity to score, pass, run, laugh, smile, and play at comparable levels to everyone else in the gym! Everyone also has the opportunity to be treated with respect no matter what level of player he or she happens to be.
- No cursing or negative comments toward any players.
- When you walk in the door, sign-in and players will play in order of arrival.

## **Number of Participants in the Gym**

- Teams play two games on and at least one off depending on how many people are waiting to play (first game of the day the winner stays on).
- All games are played to 15 points.
  1. If anyone is waiting then games are to 11 points.
  2. If 10 or more people are waiting then games are 11 points or 10 minutes (whichever comes first).
- If there are more than 20 people in the gym then half court games will be played (4 on 4 on each half).

## **Playing the Game**

- All participants must register before participating.
- All participants must sign-in before play begins.
- Please do not hang on the rim or dunk.
- This is a self-officiated program so please call your own fouls and respect fouls that are called.
- All disputes will be settled by the team questioning the call shooting a “Do or Die” 3 point shot.
- All field goals in front of the three point line are worth 1 point and all field goals behind the three point line are worth 2 points.
- All first time participants will receive a reversible jersey and must bring a jersey to play.
- All rules are subject to change at any time by the Gym Supervisor.

