



Active Sports Active Social (ASAS)

Basketball Game Rules and Regulations

埃赛士体育大联盟 篮球比赛规则

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1. Objective 联赛宗旨

The objective of ASAS is to promote and conduct a positive leisure time activity, which encourages fitness, healthy competition and an atmosphere conducive for fun and fellowship.

我们（埃赛士体育大联盟）的目标在于提供丰富的业余生活，我们鼓励积极健身和健康向上的运动，提倡充满乐趣及团队精神的竞赛气氛。

2. Sportsmanship 体育道德

ASAS encourages a fun-first, winning-second attitude in all leagues. Any player or team who are involved with unsportsmanlike acts will be subject to penalty.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game you have a concern with the other team, address the issue respectfully with the Event Coordinator (EC) at the appropriate time (during timeout, stoppage of play or at halftime).
- If at the end of the game you do not feel that the issue has been resolved, report the details of the issue to ASAS by 5pm the next day by email to services@asas.com.cn

我们提倡娱乐第一，比赛第二。任何球员或球队如被发现非体育道德的行为将被联盟惩处。我们欢迎你向我们提出投诉或建议。

- 如果在比赛中你需要投诉对方球队，请在适当的时间向赛场经理说明。（暂停时或中场休息时）。
- 如果在比赛结束后你认为问题仍旧未被解决，请在比赛后一天下午五点前通过邮

件形式将你的投诉发到 services@asas.com.cn

3. Waiver 免责声明

It is mandatory that all participants read and sign the ASAS official release and waiver form prior to start of the ASAS activities. Failure to sign the waiver form may result in a rejection of the player from the league. Team captains are responsible for all his/her team players to understand and sign the waiver form before the games.

所有参赛者必须在赛季前阅读并签署ASAS官方联盟球员责任条款。未签署责任条款的参赛者不得参加我们所组织的任何活动。各参赛队队长的责任为确保所有该队队员在比赛前已经理解并签署责任条款。

4. Insurance 保险

ASAS provide no insurance of any kind. Players participate with the “Assumption of Risk”. Assumption of Risk states that players know that injuries can occur during the course of a normal game with no fault to any party. Players are encouraged to purchase private insurance.

我们不提供任何形式的保险。参赛者自愿“承担风险”。承担风险即表示参赛者了解在比赛过程中可能会受伤，此类事件并非任何一方所造成。我们建议参赛者购买私人保险。

5. First Aid 医护协助

First aid is the responsibility of the team captain. ASAS are happy to assist in any way we can. There may be a first-aid kit on-site at some venues, but please be prepared for all situations.

医护协助是球队队长的责任。ASAS很乐于在我们的能力范围内进行协助。在某些赛场我们会提供医护箱，但请做好面对各类突发状况的准备。

6. Facilities 赛场设施

Cleanliness of our venues is invaluable. Captains are responsible for delegating litter pick-up assignments when his/her team leaves the gym. All alcoholic beverages and cigarettes are banned from the venues.

Lost and Found: ASAS will keep all lost and found items for up to 7 days. After this time, the item(s) will be discarded or donated. ASAS are not responsible for any lost or stolen items.

赛场的清洁至关重要。球队离场时，参赛队队长负责分配队员清理球员座位席。赛场内禁止出现任何酒精饮料，禁止在赛场抽烟。

失物领取：我们将保存所有遗失物品七天。逾期后，遗失物品将被丢弃或捐献。我们不对任何遗失或被窃取物负责。

7. Schedule 赛程表

Season schedules are posted online and sent to all captains by email 48 hours prior to the first game. Event Coordinator (EC)'s watch is the official time. We reserve the right to adjust league schedules. Games postponed by us for any reason will be rescheduled. When possible such games will be rescheduled at the mutual convenience of the teams involved.

Reschedule Request

- If a team wants to reschedule a game, they need to submit reschedule request email to services@asas.com.cn one week before the game.
- When we receive reschedule request, we will provide reschedule game time and check with the opposing team to see if they are willing to accept reschedule. If the opposing team does not agree with the reschedule game time, the request team will have to play the game with original plan or forfeit the game.
- If both of the teams agree with the reschedule arrangement, the request team will afford the reschedule game cost if any.

Playoffs Schedule

- Playoffs will begin immediately following the end of the regular season and will typically last between 2 and 3 weeks. After teams have been seeded according to their records all captains will receive an email with the 1st week of playoff game times roughly 2 days after the regular season. It is team captain's responsibility to check online to find out what time they will be playing the following week if they win.

我们将在第一场比赛开始48小时前将赛程表上传至网站并邮件发送给所有参赛队长。比赛时间以赛场经理的计时器为准。我们有权对赛程表进行调整。当赛程表需要被调整时我们将在第一时间通知球队。由于我们所造成的任何原因而延期的比赛，我们将重新安排。这些比赛将被尽可能的安排在双方球队都适宜的时间。

请求调整比赛时间

- 如果有球队要求比赛调整比赛时间，必须在该场比赛一周前通过邮件形式将改赛请求发到 services@asas.com.cn。
- 当收到请求后，我们将提供改赛时间并和该场比赛的对手球队协调。如果对手球队不愿意改赛，提出请求的球队必须按原赛程进行比赛或弃权比赛。
- 如果双方球队均同意调整比赛时间，提出调整比赛时间请求的球队需负担调整所产生的一切费用。

季后赛赛程表

- 季后赛通常会在常规赛结束后的下一周立刻进行，并持续两到三周。晋级季后赛的球队队长会在常规赛结束后两天内收到第一周季后赛的赛程表。当球队在季后赛比赛胜出后，上网确认下一轮的比赛时间是球队队长的责任。

8. Forfeits 弃权

If a team is not ready to start 5 minutes after the scheduled game time, with at least 4 players, the game will be a forfeit and a 30-0 win will be awarded to the opposing team.

If team forfeits during the season, the following rules apply:

First Offense: Warning issued.

Second Offense: Removal from the playoffs.

Third Offense: Removal from the season.

If you know in advance that your team is going to forfeit a game, we encourage you to call EC or our office to help us inform the opposing team ahead of time. You will not get the forfeit penalty if you informed us 3 days before the game.

如果球队在比赛时间5分钟后到场球员少于4人，将被视为自动放弃并作30分告负。

对弃权行为的处罚：

第一次违规：警告。

第二次违规：取消该赛季季后赛资格。

第三次违规：直接取消该赛季剩余所有比赛参赛资格。

如果你能提前预见到你的球队将弃权，我们希望你提前告知赛场经理，这样我们可以及时通知对方球队。提前三天通知我们的球队将不会收到处罚。

9. Roster 球队名单

A team must have a minimum 7 players and a maximum 20 players in the roster. All team captains must complete team roster before the roster deadline. All the names in the roster have to be full names. During the season, there are roster update periods. Teams are only allowed to update their team roster in those periods. For fair play, players are not allowed to join two teams in the same season.

You can only report the roster issue of your games by 5pm the next day, providing a false name is a serious offense. If any players that are not listed in the team roster join the game, the following rules apply:

First Offense: Loss of game and warning issued.

Second Offense: Loss of game and removal from the playoffs.

Third Offense: Removal from the season.

球队名单人数必须在7-20名之间，不得低于或超出此范围。球队队长必须在截止日期前上交球队名单，所有球员必须提供全名。在赛季中，我们会提供调整球队名单的机会。

球队仅可在该期间调整球员名单。为了公平竞争，球员不可同时参加同赛季的两支球队。

你只可以对自己的比赛对手球队名单提出质疑，并在比赛后一天下午5点前提出。报假名单是严重违规行为。如有发现任何与球队名单不符的球员，我们将对该队做以下相应的处罚：

第一次违规：比赛作负并警告。

第二次违规：比赛作负并取消季后赛资格。

第三次违规：直接取消剩余所有比赛参赛资格。

10. Standings 联赛排名

It is team captain's responsibility to check website to make sure all games and stats were recorded correctly. The rankings of teams are based on the following rules.

- Final Rankings will be based on season Win-Loss record.
- If there is a tie between 2 or more teams, the ranking of the tie teams will be ranked by Head-to-Head match between the tying teams, then, points differential of the games between teams, then, points differential of total season will determine the final rankings.

球队队长负责核实网站上所有的比赛及数据是否纪录准确。联赛排名规则如下

- 球队的胜负场次，成绩占优者排名靠前。
- 如有两（多）球队胜负场次相同，则看此两（多）球队相互之间比赛的成绩，然后看此两（多）球队相互之间比赛的净胜分，最后看此两（多）球队整个赛季所有比赛的净胜分。

11. League Specific Rules 联赛特定规则

Overview

ASAS will follow the international basketball rules and regulations (FIBA). However, a few ASAS Rules will be added to insure additional safety and fairness of the game. Should there be any conflict between FIBA and ASAS Rules; ASAS Rules will supersede the FIBA Rules.

Game time

Two 20-minute halves, running clock except for the last 2 minutes of each half. (Unless a team is up by 20 points or more.) During the final 2 minutes the clock will stop on all whistles, it will also be a 30 seconds shot clock.

In the case of a tie at the end of regulation there will be a 2-minute overtime. The clock runs continuously during the first minute and stops in the last minute on all whistles. It will also be a 30 seconds shot clock in the last minute.

If the overtime concluded with the score still tied up, the game will go to a free throw contest. Each team will pick 3 players. The format for the free throw contest is the same as football shoot-out.

Substitutions

There is no limit on the amount of substitutions per team. Substitutions will only occur during stoppages of play. Players must be ready at the scorekeeper's table before any substitution. Failure to do this may result in a technical foul.

Timeout

Each team is allowed two time-outs per half - unused time-outs do not carry over to 2nd half. Each team is awarded one timeout in the overtime period. Time-outs do not carry over from regulation to the overtime period.

Players in the court are permitted to call timeouts. Players on the bench may call timeouts only when the ball is dead. Teams start the ball at front court in the final 2 minutes.

Official Time-out/Warning

An official/referee may stop the game at any time to warn team/player/coach/bench personnel if he/she think it's needed. The purpose of doing so is to calm the players down and avoid the further aggressive game. The unnecessary trash talk/behavior could easily result more players or even the whole team to be offending/inciting spectators/players/teams etc. Any repeated action will result a technical foul.

Fouls

- Personal fouls: Any player receiving five personal fouls or two technical fouls/unsportsmanlike fouls in a game will result in immediate removal from the game.
- Team fouls: For each half, a team is allowed 7 team fouls. Once that team gets its eighth foul of the half, it's in the penalty situation, and the opposing team gets two free throws.
- Technical fouls: Technical fouls are counted as personal fouls. Any individual that is called two technical fouls will be ejected from the game. (Depending on the severity of the technical foul a player can be ejected after being called 1 technical.) All technical fouls result in 2 free throws and ball possession.

Jerseys

The league requires team jerseys. Every player from the same team must play with the same color of jersey. The number has to be printed, clear, and same as the team roster. The opposing team gets 2 free throws for every player who does not wear a proper jersey.

Referees

Our referees are the officials of the games and have the authority to order a player, captain, or spectator to do or refrain from doing anything, which interferes with the league rules, policies or flow of the game. ASAS have the authority to make decisions on matters or questions not specifically covered within the established rules. Only captains will be allowed to approach the Event Coordinator (EC) with questions concerning the game.

Expectations of players

- All players participating in ASAS leagues are expected to play with respect and a "fun first" attitude.
- All players are expected to know the rules and manage their actions on the floor.
- Players should promote fun and safety throughout the game by: occasionally allowing a less skilled player a chance to shoot; helping an opponent up if they fall during play; talking to their players who are not following the rules.
- Players are expected to act in a respectful manner if approached by EC or an opposing team captain regarding their style of play and to make any requested changes.
- Teams are expected to shake hands (show of sportsmanship) to their opponents at the end of a game. It is also encouraged to shake hands (show of sportsmanship) to the referees and thank them for refereeing the game.
- Players can provide constructive feedback to the ASAS as needed, regarding gym conditions, unsportsmanlike play, or helpful comments.

PENALTY AND EJECTIONS

The purpose of having penalties in ASAS Basketball is to temporarily or permanently removes players from the game who are contributing to an unsportsmanlike or dangerous environment. While fouls and resulting free throws are intended to discourage rough or unsportsmanlike play, it is sometimes more effective to remove players from the game. ASAS has the right to add more penalties and suspensions depending on the circumstances.

Penalty – Unsportsmanlike play

First Offense: Warning issued.

Second Offense: One game suspension.

Third Offense: Removal from the season.

Unsportsmanlike play includes:

- Showing displeasure at a play by: throwing equipment in a non-threatening manner, kicking the ball or swearing out loud (not directed at another person).
- Wearing wrong jersey more than two games.

Penalty - Threatening Behavior

First Offense: One game suspension.

Second Offense: Removal from the season.

Threatening behavior includes:

- Verbally threatening an opponent: this includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
- Physically threatening an opponent: Kicking, tripping, pushing or checking an opponent with a clear intent to injure or start an altercation.

Penalty – Disrespecting referee or ASAS staff

First Offense: Warning issued.

Second Offense: One game suspension.

Third Offense: Removal from the season.

The referees are certified level referees for social basketball leagues. Keep in mind that the referees are not pro-level referees like NBA/CBA/FIBA referees where they have more than decades of experience. The referees and staffs are valuable assets to the sports programs and without them there would be no ASAS leagues. As with all other ASAS participants, referees and staffs should be treated with respect. Players may disagree with the way a referee is calling their game, but must refrain from challenging a referee during the game.

Disrespecting referees includes:

- Players keep challenging calls. Once a referee has made a call, the play will resume with no further discussion.
- Swearing at a referee or staff: Will be resulted in a one game suspension immediately at the first offense.
- Physically threatening or confronting a referee or staff: Will be resulted in removal from the season immediately at the first offense.

Penalty – Fighting

First Offense: Removal from the season.

If player/team engages in a fight with other players/teams (or referees, fans, etc.), the player/team in fault will be liable for any damages incurred, such as, but not limited to, losses to the event, damages to equipment and facility, medical recoveries, etc. In addition, the player/team will not be refunded the registration fee.

概述

在执行国际篮球联合会FIBA规则的同时我们增加了一些ASAS规则。 如当FIBA规则与ASAS规则间出现了任何分歧， ASAS规则将替代FIBA规则。

比赛时间

比赛由上下半场各20分钟组成，各半场最后2分钟停表（出现死球情况时），且下时最后2分钟每次进攻时间为30秒（除非一方球队已经领先20分以上）。加时赛为2分钟。加时赛中最后1分钟停表，且每次进攻时间为30秒。如加时赛结束后还是平分，将进行

罚球决胜。各队将派出3名队员参加。罚球比赛的方法与足球比赛的点球相同。

换人

在比赛期间，球员只可在比赛中断时进行换人。成功得分后的掷球入界情况不属于比赛中断。替补球员必须在实行替换前到记录台准备，否则可能将被判罚一次技术犯规。

暂停

球队在每半场比赛时间拥有2次暂停，每个加时节拥有1次暂停。未使用的暂停次数将被作废，而不会被累计到接下去的比赛中。场上队员可以持球叫暂停，场下队员只有在死球时可以叫暂停。下半时最后两分钟的暂停后前场开球。

官方暂停

如果有必要的话，裁判有权停止比赛以警告球员/球队/教练/随队人员。目的是为了让双方冷静下来以免接下来的比赛变得粗暴。球员无意义的语言/行为极容易导致其他球员的情绪失控。在裁判暂停后，第二次出现同样行为将被判罚技术犯规。

犯规

- 个人犯规：一名球员在一场比赛中领受到五次个人犯规或两次技术犯规或违反体育道德犯规将被判罚出场。
- 球队犯规：一支球队在半场比赛中领受到七次犯规后，对手球队将在第八次犯规时获得罚球机会。
- 技术犯规：技术犯规同时被记入个人犯规。一名球员在一场比赛中领受到两次技术犯规将被判罚出场。如情况严重不排除直接判罚出场。所有技术犯规将使对手球队获得两次罚球机会。

队服

所有比赛队员必须身着队服。各球员队服必须为相同颜色，号码必须为印制，和球队名单上相同。并清晰可辨。忘记携带/穿着队服，穿着不同颜色的队服，穿着错误号码或没有号码队服的队员将被判罚一次技术犯规并由对方球队罚两球。

裁判

裁判员是比赛规则的执行者。当有球队队长、参赛者或观众干涉联赛规则制度及比赛进程时，裁判员有权进行一切判罚。同时，我们有权对规则中未明确涉及的任何判例或问题做出决定。我们只允许队长向赛事经理询问有关比赛的问题。

优秀球员的表现

- 尊重他人，拥有娱乐第一比赛第二的态度。
- 充分理解比赛规则。

- 帮助其他球员了解比赛规则，创造比赛乐趣。
- 礼貌的和对手或赛事经理沟通。
- 在比赛结束后和对手球队，裁判握手。
- 合适的向我们提出建设性的建议。

处罚和禁赛

对联赛带来负面影响的球员和球队，我们将严惩不贷，以净化联赛氛围。在必要的情况下，我们将给出追加处罚。

1. 对非体育道德行为的处罚

第一次违规：警告

第二次违规：禁赛一场

第三次违规：取消参赛资格

非体育道德行为包括：

- 用不适当的方式表示不满：丢掷物品，脚踢球，大声吵闹。
- 超过两场比赛未穿着正确的球衣。

2. 对违反赛场纪律行为的处罚

第一次违规：禁赛一场

第二次违规：取消参赛资格

违反赛场纪律行为包括：

- 辱骂或语言挑衅对手。
- 在比赛中有明显伤害对手意图的行为。

3. 对不尊重裁判和工作人员的处罚

第一次违规：警告

第二次违规：禁赛一场

第三次违规：取消参赛资格

虽然我们的裁判不会像NBA/CBA/FIBA里的裁判那样拥有长年吹罚经验，但裁判都是通过一定的考核。裁判与工作人员都是比赛的一部分，所以裁判和工作人员都需要被尊重。可能你会在比赛中对裁判的吹罚提出质疑，但请不要在比赛中挑战裁判的权威。

不尊重裁判和工作人员的行为包括：

- 不断地对裁判的判罚提出意见。
- 辱骂裁判或工作人员。（直接禁赛一场）
- 动手威胁裁判或工作人员。（直接取消参赛资格）

4. 对打架行为的处罚

第一次违规：取消参赛资格

打架者须为自己的行为负责，对于损坏的公共设施赔偿，给受害方造成的生理上的伤害在医疗方面的赔偿等。同时，我们将不予以退款。