



# PRIDE SPORTS USA BASKETBALL

OFFICIAL RULEBOOK

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## INTRODUCTION

**Pride Sports USA** is an adult sports organization consisting of all genders, sexualities, and races ranging from 21–80 years old.

Games are played with 4–5 players per game. Games are 40 minutes.

Basketball is a game consisting of two teams, sweatbands, tube socks, and short shorts :)

For the enjoyment of the game, proper respect and sportsmanship is required of all participants toward one another. Fighting is not tolerated. There is a zero tolerance for discrimination towards race, gender, sexual orientation, or anything for that matter. There is also a zero tolerance for unsportsmanlike behavior.

**First Rule of Pride Sports USA - Basketball is to HAVE FUN!**

## 1. THE COURT

The following are the official dimensions for a regulation court, but depending on each venue this might vary.

- Full court will be used OR two semi-full courts will be used.
- If full court: teams will play with 5 players.
- If semi-full courts: teams will play with 4 players.

## 2. EQUIPMENT / UNIFORMS

- A regulation basketball will be used (NCAA regulation basketball).

All players must have Pride Sports USA uniforms as their official team uniform in order to participate in the games. If a player does not have on their uniform, the player cannot play and no refunds for the games missed will be given.

### Subs Uniforms

- Only subs can play without a uniform, but must wear a solid black shirt with no logos shown.
- Each team captain should have an extra black shirt, which will be used for subs.

### Uniform Modifications

- The only alterations that can be made to the uniform is cutting the sleeves and belly of the shirt.
- The Pride Sports USA logo and sponsors/anything printed on the back must not be touched or cut into.

- Players can NOT print on, draw on, or alter anything else on the uniform.
- If a player prints or draws on their jersey, they will have to pay \$29 to replace it and cannot play at [PrideSportsUSA.com/store](https://PrideSportsUSA.com/store)
- Pride Sports USA does not allow players to wear gloves. (Players can tape their fingers.)

### 3. PLAYERS / TEAM SIZE

- Teams consist of no more than 8–11 players (depending on court size).
- 4–5 players maximum on the court at the start of each match (depending on court size).

All teams need 4 players in uniform ready to go at the scheduled match time for the match to be counted.

If a team has 2–3 or less players at the game start time (depending on court size), the game will be reported as a 7-0 loss forfeit. Teams are encouraged to play and have a scrimmage in this case.

- Teams may consist of all genders, however many or few of any gender.
- All genders/sexualities/skill levels/and ethnicities are welcome to join us!
- If teams are short on players, they cannot pull players from other teams.
- If teams are short on players, they can take the forfeit and then pull players to fill up their team, but the games will be a forfeit.
- If a team only has 3–4 players and their opponent has 4–5, the match will be played 3–4 players vs 4–5 players (depending on court size).

### 4. SUBSTITUTIONS (SUBS)

Substitutes are players that are not registered league members. If a team is short on players, they may ask friends that are not playing in the league already to come help their team that week.

- Each substitute must register online and pay \$15 for that week at [PrideSportsUSA.com/subs](https://PrideSportsUSA.com/subs)
- The substitute must register for every week they play.
- Substitutes must make their own account and must physically register themselves.

\*Substitutes are not allowed in playoffs\*

#### When is my team allowed to have subs?

- If your team has 5–6 (depending on court size) or more players on your roster attend that week, no subs are allowed.

- If your team has 4–5 (depending on court size) players on your roster attend, you are allowed 1 sub.
- If your team has 3–4 (depending on court size) players on your roster attend, you are allowed 2 subs.
- 2 subs is the MAX number of subs allowed to play on a single team.

## 5. GAMES

- A regulation season game consists of two teams playing two 20-minute halves.

### Overtime

- Regular season: If the game is tied after regulation, a sudden death overtime period will be played. First team to score 1 point wins the game.
- Playoff games: Games will follow the same rules as regular season games.

## 6. BEGINNING PLAY

- A jump ball at mid court will start the game.
- The clock will start once the ball is touched.

## 7. SCORING

Depending on the court:

- If the court does not have a 3-point line, all baskets will count as 2 points.
- Free throws will count as 1 point.
- If there is a 3-point line, baskets made beyond the 3-point line will count as 3 points.

## 8. TIME OUTS

- Each team will have a total of 3 timeouts for the game, including overtime.

## 9. FOULS

Individual player fouls will not be counted towards a player for disqualification. Team fouls will count.

- Once a team commits the 7th foul in the half, the opposing team will shoot a one-and-one.
- Once a team commits the 10th foul in the half, the opposing team will shoot two free throws.
- Fouls in the second half will carry over into overtime.

- If a team commits a foul during the act of shooting, the shooter will be awarded two free throws.
- If the shooter made the shot while being fouled, the basket will count and the shooter will be awarded one free throw.

## **10. OUT OF BOUNDS**

- Depending on the court, the perimeter lines are out of bounds.
- Referees will determine whether the play is out of bounds.

## **11. SHOT CLOCK**

- There is no shot clock in the game.

## **12. CLOCK**

The clock is a running clock.

- The clock will only stop if a team calls a timeout.
- In the last two minutes of the second half, if the game is 10 points or less, the clock will stop on all dead ball plays.
- If during the final two minutes a team goes up by 11 points or more, the clock will become a running clock.
- Once the clock is a running clock in the last two minutes of the game, it will remain a running clock for the rest of the game.

## **13. BASKETBALL RULES**

- Referees will call the game based on NCAA rules.

## **14. TECHNICAL FOULS**

- If a player receives two technical fouls during the game, they will be ejected from the remainder of the game.
- They will not be allowed to play in the following game.
- Their team cannot pick up a sub to replace the missing player.

### Code of Conduct

- Captains are the only players to communicate with officials over a call.
- Officials agree to make the best calls they can.
- If you have a concern about an official, please have your captain address it with a league manager ASAP.
- I agree to control my temper and not retaliate, even if I believe I have been wronged.
- Respect the game.
- Racism, discrimination, and hate speech are not permitted and will result in immediate removal from the league.
- Be a good sport. No trolling, flaming, or baiting comments allowed. Be a team player, make new friends, and have fun.

### 15. NATIONAL TOURNAMENTS

Join the fun at one of our National Tournaments! [PrideSportsUSA.com/Tournaments](https://PrideSportsUSA.com/Tournaments)

# PRIDE SPORTS USA, LLC

## CODE OF CONDUCT

1. **Purpose and Values.** For purposes of this Code of Conduct (the “Code”), “Pride Sports” means Pride Sports USA, LLC, and “League” means Pride Sports, together with the recreational sports leagues, divisions, programs, games, events, tournaments, practices, social events, and other activities organized, operated, sponsored, or sanctioned by Pride Sports, whether conducted on a seasonal or one-time basis.

Pride Sports is committed to fostering an athletic and social environment that is inclusive, respectful, safe, and welcoming. The League exists to bring people together through recreation and community, and to affirm the dignity and value of every participant and attendee.

All participants, volunteers, officials, spectators, and guests are expected to conduct themselves in a manner that supports these values. Conduct that undermines the inclusive purpose of the League, even if not intended to cause harm, may be inconsistent with this Code.

Participation in League activities is a privilege, not a right, and is conditioned on compliance with this Code. Participation in any League activity is at all times revocable and may be suspended, restricted, or terminated by Pride Sports at any time, with or without cause, notice, explanation, or formal process.

Pride Sports reserves the right to refuse registration, admission, or participation to any individual or team, or to remove any person from League activities, at any time and for any lawful reason, in its sole discretion.

2. **Scope of Application.** This Code applies to all League activities and to anyone participating in or attending such activities, including players, volunteers, officials, spectators, and guests. The Code may also apply to off-field or off-event conduct where such conduct has a direct or material connection to the League, including conduct that affects the safety, inclusion, or well-being of participants, interferes with League operations or activities, or undermines the League’s inclusive purpose or community environment. The determination of whether any off-field conduct falls within the scope of this Code shall be made by Pride Sports in its sole discretion.

3. **General Behavioral Expectations.** All individuals covered by this Code must, at all times:

- Treat others with respect, dignity, and courtesy.
- Act in a sportsmanlike and safe manner.
- Follow reasonable directions given by League staff or officials.
- Respect facilities, equipment, and shared spaces.
- Refrain from conduct that disrupts League activities or the experience of others.
- Comply with applicable laws, facility rules and venue policies.

Participants and attendees must comply with the directions and decisions of League staff, officials, and authorized representatives. Failure to follow such directions may result in immediate removal or other disciplinary action.

4. **Prohibited Conduct.** The following conduct is prohibited and may result in disciplinary action. This list is illustrative and not exhaustive.

- a. **Harassment and Discrimination.** Unwelcome conduct directed at an individual or group based on actual or perceived characteristics, including but not limited to race, ethnicity, national origin, religion, sexual orientation, gender identity, gender expression, disability, appearance, or any other protected or personal characteristic, that reasonably undermines another person’s ability to participate in or enjoy League activities.
- b. **Bullying and Intimidation.** Conduct that is hostile, abusive, threatening, or degrading toward another person, whether verbal, physical, or otherwise, and that reasonably interferes with a safe and inclusive League environment.
- c. **Violence and Threats.** Physical violence, attempted violence, or threats of violence toward any person.
- d. **Unsafe or Disruptive Behavior.** Any conduct that creates a safety risk, causes disruption, or interferes with League operations or the experience of others.
- e. **Alcohol and Drugs.** Being intoxicated, engaging in illegal drug use, or otherwise behaving in a manner related to alcohol or drugs that is unsafe, disruptive, or inconsistent with the League’s inclusive and community-focused environment.
- f. **Social Media and Public Conduct.** Harassing, threatening, or disruptive conduct directed at participants, staff, officials, or the League through social media or other public communications that negatively affects the League environment or operations.

5. **Participant Pledge.** As a participant in the League, each individual agrees to the following:

- a. Treat all participants, officials, staff, and spectators with respect at all times.
- b. Cooperate with other participants and officials.
- c. Refrain from profanity, obscene gestures, or abusive language.
- d. Not engage in physical violence or intentionally cause harm to any participant, official, staff member, or spectator.
- e. Follow all reasonable instructions from officials and League staff.
- f. Ask officials, in a calm and respectful manner, to explain any rules I do not understand.
- g. Respect park fields, sports equipment, and facility amenities.
- h. Participate in a sportsmanlike and safe manner at all times.
- i. Read, understand, and comply with all League rules and policies.
- j. Demonstrate good sportsmanship both on and off the field.
- k. Conduct myself in a manner consistent with the League’s values and community standards.

Violation of this Participant Pledge may result in disciplinary action in accordance with this Code, up to and including suspension or expulsion from League activities.

6. **Enforcement and Disciplinary Authority.** Compliance with this Code is a mandatory condition of participation in any League or Activity. Pride Sports reserves the sole, absolute, and final discretion to interpret this Code, determine whether any conduct violates it, and impose any disciplinary, corrective, or preventive action it deems appropriate under the circumstances.

Pride Sports may take action at any time, with or without investigation, and based on any information it considers relevant, whether obtained firsthand or from third parties. Pride Sports' determinations may be based solely on its judgment and are not required to meet any evidentiary or procedural standard. Pride Sports may take disciplinary or participation action based on any information it considers relevant, including reports, observations, complaints, or other sources, and is not required to rely on formal complaints, witness statements, or physical evidence.

Disciplinary action may include, without limitation:

- Verbal or written warnings.
- Removal from a game, event, or facility.
- Temporary suspension from League activities.
- Expulsion from the League or Activity.
- Temporary or permanent restriction from future participation.
- Denial of registration or team placement.
- Any other action Pride Sports deems appropriate.

Certain conduct, including but not limited to violence, threats, harassment, discrimination, unsafe behavior, or conduct inconsistent with the League's values or community standards, may result in immediate removal, suspension, or expulsion at Pride Sports' sole discretion.

Pride Sports may also take disciplinary or exclusionary action for any conduct, whether or not expressly described in this Code, that Pride Sports determines is inconsistent with the League's values, operations, or community environment.

Pride Sports is not required to provide prior notice, warnings, investigations, hearings, explanations, or opportunities to appeal before taking disciplinary action. Disciplinary decisions may be communicated orally or by any other method, and Pride Sports is not required to provide written notice, documentation, or justification. All decisions made by Pride Sports under this Code are final and binding.

Participants acknowledge and agree that they have no right or entitlement to participate in any League or Activity, and that participation may be revoked at any time at Pride Sports' sole discretion.

To the fullest extent permitted by law, participants waive any claim, cause of action, or demand against Pride Sports arising out of or related to any disciplinary, eligibility, or participation decision.

Any disciplinary action, including suspension, removal, or expulsion, shall not entitle the participant or team to any refund, credit, or other compensation.

Pride Sports reserves the right to impose disciplinary action on an entire team, group, or organization where the conduct of one or more members creates disruption, safety concerns, or repeated violations of this Code. Pride Sports reserves the right to suspend or terminate any game, event, or activity, or remove any individual, when it determines that safety, order, or the League environment requires such action.

Pride Sports is not required to enforce this Code uniformly or to take action in every instance of misconduct, and the failure to discipline any individual or team shall not limit Pride Sports' authority to discipline others.

- 7. Complaints and Reports.** Pride Sports encourages participants, volunteers, officials, and attendees to report conduct that they believe may violate this Code or otherwise undermine the safety, inclusion, or operation of the League. Complaints or reports may be submitted to Pride Sports through any method designated by the League, including in person, by email, or by any other communication channel provided by Pride Sports.

Pride Sports reserves the sole discretion to determine whether and how to review, investigate, or act upon any complaint or report. Submission of a complaint does not guarantee any particular action or result. All disciplinary and participation decisions remain subject to Pride Sports' sole and final discretion in accordance with this Code.

- 8. Anti-Retaliation.** Pride Sports prohibits retaliation against any individual who, in good faith, reports a concern, submits a complaint, participates in a review, or provides information related to a potential violation of this Code. Retaliation includes any adverse action, threat, intimidation, harassment, exclusion, or other conduct that would discourage a reasonable person from reporting a concern or participating in the complaint process.

Any individual who engages in retaliation may be subject to disciplinary action, up to and including suspension, expulsion, or permanent restriction from League activities, at Pride Sports' sole discretion.

- 9. Relationship to Other Policies.** This Code is separate from, and in addition to, any release, waiver, or assumption-of-risk agreement required for participation in League activities. Pride Sports reserves the right to adopt, modify, or enforce additional rules, policies, or procedures at any time as it deems necessary for safety, operations, or the community environment.

- 10. Severability.** If any portion of this Code is found to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

- 11. Acknowledgement.** By participating in or attending League activities, individuals acknowledge that they have read, understood, and agree to comply with this Code.

I understand that Pride Sports may revise this Code of Conduct at any time, and it is my responsibility to stay informed of any updates. I also acknowledge that failure to comply with Code may result in suspension or termination of my participation in the League without refund.