

# TOWN OF MILFORD

## ***RECREATION DEPARTMENT***

Town Hall  
1 Union Square  
Milford, NH 03055

Telephone: 672-1067  
Fax: 673-2273  
E-Mail: recreation@ci.milford.nh.us

### **\*\* ADULT BASKETBALL LEAGUE RULES \*\***

**Dates: Nov. 7 – Nov. 21 Tues. & Thurs. 7-9 pm**

**Nov. 29-Feb. 22 Wed. 7-9 pm & Thurs. 6-8 pm**

**Mar. 6-Apr. 19 Tues. & Thurs. 6-8 pm**

**(No play on school vacations)**

**Location: Bales Gym**

#### **I. Eligibility:**

- The first twenty male or female adults to sign up through registration are eligible to play in the league.
- Thereafter, any adult may come to the gym Tuesdays and Thursdays. If less than 12 players show up, those people may rotate in with the rest of the players. Participant signature of Milford liability waiver required.
- A person not registered to play may also be able to play if one of the registered players offers to let that person take his or her place in the rotation. Registered players are given preference in rotation. Participant signature of Milford liability waiver required.

#### **II. The Game:**

- This is a pickup league, with a maximum of four players per team. Foul shots are taken after warm-ups, and teams are made up as a result of foul shots made. The first four become team 1, the next team 2, etc.
- A scored basket counts as 1 point; traditional 3-point basket counts as 2 points. Games go to 11 points and/or win by 2 points. If the game is tied at 11 the first team to reach 15, or are up by 2 is the winner.
- The winner of the first game stays in for the second game. Thereafter, win or lose, the incoming team stays in for 2 games.
- There are no officials in this league. Fouls can be called by either the offense or the defense. If a foul is committed, play is stopped. The offense maintains possession of the ball being "kicked back out" to the top of the key. If a basket is made during the foul, the basket counts.

**This is a pick up league that has been up and running for over 15 years. It is now being overseen by the Milford Recreation Department. The intention of this league is for the recreational enjoyment of its players. It is competitive, but fun by nature. No un-sportsmanlike conduct is allowed. Anyone abusing this league or the gym in which it is being played will be asked to leave.**