

# Emmanuel Basketball Association (EBA) Official Rule Book

*Version: March 3, 2026*

Pastor: Daniel Shaw  
Commissioner: Jack Chambers  
Vice Commissioner: Birk Johnston



Daniel Shaw: \_\_\_\_\_

Jack Chambers: \_\_\_\_\_

Birk Johnston: \_\_\_\_\_

**Purpose.** The Emmanuel Basketball Association is a faith-centered basketball league operated by Emmanuel Lutheran Church. Worship comes first; basketball comes second. These rules govern governance, eligibility, rosters, scheduling, game operations, discipline, the draft, and all player movement.

## **1. Definitions**

1.1 'EBA' means Emmanuel Basketball Association.

1.2 'Commissioner' is the chief league officer responsible for administration and final interpretation of rules.

1.3 'Vice Commissioner' supports the Commissioner and may act on the Commissioner's behalf when delegated.

1.4 'Board' means the EBA Board of Directors.

1.5 'Captain' means the designated team representative with authority to make draft selections and handle league communications.

1.6 'Season' means the set of scheduled regular-season games plus any playoffs or championship games, as announced.

1.7 'Eligible' means meeting all requirements to play, including worship attendance, contract/waiver on file, and roster status.

## **2. Governance & Authority**

2.1 League Authority. The Commissioner retains final authority over league operations, eligibility determinations, scheduling, discipline, and interpretation of this Rule Book.

2.2 Board of Directors. The Board provides oversight, approves major league changes, and supports league operations. The Board may convene to address competitive balance, safety, faith and community priorities, and dispute resolution.

2.3 Amendments. The Commissioner may issue interim rules as needed for safety and operations. Permanent amendments are effective upon Board approval and written notice to all teams.

2.4 Communications. Official league notices are delivered by email, Snapchat, and/or other designated messaging channels. Captains are responsible for relaying information to their players.

2.5 Conflicts of Interest. Board members, captains, and officials must disclose conflicts and recuse when appropriate.

### **3. Membership, Eligibility & Participation Requirements**

3.1 Worship Attendance Requirement (Mandatory). Attendance at a church service on game day is required to be eligible to play in the corresponding game. Unless otherwise announced, 'attendance' means being present for worship and the sermon (not in kids church). Attendance at a church other than Emmanuel Lutheran Church must be verified by the commissioner or delegate via a time-stamped photo.

3.2 Exceptions. The only standing exceptions are (a) church employees assigned to children's ministry duties, and (b) individuals granted a one-time exception in writing by the Commissioner for hardship or unavoidable conflict.

3.3 Waiver / Contract Requirement (Mandatory). A signed liability waiver must be on file with the league before any player may participate. Players under 18 must have a parent or legal guardian sign. Players 18+ sign the adult form.

3.4 Player Participation Contract. Each player must have a signed EBA participation contract on file prior to their first game.

3.5 Conduct Standard. EBA is faith-centered. Players, coaches, captains, and spectators are expected to demonstrate sportsmanship, respect for officials, and behavior consistent with church community standards. Abuse, threats, discriminatory language, or harassment are prohibited.

3.6 Eligibility Verification. Captains must submit rosters and confirm eligibility. The Commissioner may audit attendance and paperwork at any time.

### **4. Team Structure & Roster Rules**

4.1 Team Roster Cap. Each team may roster a maximum of seven (7) eligible players.

4.2 Coaches. Each team may designate one (1) Head Coach and one (1) Assistant Coach. Coaches may be rostered as players only if they also meet all player eligibility requirements.

4.3 Captains. Each team must designate a Captain. The Captain is the league's primary point of contact, makes draft selections, and is responsible for roster compliance and paperwork.

4.4 Player Identification. Captains should provide the league with a roster list including full names and contact information.

4.5 Roster Freeze. Unless otherwise announced, rosters are frozen after the post-draft signing window closes (see Section 9), except for league-approved hardship replacements, as approved by the Commissioner.

## **5. Facilities, Locker Rooms & Equipment**

5.1 Locker Rooms. Home and away locker rooms are located in the church basement. Teams must respect all church property and posted signage.

5.2 Gym Conversion and Set-Up. When other church events require the gym, teams may be required to assist with setup/tear-down of chairs and tables. The Commissioner will coordinate transitions and safety.

5.3 Game Ball and Equipment. The league supplies game balls when available. Jewelry should be removed. Protective gear (knee pads, braces) is allowed.

5.4 Uniforms. The Commissioner will assign each team a color or supply teams with uniforms prior to each game.

5.5 Home vs. Away. Unless otherwise announced, the home team is the darker uniform; the away team is the lighter uniform.

## **6. Scheduling, Timing & Game-Day Operations**

6.1 Standard Game Window. Games occur at the posted time after the designated church service, unless otherwise announced.

6.2 Warm-Ups. After the gym is cleared and ready, teams may receive a brief warm-up period (typically 5 minutes). Teams must remain in the locker rooms unless instructed.

6.3 Quarter Length. Standard games are played in four (4) quarters. Quarter length is 8 minutes, unless otherwise announced by the Commissioner, in consultation with the Board of Directors.

6.4 Halftime. Halftime is typically 7 minutes unless shortened for schedule constraints.

6.5 Start Time. Captains must have teams present and ready. If a team is not ready by the scheduled tip time, the Commissioner may assess delays or declare a forfeit.

6.6 Tight-Schedule Protocol. When the church calendar requires it (funerals, receptions, etc.), the Commissioner may designate a half-court game, reduced quarters, or other modifications for time and safety.

## **7. Playing Rules (Basketball)**

7.1 Baseline Rule Set. EBA generally follows NFHS-style basketball rules except where modified by this Rule Book.

7.2 Team Size on Court. For half-court games, no more than four (4) players per team may be on the court for gameplay. For full-court games, no more than five (5) players per team

may be on the court for gameplay. If a team has fewer than four or five, the Commissioner may allow play with four (4) or three (3) if competitive balance and safety permit.

7.3 Substitutions. Substitutions occur at dead balls and as permitted by officials. Teams are not required to check players in to the game at the scorer's table. Teams must ensure the correct number of players is on the court at any given time. If more than the maximum number of players are on the court at once for a team, the team will be assessed a technical foul.

7.4 Fouls. Personal fouls and team fouls are tracked as feasible. The Commissioner may adopt a simplified foul/bonus structure depending on staffing.

7.5 Free Throws. Awarded per standard rules. If time constraints exist, the Commissioner may authorize 1-and-1 adjustments or possession alternatives, announced pregame.

7.6 Timeouts. Each team is allotted four (4) timeouts per game. Timeouts may be reduced for tight schedules.

7.7 Overtime. If a game is tied at the end of regulation, overtime format is announced pregame (default: 2 minutes). A second overtime may be sudden-death if time is limited.

7.8 Mercy/Runaway Rule. If a game becomes non-competitive, the Commissioner or officials may implement a running clock or shorten remaining time for sportsmanship and scheduling.

7.9 Half-Court Format. If designated, possession checks occur at top of key. Defensive rebounding clears beyond arc (as announced).

7.10 No Dunking / Rim Safety (if applicable). The Commissioner may prohibit dunking if rims or facility safety requires it.

7.11 Illegal Contact. Flagrant contact, fighting, and dangerous play are prohibited. Officials may assess technicals and ejections.

7.12 Sportsmanship. Players must respect opponents and officials. Any complaining, taunting, cussing, abusive, or vulgar language will result in technicals and discipline.

## **8. Officiating, Scoring & Disputes**

8.1 Officials. Games are officiated by league-assigned referees or qualified volunteers. Officials have authority over in-game rulings.

8.2 Scorekeeping. When available, a scorer's table will track score, fouls, and time. If staffing is limited, the league may use simplified timekeeping.

8.3 Challenges. Officiating calls can not be challenged.

8.4 Video. Video is not official evidence unless the Commissioner requests it for discipline review.

8.5 Commissioner Review. The Commissioner may review incidents for discipline, but game outcomes are changed only for extraordinary circumstances.

## **9. Player Movement, Draft, Free Agency & Transactions**

9.1 Core Principle. The league is designed for stability and community. Transactions are generally prohibited.

9.2 No Trades / No Transfers. Trades, cash considerations, player-for-player swaps, and mid-season transfers between teams are NOT allowed.

9.3 Draft Declaration. Players wishing to enter the draft must submit a written declaration to the Commissioner by the announced deadline (typically midnight before draft day).

9.4 Draft Day Timing. The draft occurs immediately after church services on the announced date and time.

9.5 Draft Attendance. Captains must remain on-site for the draft. If a Captain is absent, the Commissioner may make selections on the team's behalf.

9.6 Draft Procedure. Teams select players in the announced order. A timed clock may be used (e.g., 1:30 in Round 1, 1:00 in Round 2, 0:30 thereafter).

9.7 Draft Eligibility. Only players who declared by the deadline are draft-eligible. Late or verbal declarations are not accepted.

9.8 Undeclared Players. Players who did not declare by the deadline are not draft-eligible.

9.9 Post-Week 2 Signing Window. Undeclared players and free agents may sign with a team only after completion of Week 2 games, subject to (a) available roster space and (b) written approval by the Commissioner.

9.10 Waiver/Contract on File. No player may play until waiver and participation contract requirements are satisfied.

9.11 Roster Cap Enforcement. A team must remain at or under seven (7) players. Signings that exceed the cap are void.

9.12 Competitive Balance Safeguard. The Commissioner may deny a signing that would materially harm competitive balance or league integrity.

9.13 Transaction Violations. Any unauthorized transaction results in the player being ineligible and may result in Captain discipline or forfeits.

## **10. Discipline & Enforcement**

10.1 Progressive Discipline. The league may issue warnings, technicals, suspensions, or removal from the league depending on severity and history.

10.2 Automatic Ejection. Fighting, threats, or severe unsportsmanlike conduct results in immediate ejection and review for suspension.

10.3 Suspensions. Suspensions apply to games and may include facility bans.

10.4 Forfeits. A team may forfeit for roster violations, repeated tardiness, or refusal to comply with league directives.

10.5 Appeals. Captains may appeal suspensions in writing within 48 hours. The Commissioner rules, with Board input when appropriate.

## **11. Board of Directors Roles & Responsibilities**

11.1 Mission Stewardship. Ensure the league remains faith-centered, safe, and community-building.

11.2 Policy Oversight. Review and approve major rule changes and season structure.

11.3 Finance & Resources. Approve league expenses, uniforms, equipment purchases, and any fees if adopted.

11.4 Risk Management. Support waiver/contract compliance and facility safety.

11.5 Dispute Support. Serve as an advisory body to the Commissioner for complex disputes or discipline.

## **12. Appendices**

### **Appendix A: Draft-Day Script (Operational Outline)**

Call to Order: Commissioner announces draft start time; Vice Commissioner confirms attendance; rules reviewed; draft proceeds by timed rounds; rosters confirmed; adjournment.

### **Appendix B: Game-Day Checklist**

✓ Church attendance confirmed ✓ Waivers/contracts on file ✓ Teams in correct uniforms  
✓ Gym cleared and safe ✓ Warm-up window set ✓ Timekeeper/scorer identified ✓  
Captains briefed on timing and exceptions