

ARMCHAIR BASKETBALL ASSOCIATION (ABA)
LEAGUE RULES
12/15/2020

I. **DESCRIPTION**: The league is set up for head-to-head play each week over the 24-week NBA season (i.e. one week of NBA games = 1 head-to-head ABA game). The object is to choose a lineup of players from your roster (based on their NBA schedule that week) that will score the most points for you in your head-to-head game. The higher scoring team gets the win. The league is based solely on wins and losses and not on cumulative points for the season.

II. **ROSTERS**: Each team shall be comprised of 12 players on their active roster (no more, no less). There is no requirement as to # of players at each position. The official sites for determining player position eligibility are yahoo.com and NBA.com. If either site (or both) lists a player as 2-position, then he can be drafted as 2-position. Players not listed on either site as 2-position can only be drafted as one-position.

Once a player is drafted (or picked on waivers) and designated as a 1- or 2-position player, the designation may be changed only ONCE during the season – on January 1st – provided he can be justified as playing that 2nd position in the NBA season (listed on either of the aforementioned web sites, starts games at that position, or frequently plays that position during the course of his games). After January 1st all position designations are frozen for the remainder of the season. Position designations MAY be changed during the draft, but once the owner leaves the premises after the draft, the designations shall be frozen until January 1st.

Each team also has 3 Injured Reserve slots. More detail on the Injured Reserve is included in Section V, “Roster Moves/Injuries”.

III. **LINEUPS**: Each lineup shall consist of 2 guards, 2 forwards, and 1 center, with each position playing four quarters that week (1 ABA quarter = 1 NBA game). Therefore, for a given week, you must choose 8 NBA games for guards (4 quarters x 2 guard positions), 8 NBA games for forwards and 4 NBA games for centers. You must declare, prior to the beginning of your players’ NBA games that week, your lineup to the league secretary by stating which NBA games you are playing your players in that week (just stipulating the days of the week for each player is preferred). The same player may play all 4 quarters (4 NBA games), or share the position by playing less than 4 quarters. No player may play more than 4 games that week. Players who play more than 1 position (e.g. both forward and center, or both forward and guard) may do so, providing you make the proper lineup adjustments to keep your 2G/2F/1C lineup for 4 quarters.

In addition, each team must declare one player as its “6th man” for that week. This may be a player who is not starting any games in your lineup that week, or it may be a player who is in your lineup, but has one (or more) NBA games that you are not starting him. Each team may also declare more than one 6th man – a.k.a. “7th man”, “8th man”, etc. Once the week starts, however, you can not change the priority order of your 6th men.

The policy for dealing with errors in lineups (i.e. the wrong day or days specified when submitting the lineup) is as follows: The owner may correct the errors with no penalty before his player plays any NBA games that week. (Corrections are subject to the “mid-week substitution” rules outlined in Section VI.) For the case where no corrections are made, if the player was intended to play all of his NBA games that week, the incorrect games will be corrected accordingly. However, if the player is started more games than he has NBA games, he takes a “0” for the extra starts, unless he makes a mid-week substitution to replace the extra game with an appropriate substitute. If the player is started fewer games than he has NBA games, then, once one of the incorrect games have transpired, the player will be given credit for the lowest score(s) of the games remaining to use for the game(s) not correctly stated.

IV. **SCORING RULES**: Scoring for the ABA will be based on a summation of NBA individual points, rebounds, assists, blocks and steals (heretofore referred to as “stats”). Each increment of five (5) stats that the player attains in games that you’ve chosen to play him will score 1 point in your ABA game. All stats round UP to the next increment of 5. For example, if your player

scores 21 pts., 8 rebounds, 4 assists, 2 blocks & 1 steal in an NBA game in which you played him, your ABA points would work out to be 8 ($21+8+4+2+1=36$; round up to 40; $\text{div by } 5 = 8$).

NBA Stat Total	ABA pt. value
1-5	1
6-10	2
11-15	3
16-20	4
21-25	5
26-30	6
31-35	7
36-40	8
41-45	9
46-50	10
etc.	etc.

In the case of ties, the game goes into OT and the 6th men break the tie. The team whose 6th man scored the most ABA points in any of his NBA games that week that you didn't have him playing in your lineup (i.e. 6th man's highest game; NOT 6th man cumulative pts for week) wins the OT. These 6th man points are added to each teams' score and this is the final score. If game is still tied, the game goes into double OT. In double OT, each 6th man's 2nd highest game is compared, with results added to team's score to determine final score (and so on for 3OT, 4OT, etc.). If one team's 6th man runs out of games for consideration that week, it is treated as a "0" pt. game. Further OT's will be broken by high game score by any roster player for a game not played in your lineup. See Section VI ("Lineup Substitutions") for additional 6th man scoring rules.

V. ROSTER MOVES/INJURIES: When making a waiver move, the team adds to its roster any free agent player. If this addition increases the roster above the 12-player limit, or increases the team salary above the salary cap limit (see Section XII on "Salary Cap"), the team must release one player from its roster, or move a player to IR (if eligible), before the new player can be added. To be eligible for the IR, the player must have been declared "inactive" in his most recent NBA game. Once that player is no longer declared "inactive" in his NBA game, you have 14 days to either activate, or cut, that player. (You can NOT hold that player on IR beyond 14 calendar days or he will be treated as a waiver "cut" and dropped from your roster.) If, however, within the 14-day period he goes "inactive" again, this required action is voided and he can remain on ABA IR until he is once again "active" on his NBA team. Then the 14-day period begins again. An additional qualifier for IR eligibility: if a player DNP's in three (3) consecutive NBA games he is also eligible for ABA IR, even if he wasn't "inactive" for any of the games. Likewise, when the player returns to playing status, the 14-day activation window (as described in this section) begins.

Any released player is free to be picked up by any team. Waiver moves shall be on first-come-first-serve basis (notify league secretary) and can be made anytime during the week. HOWEVER, a player cut in the middle of the ABA week can NOT be picked up that same week (to be fair) since some teams may not be as immediately aware of the roster cut as others. For these "fresh-cut" players, a "claim" can be submitted at any time, but the team must wait until the weekly standings sheet officially announces the roster moves. The standings sheet will stipulate the deadline by which claims for the "fresh-cut" players can be made. (Typically, about a 48 to 72-hour time period after the end of the ABA week.) Once the "fresh-cut" deadline is reached, the "claims" become official. If more than one team claims the same player, he goes to the team with the LOWER team ABA scoring average. A team cutting a player must wait a minimum of one week before they can re-claim, through waiver pick-up, the same player. (This is to close a loophole wherein the team with the worst record, to clear salary cap room, could cut and re-claim their high-salaried player(s) in the same week, at the reduced waiver pick-up salary rate.)

For the case where a free agent is picked up AND cut the same day, this free agent will go back into the free agent pool and be eligible for immediate pick-up by others – treating him as if he had never been picked up in the first place. This player is NOT to be considered a “fresh cut”, and therefore is not subject to the “fresh-cut” player claiming rules. A “fresh cut” shall be defined as a cut player who has been on a team's roster for a minimum of one NBA game-night cycle. If the newly added player is cut before completion of one NBA game-night cycle, that player is free to be picked up by any team immediately. However, the team making this same-day cut must still wait the required 7-days before they are eligible to re-pick up said player.

In-season trades involving draft picks and/or player-for-player deals can be made until the trading deadline, providing the teams involved can fit these players within the 12-man roster limit, and within the team salary cap restrictions (see Section XII on “Salary Cap”). After the trading deadline, no trade may be made until the completion of the ABA Championship Game. Off-season trades are not subject to any limitations. A trade is considered “in-season” if it is made after the draft, prior to the start of the season, up through the trading deadline (March 1st).

Once the ABA playoffs end, waiver moves cannot be made until after the next season's draft.

VI. LINEUP SUBSTITUTIONS: You can substitute for any player in your lineup at any time during the week, provided the substitution is made prior to the incumbent's, as well as the substitute's game(s) that week. You are permitted a 20-minute “grace” period *after* your player's posted game time in which to remove a player who doesn't start that particular game. But this grace period is ONLY to remove a player NOT starting that game. Once an NBA game tips off, you can NOT remove a player who started that game, or insert a player into that game. You must notify the league secretary and/or the league score-checker by this deadline.

Should a player you started in your original lineup that week be absent from his team's box score for that game, or play 5 minutes or less in that game, your 6th man's best score is substituted for the absent player. However, additional DNP's by said player will result in a “**no play**” situation – meaning that DNP game will be removed from your lineup and you will need to substitute another game into your lineup – covering the appropriate position – or take a “0” if no substitution is made. An exception to this rule is that, after DNP'ing, if the player returns to play in a subsequent game and then DNP's a second time in the same week, you will get a 6th man next-best score for the 2nd DNP, provided you left him in your original lineup for that game.

If a second player (or third, etc.) misses a game also, your 6th man's next-best score(s) are inserted accordingly. Should you tie your opponent that week, your 6th man's next-best available score(s) apply toward the tie-breaker (absentee substitution scores are always used up first, prior to tie-breaker score).

Teams are encouraged to specify more than one 6th man (“7th man”, “8th man”, etc) so that the team can cover multiple 6th man needs for the week (injury DNP's, suspension DNP's, postponed games & tie-breakers, for example). However, the 6th man's games must all be used first before 7th man games are considered; likewise, 7th man games must all be used before 8th man games, etc.

In the case of a mid-week substitution, should your substitute not play in the game you've subbed him in for, it is treated as a “**no play**” and you get to replace that game in your lineup with another substitute game yet to be played. If the week ends and that “no play” is not replaced, your 6th man's worst score for the week (out of all your 6th men specified, if more than one) is inserted for him. If you sub in a player for more than one game that week and he plays in the first game, but misses a subsequent game, you DO get to insert the 6th man's best score in the manner described above. In the case of partial lineup submittals, the rest of the lineup submitted after the week has started is treated as mid-week substitutions, and, thus, DNP's are subject to the rules for mid-week substitute's DNP's. (Your start-of-week is defined as when your earliest lineup player – including 6th man – plays his first game that week.)

An additional qualification to the 6th man scoring rule is that, when you turn in your lineup to start the new week, any player who misses their last NBA game from the previous week and does not play in any games in the new week prior to the game you started him, is not eligible to receive the 6th man's BEST score in the new week should he DNP for you. His DNP game

will be treated as a “**no play**”, as described above. However, if he does play in the new week, but DNP’s for you in the game you played him, you do get the 6th man’s best score as before.

Regarding player suspensions, a player suspended prior to the beginning of the ABA week can not be played in the games he is suspended for, and his start(s) will be treated as “**no play**”(s). A suspension in the middle of the ABA week will be treated as an injury DNP, and the first game missed will allow the 6th man’s best score to apply. Subsequent misses, however, will result in “**no play**”(s).

You may add additional 6th men to your lineup in mid-week, but since your 6th man priority order can not be changed once the week begins, the new additions can only be added to the end of your 6th man priority order. You may decide to insert any of your 6th men into your lineup as a mid-week lineup change substitution or to cover a “no play”; those games are then counted as starts and are not to be considered for 6th men scores if needed. All games played while in “6th man” status must be used first before “7th man” status games can be used.

VII. FORFEITURE RULE: Should a team not turn in a lineup that week, they forfeit their game and take a loss. However, the opponent does not get an automatic win. Instead, the opponent must beat his “mark” (his team’s scoring avg. less 5 pts. OR his opponent’s scoring avg. less 5 pts... Whichever is LESS). For example, if your team averages 115 points-per-game (ppg) and your opponent averages 120 ppg, the “mark” you must beat is the lesser of “115-5” or “120-5”... in this case “115-5”, or “110”. If you score 110 or less, you lose... 111 or more, you win. For the case where one team has only a partial lineup submitted (and “partial” is defined as a lineup with 2 or more unfilled lineup slots which can be due to late lineup, player injuries, etc), the opposing team, in order to secure a win, must beat the HIGHER of the short-handed team’s actual score OR the short-handed team’s “mark”. If the short-handed team’s actual score outscore their opponent, they get the win and the opponent gets the loss; if the short-handed team is outscored by their opponent, they get a loss – but the opponent must outscore the HIGHER of the short-handed teams actual score or their forfeit “mark” in order to get the win.

VIII. SEASON/PLAYOFF FORMATS: The league is divided into 2 divisions (“EAST” and “WEST”) of 5 teams each. The divisions are determined from ranking the teams based on the previous season’s team scoring avg from highest-to-lowest (highest scoring team is #1 and lowest scoring is #10). The East Division shall be team nos. 1, 4, 5, 8, 9; the West Division shall be team nos. 2, 3, 6, 7, 10. Each team plays the other teams within the division three (3) times, while playing the five teams in the other division twice, for a total of 22 games. The 22 games are spread over the first 21 weeks of the NBA schedule.

The final three (3) weeks of the NBA season constitutes the playoffs for the ABA, with two playoff formats conducted simultaneously – 1) a “League Championship” and 2) a “Tournament Championship”.

1. **League Championship** – a best 2 out of 3 competition solely between the two division winners.
2. **Tournament Championship** – format is as follows:
 - a. Playoff round #1 – based on won/loss records, teams are seeded 1 thru 8 (the worst 2 records do NOT make the tournament, but will play each other as described in VIII.3 below), and are matched head-to-head as follows: 1 v. 8, 2 v. 7, 3 v. 6, 4 v. 5.
 - b. Playoff round #2 – the four round 1 winners advance, with highest seed v. lowest seed, and 2nd high v. 2nd low.
 - c. Playoff round #3 – the two round #2 winners play off.
3. **Draft Pick Playoff** – the #9 seed will play the #10 seed (game played the same week as week 1 of the Tournament) for rights to the #1 draft position in the next season’s draft. However, the two teams must swap rosters with each other first. The owner that wins this one-game playoff with the other owner’s roster wins rights to the #1 draft position. (Rosters then return to their original owner after this game.) To prevent the appearance of purposely weakening their roster in advance of the Draft Pick Playoff, any roster moves made by either team after they are eliminated from tournament eligibility are subject to review by the commissioner.

IX. TIE-BREAKERS: A 2-team tie-breaker is decided by regular season head-to-head record. If this does not break the tie, then highest season points-per-game average shall decide it. A 3 or more team tie-breaker is resolved by the best combined head-to-head record amongst the teams involved in the tie. If this does not result in a clear winner, but does eliminate team(s) with a lesser head-to-head record, then the tie shall be broken by head-to-head record from the teams left. If head-to-head record cannot break a multi-team tie, then highest season points-per-game average shall decide it.

X. ORDER OF DRAFT: Rounds 1-4 forward, then going 2 reverse, 2 forward the rest of the way.

XI. FROZEN PLAYER/DRAFT FORMAT: Frozen players shall be submitted 1 week prior to the start of the season (exact day/time TBA each year). For every frozen player submitted, the team loses a pick in the draft; i.e. If a team freezes two players, it loses its picks in each of the first two rounds, or for one player, it loses only its first-round pick. There is no limit to the number of players a team may freeze.

The order of the draft is determined by regular season record, except for positions 1 and 2. The owner winning the Draft Pick Playoff (described in VIII.3 above) shall occupy position #1 in the draft, with the loser of the Draft Pick Playoff occupying position #2. Teams picking #3 thru #10 shall be ordered inversely by regular season record, with the team with the best record occupying pick #10 in the order. Ties will be broken by season scoring average, with the team having the lower average occupying the higher draft position.

Following the 12 rounds of the draft, teams may assign players to their ABA IR who are known to be injured to start the NBA season. Players picked up to take their place on the active roster are picked up at their full salary listed in the Salary Table. To determine the eligibility of a player for ABA IR at the draft, the player must DNP in his final pre-season game *due to injury*. This same player must also DNP in the season opener. If the player who was deemed IR-eligible on draft day actually plays in the opener, he *immediately* must be activated and the player that was picked in the IR round at the draft (and only this player - NOT a player of your choosing) must *immediately* be cut (no 2-week activation window, as usually applies for IR activations). If this cut player had played in a week 1 ABA game prior to the cut, his score is deleted from the team's week 1 total and that game can be replaced with another game yet to be played from someone else that plays the same position. Basically, the situation is treated as if the "injured" player was never put on IR (since by playing in the opener he proves he really wasn't IR-eligible), and, therefore, the IR round player pick-up never happened. As a consequence of this, the cut player is immediately available to anybody to pick up - no need to wait until "Fresh Cut" day - since this player is being treated as if they had not been drafted at all. However, for the team that had to release him, the usual 7-day waiting period before re-picking up again DOES apply. The draft day IR rounds shall follow the same draft order for 3 rounds in a forward/ reverse/ forward order.

After the draft day IR round, waivers can then be made during 3 supplemental rounds. Players picked up in the supplemental rounds are salaried at \$350 (or \$500 for 2-position). The procedure shall follow the same draft order for 3 rounds in a forward/ reverse/ forward order. Teams can cut a player and pick up an undrafted player (or a player previously cut) at the waiver salary rate. Teams wishing to pass when their turn comes up may do so, but may still participate in a subsequent waiver round.

XII. SALARY CAP: Each team will have an \$8,500 team salary cap limit. The total of all players' salaries on the 12-man active roster, plus 50% of the salaries for any players on the team's 3-man Injured Reserve, shall not exceed \$8,500. Base salaries for each player are determined by multiplying their ABA final average from the previous season x 100. For players who are designated as a 2-position player, their salary must include an automatic \$150 adder, to be added to their base salary to determine their adjusted salary (the salary which counts toward the salary cap). On top of this, if a player is frozen, his adjusted salary is escalated by 25% for

each year he is frozen through 2 consecutive freezes. Beginning with the 3rd consecutive freeze, the salary escalates by 50%, and continues to escalate in 50% increments for each consecutive freeze thereafter. In other words, a first-time frozen player would have a 25% escalator; if he is also frozen the next year, his salary escalates 50%. A third consecutive freeze, his salary escalates by 100%; a 4th consecutive freeze, 150%; and so on, increasing in 50% increments. Therefore, a 2-position player who averaged 6.50 the previous year, and who is frozen 3 consecutive years, would have a salary calculated to be.... [\$650 (base) + \$150 (2-position adder)] x 200% (100% escalator in 3rd year) = \$1600. In the case of a trade, the player's salary scale continues to escalate accordingly with each freeze. His salary only reverts back to a base salary (with no escalators) when he has been left unfrozen and returns to the draft.

The minimum ABA salary for a player shall be \$350. This includes players whose ABA season average was below 3.50, players picked up as waiver moves during the season, and rookies just drafted into the NBA. If any of these players are 2-position players the \$150 adder must be included, bringing their salary to \$500. If a player did not play a minimum of 12 ABA games, their salary must be determined from the average of their NBA stats (per-game points, rebounds and assists), converted to an ABA score. The most recent year in which that player played a minimum of 12 NBA games shall be used. Should a player be moved to IR, where only 50% of his salary counts against the cap, this 50% salary level must be \$350 minimum.

On draft day, if any team exceeds the salary cap before they complete their 12-player roster, their picks shall be stripped away one at a time, beginning with their most recent, until they have cleared the minimum cap space needed to complete their draft. They will then make their "make-up" picks at the end of the draft.

XIII. PLAYOFF KITTY

Each team shall pay the annual entry fee of \$40 at the draft. \$22 shall go for league operating expenses (awards and food @ business meeting, plus draft board kit), and \$18 shall go into the award kitty (total of \$180 in kitty). The winnings from the award kitty shall be divided as follows:

- \$30, each division winner (season)
- \$10, each 2nd place winner (season)
- \$10, each League Championship game won (best 2/3)
- \$10, each team advancing to 2nd round of Tournament Championship
- \$10, each 2nd round winner of Tournament Championship
- \$10 to Tournament Championship winner