

Adult Basketball Rules

1. The National Federation High School Rules plus additional recreation district rules will govern all play.
2. The game will consist of four ten minute running quarters except during the last two minutes of the 2nd and 4th quarters when a lead of ten points or less separates both teams when regulation clock will be in effect. There will be one minute between quarters and a two-minute half time.
3. Game time is forfeit time. Teams must have four (4) players to start a game. If, after the game has been declared a forfeit additional players show up or if the team wants to pick up players from the other team to play a practice game the officials and the scorekeeper will work the game.
4. Overtime will consist of a two minute running clock except for the final 30 seconds, which will be regulation clock. The second overtime is sudden death. Each over time will start with a jump ball at center court.
5. One full and one 30 second time out will be allowed per half. Time outs are not cumulative. One 30 second time out in overtime.
6. Dunking is not allowed and will result in **no basket and ejection from the game.** Dunking is defined as the driving, forcing, pushing or attempting to force a ball through the basket with the hands. You are allowed to push the ball through only if you do not touch the rim.
7. Players must check in at the scorer's table prior to each substitution and wait until the official beckons them onto the court.

8. Players on the FT lane may enter the lane on the RELEASE of the ball.
9. Defensive players on the low block have up to the upper end of the black rectangular box. In other words, they can plant their foot on the black box.
10. Players may be ejected for a hard, intentional foul with no purpose except to inflict punishment on an opponent (a.k.a. flagrant foul). Any unsporting or non-basketball act -- during or after a game – may be reported to the NOR Sports Supervisor for review for possible disciplinary action.
11. Managers ONLY may approach the game officials if there is a discrepancy with the score and/or scorebook. Players and managers shall not approach the scorer's table directly except to check in as an incoming substitute.
12. Team managers may be approached by officials to help them in addressing their players' behavior. Failure to cooperate may be cause for additional disciplinary action for the manager and/or team. This is your league, help keep it safe and sane.
13. ANY PLAYER EJECTED from a game for receiving two (2) technical fouls or committing any unsportsmanlike act, will be suspended for his team's next two (2) games.
14. ANY PLAYERS RECEIVING THREE (3) TECHNICAL FOULS WITHIN THE SEASON, WILL BE REMOVED FROM THE PROGRAM.

Disciplinary Procedures

Physical Attack

No spectator, coach or player shall be guilty of a physical attack as an aggressor upon any player, coach, official, spectator or District staff before, after or during a game, practice or meeting.

Minimum Penalty: Suspension for the remainder of the season and placed on probation for one year.

Maximum Penalty: Suspension for one year from all District Sports Leagues.

Abusive Verbal Attack

No spectator, coach or player shall be guilty of an abusive verbal attack upon any player, coach, official, spectator or District staff before, after or during a game, practice or meeting.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season and placed on probation for one year.

Unsportsmanlike Behavior

No spectator, coach or player shall be guilty of unsportsman like behavior towards a player, coach, official, spectator or District staff before, after or during a game, practice or meeting. Unsportsman like behavior includes but is not limited to, taunting or bating an opponent, arguing with an official, spitting on a hand during handshakes or making unnecessary gestures.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season.

Rough Tactics

No coach shall be guilty of allowing and no player shall be guilty of using unnecessarily rough tactics in the play of the game against an opposing player.

Minimum Penalty: Both the player and the coach shall be suspended for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension from league play for the remainder of the season.

Intoxication

No spectator, coach or player shall be guilty of appearing upon District facilities at any time in an intoxicated condition or consume any alcoholic beverages on District facilities. (Parking lots are considered District Facilities.)

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season.

Individuals violating any of the above guidelines will be ejected from the game and required to immediately leave the facility.



North of the River

recreation and park district

Adult Basketball Program Information

Registration: Teams are registered on a first come first serve basis. Team fees are due at the time of registration and must be paid in full. Teams from the past two seasons will be notified by e-mail of the up coming league registration. No teams will be accepted after the registration deadline. No registrations will be accepted without first paying the fee and filling out the required paperwork. Teams who cancel after the deadline will be refunded one half the registration fee. **Teams must be available Monday through Thursday for 6:30, 7:30, 8:30, & 9:30 p.m. game times.**

Forms: Completed roster/waiver/agreement forms must be turned in to the scorekeeper at the beginning of your first game. **If you do not turn in your form before the first game you will receive a forfeit. If you do not turn in your form before the second game you will be dropped from the league.** There is no limit to the number of players that can be placed on the roster. During the first two weeks of the season players may be added to the team roster by filling out a roster form. The form can be turned in to the scorekeeper at game time.

Player Eligibility: All players must be 18 years old or older and out of high school. Players may not be currently playing on a college level team. No player may play for more than one team in any League.

- **Players must be ready to prove their identity with a picture ID at any time to the Officials. Players who are unable to prove that they are an officially rostered member of the team they are playing with will not be allowed to play in any game. If it is discovered that an illegal player is in the game he will be removed immediately.**
- Players may be added or dropped during the first two weeks of the season by completing a roster form. Rosters are frozen after the first two weeks.

Divisions: Divisions and levels will be determined by the number and caliber of teams that sign up. The Adult Sport's Department reserves the right to move teams from one division to another prior to the start of the season to balance out each division. This may change the nights you play. Divisions that have less than six teams will be

combined. The days of the week that each division will play will be determined by court availability for that particular season. If you win your division you will be moved up. If you finish last you may move down.

Children: Parents are responsible for any children they bring to the facility. For safety purposes, please make sure all children do not interfere with games in progress. Do not allow children to play in unauthorized areas i.e. dugouts, equipment room restrooms hallways, lobby etc. Penalties will be assessed if the official is forced to stop play because of children interfering with play.

Forfeits: Teams should call the District Office (392-2000) 48 hours ahead of scheduled game time to inform us that they will be unable to field a team. This will allow us to inform your opponent so that they will not waste their time showing up. Teams may use that time for practice.

- Basketball: Teams must field at least four (4) players at game time and cannot drop below two (2) at any time during the game.
- Unsportsmanlike conduct. Team managers are responsible for the behavior of all team members and fans (including himself) before, during, and after all games. Calls by the official are judgement calls and therefore, cannot be protested or argued at any time. If team managers cannot keep their players portraying good conduct, a forfeit will be declared and the team will be ejected from the league with a loss of all fees paid.
- **ONE FORFEIT:** Warning of removal from the league should another forfeit happen.
- **TWO FORFEITS:** IMMEDIATE DISMISSAL FROM LEAGUE.
- **DOUBLE FORFEITS:** Should both teams be credited with a forfeit due to “No-Shows”

If the NOR OFFICE is notified 48 hours ahead by a team with a schedule conflict, they will be credited with a loss and not a forfeit.

Note: Forfeits due to reasons other than “No Shows” will be handled as described above. However, should a team be credited with their second forfeit, due to reasons other than a “No Show”, the Recreation District reserves the right to decide whether or not to drop the team from the league.

Uniforms: All team members must have matching color shirts with four inch numbers on the back by the first game of the season. Penalties will be assessed for teams not in compliance.

Protests: The recreation district does not provide a formal protest procedure. All officials' decisions are final and cannot be protested. A team may only protest player eligibility.

League Champions: Divisional winners will be determined by the team with the best win/loss record. Should two teams finish with the same win/loss record, head to head results between the teams involved. If two or more teams split the games played against each other, fewest points allowed verse each other will be considered. If necessary a coin flip will be used to determine the divisional winner. League Champions will be determined by a playoff, (half champions, top four play off, etc.) A maximum of twelve individual awards will be given to teams that win their league.

Use of tobacco products and consumption of alcoholic beverages are absolutely prohibited on NOR or school facilities.