



ADULT BASKETBALL RULES

**Sports Dome
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ADULT BASKETBALL **RULES AND REGULATIONS**

GENERAL INFORMATION

South Suburban Parks and Recreation District offers a non-sanctioned basketball program for the recreational enjoyment of the participants. South Suburban Athletics Department is the sole governing body of this program.

South Suburban Athletics Department reserves the right to reclassify teams at any point to maintain a fair balance of league competition. They also reserve the right to expel or suspend any team or team member from the league for reasons of conduct or failure to observe to the rules, regulations, or policies outlined in the manual. Written notification of such action must be provided by South Suburban Athletics staff.

Basketball is a contact sport, and injuries are a possibility. South Suburban Athletics Department assumes no responsibility for injuries; however, basic first aid will be available in all facilities.

All leagues will be played according to the National Federation High School (NFHS) rules with the following exceptions and clarifications.

TEAM SPECIFICS

ROSTERS

1. A complete roster is required for all teams. Team rosters must be filled out online.
2. Rosters will freeze at a specific date each season and the date will be announced at the Manager's meeting. A team may add players to their roster up until the roster freeze date.
3. All player information must be filled out completely on the initial team roster list. Falsifying addresses or using inaccurate player information will result in automatic player suspension and potential forfeiture of games.
4. Each player is required to have a photo ID with them at all games.
5. Roster checks will occur at playoff games. Additional roster checks may be done at any time throughout the season by instruction from the League Coordinator.

PLAYER ELIGIBILITY

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1. All individuals must be at least eighteen (18) years of age or have completed high school. High school students are not permitted to play. Exceptions will need to go through the league coordinator AND student must have a parent present at every game
2. Individuals who are currently playing professional basketball or affiliated with a semi-pro basketball team are not permitted to play.
3. Players are not allowed to participate on more than one team in the same division per night. Officials reserve the right to disallow participation of a player due to playing on a different team in the same division on the same night.
4. Players may play on as many teams as they desire, as long as they do not violate Rule 3 – Player Eligibility.
5. Men can play in a Men’s League only. Men’s leagues may have women on their team if interested.
6. **Players must be on team’s initial roster (filled out online) or be added to the roster by the Roster Freeze date in order to be eligible for playoffs.**
7. **Use of an ineligible player will result in the forfeiture of the game.**
8. Opposing teams may protest eligible players to the scorekeeper prior to the game. If said player is not on the roster, the player is declared ineligible.

AWARDS

1. LEAGUE CHAMPIONS: Teams that win the championship of their playoff brackets at the end of the season will receive championship awards for each player on their roster (10 per team max.).

DISPUTES: In the case of a dispute, the officials are instructed to talk to managers only. All others will retire to their team benches until instructed by the officials to return to the court and resume play.

DEFAULTS/FORFEITS

1. A team is considered to have forfeited their game when they give the **League Coordinator** (Carter Akerfelds) advanced notice that their team will not be showing up for their scheduled game. Advanced notice is considered to be **3:00pm** on the date of the game.
2. A team that fails to show up for their game or that does not have enough players to play their game is considered to have forfeited that game.
3. Any team that forfeits twice in one season will be removed from the league with no refunds of league fees.

GAME SPECIFICS

STARTING THE GAME

1. START TIME: Teams are to be at the court and signed in before the official game time. **Players must sign in with the scorekeeper before each game.** If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. SCORING: A South Suburban Athletics staff member will keep the official score and clock at the

- scorer's table. All players must check-in with the scorekeeper prior to entering into the game.
3. TEAMS: Five (5) players constitute a team. A team may start with no fewer than three (3) players and may finish with as few as two (2). If a team has two (2) or less players at game time, the opposing team can either: ask for an immediate forfeit or start the game clock and allow that team up to ten (10) minutes to get a third player before the forfeit has been declared.
 4. UNIFORMS: Teams must wear contrasting color uniforms with numbers on the front or back. No duplicate numbers on the uniforms and the numbers should be permanently attached to the shirt/uniform. **All players must have numbers on their shirt/jersey.**
 5. JEWELRY: NO jewelry may be worn. Player(s) cannot tape jewelry, it must be taken off. If during the course of the game, a player is found to have jewelry on, the officials will stop the game and remove the player until the jewelry has been removed. *Clarification: Medical alert bracelets are not considered jewelry; they must be taped down with the medical information visible.*
 6. GAME EQUIPMENT: South Suburban can provide an official game ball. If both teams do not want to use the South Suburban ball and both teams agree on an alternative game ball, then the game will be played with the alternative game ball.
 7. OTHER EQUIPMENT: Braces or other types of support equipment are not required, but if worn must meet Colorado High School rule book guidelines. **No hard or unyielding substance on the brace such as: leather, plaster, plastic, or metal.**

PLAYING THE GAME

1. GAME TIME: The game will consist of four (4) quarters of ten (10) minutes. The first three quarters will be a running clock; the clock will only stop for team & official timeouts. The fourth quarter will be a running clock for the first eight (8) minutes dependent on the score.
2. STOPPING THE CLOCK: If the score is within ten (10) points at the two (2) minute mark of the game, the clock will stop during the last two (2) minutes of the second half according to NFHS Basketball Rules. If the point differential reaches 11+ points after the two (2) minute mark a running clock will be in effect.
3. HALF TIME: Half time will be three (3) minutes in length.
4. TIME-OUTS: Each team will get one (1) one-minute time-outs per half. Time-outs are not cumulative.
5. POINT/MERCY RULE: With five (5) minutes or less left in the game, if a team is ahead by thirty (30) points or more at any point, the game shall be declared complete. Also, with two minutes or less left in the game, if a team is ahead by twenty (20) points or more at any point, the game shall be declared complete.
6. JUMP BALL/HELD BALL: The beginning of the game and beginning of all overtime periods are both started with a jump ball; thereafter, any held ball situations, and the start of the second half, will use the alternating possession procedure.
7. OVERTIME: A two-minute (stop clock) overtime will occur if the game is tied at the end of regulation. The first team to score four (4) points in overtime will be declared the winner or if a team is ahead at the end of the two-minute overtime. One (1) time-out per team per overtime period. All fouls will carry over into overtime. If a winner has not been declared by the end of

the two-minute overtime period, the next team to score a point wins.

8. **DUNKING:** Dunking will not be allowed before, during or after a game. Contact with the rim must occur for it to be considered a dunk. *Penalty:* First dunk is a technical foul and an ejection from the game (two points and the ball awarded to the other team). Continued violation of this rule could result with the player(s) or team being suspended for the rest of the season and forfeiting all games and fees.
9. In the case of a rule dispute, the officials are instructed to talk to managers only. All others will retire to their team benches until instructed by the officials to return to the court and resume play.
10. **TECHNICAL FOULS:** A technical foul will result in two (2) points and possession of the ball for the non-offending team. Technical fouls count toward player and team foul counts. The player who received the technical foul must sit out for 3 minutes.
11. **UNSPORTSMANLIKE TECHNICAL FOULS**
 - a. The first unsportsmanlike technical foul will result in the offending player being removed from the game for a three (3) minute “cooling off” period.
 - b. The second unsportsmanlike technical foul will result in automatic ejection from the current game. The offending player must leave the facility after receiving a second unsportsmanlike technical foul, play will not resume until the player has left the facility.
 - c. If a team receives three (3) unsportsmanlike technical fouls within one game, that game will be ended by the officials and will be scored as a forfeit by the offending team.
12. **ADMINISTRATIVE TECHNICAL FOULS**
 - i. A player entering the game without checking in and being added to the roster will result in an administrative technical foul charged to the team bench.
 - ii. If a team receives two (2) or more delay of game violations, an administrative technical foul will be charged to the team bench for each violation.
13. **INTENTIONAL/FLAGRANT FOULS:** An intentional or flagrant foul will result in three (3) points and possession of the ball for the non-offending team. Intentional/flagrant fouls count toward player and team foul counts. Flagrant fouls result in automatic ejection.

SPORTSMANSHIP AND PLAYER CONDUCT

South Suburban Athletics Department encourages good sportsmanship from all teams and uses a Code of Conduct to handle behavior deemed unsportsmanlike. The following clarifications are made for the sport of basketball, but when necessary, decisions regarding discipline will be made using the South Suburban Participant Code of Conduct. Team Managers are responsible for educating their teams on this topic.

1. **TRASH TALKING/BAITING:** Any trash talking or baiting will result in a technical foul without a warning being issued and possible removal from the game. (Examples of taunting and baiting include: demonstrations made when fouls and violations are called by officials, demonstrations towards officials or opponents, ridiculing motions such as: pointing fingers, gesturing, hollering chesting up, etc.)
2. **FIGHTING:** Fighting is a flagrant act and can occur when the ball is dead or alive. This includes, but is not limited to, combative acts such as: an attempt to strike an opponent with fists, hands, arms, legs or feet; an attempt to punch or kick an opponent, regardless of whether contact is

made; or an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate by fighting.

3. EJECTIONS

- a. A player(s) will be automatically ejected from the game if they receive two (2) unsportsmanlike technical fouls, one (1) flagrant foul, or are involved in fighting.
- b. A player that has been ejected must leave the facility for the remainder of the night and will face at minimum a one (1) game suspension from his/her team's next scheduled game.
- c. Any player and/or coach who have been ejected from two (2) different games will be suspended for the remainder of the current season and playoffs.

TIE-BREAKING PROCEDURE

1. When records are tied at the end of League play, the following procedure will be used to determine playoff seeding:
 - a. Head-to-head result(s)
 - b. Point Differential in all league games
 - c. Total points scored in all league games
 - d. Coin Toss