

2023

Adult Basketball Guidebook



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Table of Contents

I.	Philosophy	2
II.	Sportsmanship	2
III.	Program Administration	2
IV.	Divisions	2
V.	Rosters	3
VI.	Player Eligibility	4
VII.	Rules & Guidelines	4
VIII.	Uniforms	5
IX.	Forfeit Games	5
X.	Corporate League Specialty Rules	5
XI.	Unsportsmanlike Conduct	6
XII.	Protests	7
XIII.	League Winners	8
XIV.	Awards	8
XV.	Official & League Supervisor Information	9

Points of Interest:

I. PHILOSOPHY

The Salt Lake County Recreational Adult Basketball Program is intended to provide participants with an opportunity to play basketball in an organized, competitive, and recreational environment.

One of the goals of the program is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed or color. More important than any game are the participants and their needs. The Adult Basketball Program strives to bring area residents closer together through their common interests in sportsmanship, cooperation and appreciation of the game.

II. SPORTSMANSHIP

A good portion of this manual is devoted to this topic, primarily out of necessity. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. Salt Lake County Recreation cannot and will not tolerate such a style that ignores good sportsmanship and clean play. Remember: It's only a game.

III. PROGRAM ADMINISTRATION

- A. The leagues will be known as the Salt Lake County Sports Leagues.
- B. The Salt Lake County Sports Staff will determine the placement of teams:
 - i. Any open spots cannot be sold, bartered or traded. Any vacated spots will be filled at the discretion of the Salt Lake County Sports staff.
 - ii. Mandatory condition to secure your spot for placement is FULL payment of fees or enrollment of the payment plan with down payment paid on or before deadline.

IV. DIVISIONS

- A. Men's Leagues:
 - i. Competitive Leagues - A competitive league may have as many former college players as they want. No players currently playing with a college team may play in the leagues.
 - ii. Semi-Competitive Leagues - Teams are allowed no more than 2 college or Jr. college players per team in this division unless the former college player is over the age of 35.
 - iii. Recreational Leagues - Teams cannot have any college or Jr. college players in this division unless the former college player is over the age of 35.
 - iv. Players must play in 2 regular season games to be eligible to play in any post-season tournament.
- B. Women's Leagues:
 - i. Leagues are divided into Competitive, Semi-Competitive and Recreational. In the Recreational division, teams may only have one player that has earned a college letter and is under the age of 30.
 - ii. Players must play in 2 regular season game to be eligible to play in any post-season tournament.

V. ROSTERS

- A. All rosters must be completed, and waivers signed online on the Quickscores website, PRIOR TO the start of the first league game. (quickscores.com/sportoffice)
- B. For rosters to be valid, all information must be filled out, including name, email, address, zip code, and telephone number of each team player.
 - i. Because of legal requirements, everyone must sign the roster before playing in any game.

- ii. The league supervisor has the right to request identification of players from any team to ensure eligibility.
 - 1. *Penalty: If the player is found to be ineligible, the game will be a forfeit. If the player does not have identification with him/her, it will be the player's responsibility to provide and show identification to the league supervisor on the day of the game.*
- iii. An un-rostered player may not play under the name of a rostered player.
 - 1. *Penalty: When a player is caught playing under an assumed name, the acting manager and the illegal player will be suspended from any league in which they participate, and that game declared a forfeit.*
 - a. *First offense - 2 games*
 - b. *Second offense - Remainder of the season*
- C. Teams may carry a maximum of 20 players on their roster. If a team wants to add an additional player, another player must be dropped to keep the maximum number of 20.
- D. If a player on the roster is suspended for any reason his/her spot on the roster cannot be replaced. If a player is suspended at the end of the season, they will serve a two-game suspension at the beginning of the next league in which they play.
- E. It is the responsibility of the team manager to keep his/her roster current. These changes must be transacted between manager and league supervisor only. Do not call the county sports office regarding roster changes. Obtain the name and contact information from your league supervisor at the beginning of league play.
- F. The official roster shall be kept by the league supervisor in which the team participates. Before a player is eligible to play, the manager must contact the league supervisor to add his/her name to the roster by 5 PM the day of the game.
- G. The deadline for adding players to the roster is halfway through the season.
- H. Each team will have one emergency add to use one time for one player to the roster. This can be done day of game, even after the roster is frozen.
- I. Players must play in at least 2 round robin league games to be eligible to play in any post-season tournament.

VI. PLAYER ELIGIBILITY

- A. All players in the adult programs must be at least 16 years old to participate. Young men and women under 18 will be required to have their parents or legal guardian complete and sign a Player Consent Form, and Concussion and Head Injury Release, available from the league supervisor.
- B. It is the player's responsibility to produce photo ID to the league supervisor, if requested, on the day of the game. If the player fails to, the game will be declared a forfeit.
- C. A player may only play on one team per league.

VII. RULES AND GUIDELINES

- A. All games will be supervised by Salt Lake County Parks & Recreation personnel and governed by current Utah High School Rules, with the exceptions listed in this section.
 - i. All leagues will play two 16-minute halves, with a 3-minute overtime when necessary. If necessary, a second overtime will be 2-minutes. If both overtime period end in a tie, the game will go to sudden death where the first team to score a point wins the game.
 - ii. The clock will stop only during:

1. Timeouts
 2. Shooting Fouls
 3. All whistles during last minute of each half.
 4. All whistles during the last minute of overtime.
 5. Unusually long delay in game (injury, officials timeout, unplayable ball, etc.).
- iii. Mercy Rule - If a team is up by 20 or more points the clock will no longer stop for any reason (except time outs, injuries and all whistles the last minute of each half). The Mercy Rule will no longer be in effect once the team that is down gets the score to a 15 point or less difference.
 - iv. Each team has 2-time outs per half and cannot be carried over from one half to the next. One timeout will be allotted in the first overtime. No timeouts will be given for the second OT or sudden death.
 - v. A team MUST have at least four rostered players by game time to avoid a forfeit. A team may play the entire game with four rostered players. Game format will remain the same with the four players.
 - vi. All technical fouls count as both personal fouls and team fouls.
 - vii. Dunking Rule: Copperview, Gene Fullmer, Millcreek, Holladay Lions, South Jordan, Taylorsville, Dimple Dell, Northwest all allow dunking, **only during actual game time.** No dunking during pre-game warm-ups, at halftime, or after the game. All other sites, especially ALL Schools, there is absolutely NO dunking, attempted dunking, or hanging on the rim allowed, unless failure to do so would result in injury.
 1. *Minimum Penalty - Player will be assessed a technical foul. Shots will not be taken if offense happens before game. The opposing team will be given 2 points per technical foul assessed to start the game. If offense happens at a school gym during the game, a technical foul will be assessed, player must sit 8 minutes and technical shots will be taken.*
 2. *Maximum Penalty – Player will be ejected from the current game and the facility as well as suspended from the next two games or more determined by the league supervisor and program manager.*
 - viii. A player causing property damage of any kind at any facility will be liable for repair costs and may receive a minimum of 2 game suspension and a maximum of a one-year suspension from all County Adult Basketball Leagues.
- B. Blood Rule
- i. A player who is bleeding or has an open wound must leave the game until the bleeding is stopped, the wound is completely covered and if necessary, the bloody clothing has been replaced. No penalty will be assessed if a replacement jersey does not exactly match the team color if it is similar. Any bleeding or bloody player refusing to leave a game will be ejected.

VII. UNIFORMS

- A. As a team, it will be mandatory for all players to have matching uniforms. Uniforms will consist of like color reversible jerseys with at least 6-inch numbers in a contrasting color on the front and back. Uniforms will be required for the 1st night of league play.
 - i. *1st Offense Penalty: 2 points for each player out of uniform to start the game will be awarded to opposing team. Each player out of uniform will also be assessed a personal foul and it will count toward team foul total.*
 - ii. *2nd Offense Penalty: Player out of uniform may not play in game.*

- B. Proper athletic shoes must be worn. No street shoes, sandals of any kind, bare or stocking feet, or cleated shoes allowed. Black-soled shoes that leave noticeable marks on the gym floor are not allowed.
- C. It is suggested that managers bring extra jerseys for team members.

IX. FORFEIT GAMES

- A. If a team has less than the required four players at game time, the game is a forfeit and will not be played. Players may scrimmage with a 32-minute running clock, but officials will not officiate, and stats will not be recorded. A 5-minute grace period will be allowed for only the first game of the night. All other games will be forfeited at game time.
 - i. Any misconduct or abusive action by players in a scrimmage will immediately terminate play, and unsportsmanlike conduct may be reported and enforced at the league supervisor's discretion. Only rostered, legal players may participate in a scrimmage.
 - ii. Any team forfeiting two games in a season may result in team being dropped from the league with no refund at the Program Manager's discretion.
 - iii. Out of common courtesy, a team who knows they are going to forfeit is urged to contact their league supervisor or the County Recreation Office so that their opponent can be notified.

XI. UNSPORTSMANLIKE CONDUCT

- A. Salt Lake County Recreation Division or the league supervisor has the authority to assess a technical foul, disqualify, suspend, or remove any coach, player, spectator, or team that behaves in an unsportsmanlike manner before, during or after a game.
- B. The following are included but not limited to in defining unsportsmanlike conduct:
 - a. Verbal Abuse: No player, manager or team shall verbally abuse, taunt, provoke or disrespectfully address any official, league supervisor, player, or spectator before, during or after a game.
 - i. *Minimum Penalty: Unsportsmanlike technical foul on a player, coach, or manager. Free throws and ball out of bounds will be awarded to the opposing team, and the assessed player must sit out eight minutes.*
 - ii. *Maximum Penalty: Flagrant technical foul, ejection, and two game suspension.*
 - b. "F-Word Rule": Any player, coach or bench personnel that say the four letter "F-word" loud enough to be heard by the referee(s), league supervisor and/or game personnel will be issued an 8-minute technical foul.
 - c. Racial Slurs or Sexual Harassment WILL NOT be tolerated from a player, coach, or bench personnel.
 - i. *Minimum Penalty: Offending person will be ejected from the current game and the next two scheduled games.*
 - ii. *Maximum Penalty: Suspension from ALL County Adult Sports programs for one year. A lifetime ban may be imposed depending on seriousness of offense.*
 - d. Taunting and Trash Talk have no place whatsoever in a basketball game. Any player, coach, spectator, or bench personnel participating in such behavior will be ejected from the current game and the next two scheduled games. Any referee(s) or game personnel witnessing said behavior will enforce the above penalty.
 - e. Use of obscene or vulgar gestures, including spitting will carry the same penalty as the "F-word".
 - f. No Fighting Policy: Salt Lake County Sports strictly prohibits any player, coach or spectator fighting before, during or after a game. The definition of a fight includes, but is not limited to punching, slapping, or swinging a fist or open-palmed hand at another

player. A punch does not have to land to be considered a fight. At the program administration's discretion, the definition may also include kicking, shoving, throwing an object, or any other violent act. Any fight that occurs outside of the gymnasium (i.e. parking lot or street) and is witnessed by a County employee or representative shall carry the same consequences as if it had occurred in the gym.

- i. *Minimum Penalty: Suspension from all county Adult Sports programs for one year from the date of the offense.*
 - ii. *Maximum Penalty: Lifetime suspension from all county Adult Sports programs.*
 - g. Threatening: No player, manager or team shall threaten another player, official, league supervisor or spectator before, during or after a game.
 - i. *Minimum Penalty: Suspension from all County Adult Sports programs for one year.*
 - ii. *Maximum Penalty: Lifetime suspension from all county Adult Sports programs.*
 - h. Alcohol/Drunkenness: No coach, player or spectator shall consume alcohol/tobacco in the facility or on the grounds (i.e. parking lot) of a facility used to host Salt Lake County Recreation programs. A coach, player, or spectator who, in the opinion of the officials or league supervisors, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game.
 - i. *Minimum Penalty: Offending person will be ejected from the current game and the next two scheduled games.*
 - ii. *Maximum Penalty: Suspension from all County Adult programs for one year from the date of offense.*
- C. Ejection from game: Any coach, player or spectator that has been ejected from the game for any reason will be suspended from the current game and the next two scheduled games.
- D. Suspension: Once a player has been suspended from play for one year, a second-year long suspension may result in a lifetime ban from ALL County Adult Sports programs.
 - i. If a player is ejected and suspended two times in one season, he/she will be suspended from all County Adult Sports programs for one year.
 - ii. If a player accumulates three technical fouls in a season, he/she will be suspended for the remainder of the season or up to one year from the time of the offense.
 - iii. If a player accumulates 5 technical fouls in a season throughout Salt Lake County, he/she will be suspended for the remainder of the season or up to one year from the final technical.
- E. Spectator Behavior:
 - a. Spectators are expected to behave in a civil manner. Any spectator who engages in unsportsmanlike conduct including, but not limited to verbal abuse, physical abuse of any nature, throwing items on the floor, or any other behavior deemed detrimental to the spirit of the game will be warned by the officials or league supervisor for their first offense. A second offense during the same game will lead to the immediate ejection of offending person from the facility. If a spectator refuses to leave the facility within two minutes, then the team with which they are affiliated will forfeit the game. At the league supervisor's discretion, any spectator who is ejected from the facility may receive a season-long suspension and may be banned from the facility.

XII. PROTESTS

- A. A team has the right to protest a game on the following grounds:
 - i. Player eligibility status
 - ii. Illegal player issues

- iii. Interpretation of rules and regulations listed in this manual
- B. A team does NOT have the right to protest a game on the following grounds:
 - i. Official's judgment calls
 - ii. Only one official present at game
 - iii. League supervisor's decisions
- C. Any suspended player or coach has the right to protest suspension. Ignorance of rules is not a legitimate defense to overturn a suspension or ban.
- D. Protest Procedure
 - i. A team wishing to protest a game must notify the league supervisor of their intent to protest. No protests will be accepted if the league supervisor is not notified within 3 minutes of game time from the time of the incident.
 - ii. A player wishing to protest a suspension or ban must do so within 5 business days of the date of the suspension notice.
 - iii. A protesting team or player must file a protest form with the County Sports Office either by fax or in person by 5pm the next business day of the protested game. A \$50 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a Board consisting of three to five Salt Lake County personnel, and the Board will make a ruling within 24 hours of the hearing. The \$50 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the County Sports Office as a processing fee.

XIII. LEAGUE WINNERS

- A. For leagues with no tournament, league winners will be determined by the overall best season record. In leagues with a playoff (tournament), the team who wins the tournament will be considered the league champion.
- B. If there is a tie for first or second place, head-to-head games will be the first tiebreaker. If a forfeit game during the season is involved in leagues where teams play each other more than once and a tie exists, the team with the forfeit will take the lower award.
- C. Any team that forfeits two or more times during a season cannot win any team awards.
- D. Points differential between teams tied will be used, if necessary, to resolve ties in the standing.

An example of using Points Differential:

SCORES	DIFFERENTIAL	
Team A 55 vs. Team B 47	A+8	B-8
Team A 70 vs. Team C 71	A-1	C+1
Team B 63 vs. Team C 62	B+1	C-1
Team A 52 vs. Team B 54	A-2	B+2
Team A 72 vs. Team C 67	A+5	C-5
Team B 49 vs. Team C 40	B+9	C-9
Point Differential	A+10 B+4	C-14
1st Place Team = Team A		
2nd Place Team = Team B		

If a tie exists for second place, the same tie-breaking procedure listed above will be used. If any tie still exists after using the Points Differential formula, teams will be declared co-champions or co-runners up.

XIV. AWARDS

- A. The following awards will be given at the conclusion of all leagues: First place team individual awards, second place team individual awards. Leading scorer award and leading three-point award will also be given.

Player with an ejection during the season is not eligible for individual awards.

XIV. OFFICIAL & LEAGUE SUPERVISOR INFORMATION

- A. Incident reports must be filed by both game officials and league supervisors within 24 hours of the occurrence of any of the following incidents:
- i. Fighting, Unsportsmanlike Technical Fouls, Verbal Abuse, Threatening, Obscene or Vulgar Gestures, Racial Slur or Sexual Harassment, and any Ejections.
- B. In addition to filing a written report, the league supervisor must call and inform a Salt Lake County representative of the incidents the next working day.
- C. The Program Director has the right to uphold or overturn any ejection or suspension, based on information specific to the incident or in the best interest of the Adult Basketball Program.

Gym Locations:

- **Copperview Recreation Center:** 8446 S. Harrison Street
- **Dimple Dell Recreation Center:** 10670 S 1000 E
- **Gene Fullmer Recreation Center:** 8015 S. 2200 W.
- **Holladay-Lions Recreation Center:** 1661 E Murray-Holladay Road
- **J.L. Sorenson Recreation Center:** 5350 W. Herriman Main St.
- **Millcreek Community Center:** 2266 E. Evergreen Ave.
- **South Jordan Recreation Center:** 10866 S. Redwood Rd.
- **Taylorville Recreation Center:** 4948 S. 2700 W.
- **Northwest Recreation Center:** 1255 W. Clark Ave.

Schedules, Standings, and Stats are posted online at:

quickscores.com/sportsoffice