

# **BASKETBALL LEAGUE RULES AND REGULATIONS**

## **LEAGUE FORMAT**

1. League play will depend on the number of teams registered for the league.
2. Games will not be canceled due to inclement weather, use your own discretion as to whether or not it is safe to travel.
3. At anytime a game needs to be canceled or is forfeited, Team Captains will be notified. It is the responsibility of the captain to inform their team schedule changes and all league rules/regulations.
4. **Jerseys: Teams must have jerseys or shirts the same color and numbered by the second week or a non-unsportsmanlike technical foul will be assessed the first time that player enters the game.**

## **TEAM ROSTER INFORMATION**

1. This league is for players 18 years of age and older. Players must be out of high school.
2. Rosters are due prior to first game; complete with names, phone numbers, and signatures.
3. Rosters can have a maximum of 15 players, and will be considered "frozen" once the post-season tournament begins. **Players must be listed on your roster, signed the roster, and have played in at least 2 regular season games before they will be allowed to play in the tournament (includes player's signature)**

## **STANDINGS**

1. Best game record (or best win % if the amount of games played is different)
2. If teams are tied at the end of the season the tie-breaker will be broken as follows:
  - 1.) Head-to-head
  - 2.) If still tied, points allowed entire season
  - 3.) If still tied, points scored entire season
  - 4.) If still tied, coin-flip

## **PLAYING RULES**

1. IHSA rules will apply to league play with specific Flagg-Rochelle Community Park District rules taking precedent over high school rules where stated.
2. A team may start and play with four players with the fifth player entering upon arrival during the next dead ball situation. If only 4 players are available team must play at game time. If a team has less than 4 players at game time, the game clock will start. After 10 minutes have elapsed and the team still does not have 4 players, **in the gym**, the game will be declared a forfeit. The score will be recorded as 50-0. Referees are not required to officiate forfeited games.

3. **Game rosters need to be filled out before each game and given to the scorekeeper 10 minutes before game time.**
  - a. Identify starters and include all subs to play that day.
  - b. Use first and last name.
  - c. List players in numerical order.
  - d. You may bring your own sheet or get one at the scorer's table.
4. **Forfeits:** Any team that forfeits more than 2 games will be required to pay a \$25 forfeit fee at the Park District Office before they will be allowed to play in their next scheduled game. Any team that forfeits three games will automatically be dropped from the league. Refunds won't be given.
5. **Games:** Will be two 20-minute halves. A 3 minute halftime will be allowed between halves; one-minute prior to each overtime period if needed.
6. **Clock:** There will be a continuous clock in the 1<sup>st</sup> half, clock will stop for time-outs, and under 2 minutes for free throws. In the final 2 minutes of the second half, there will be a regulation clock that will stop on all dead ball situations.
7. **Overtime:** Overtime will be 3 minutes and the clock will run continuous for the first 2 minutes. The last minute will be a regulation clock. If still tied after the first overtime "sudden death will be used" i.e. the first team to score following a jump ball will be declared the winner. A jump ball will determine possession at the start of each overtime. All fouls in overtime will be a 1-and-1 situation, unless the opposing team is in the double bonus.
8. **Jump Ball:** Will start the game/overtime. All jump balls thereafter will be alternate possession.
9. **Timeouts:** Three 1-minute timeouts per game plus one 1-minute timeout per overtime period. Time-Outs do not carry over to overtime
10. **Free throws:**
  - A. All free throws will be shot.
    1. The shooter cannot go in the lane until after the ball hits the rim, however the other players can move as soon as the ball is released.
    2. Players at the top of the key may not enter into the 3-point arc until the ball has hit the rim.
    3. Players will lineup above the block.
    4. They will be shot as 1 and 1 on the 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> team foul and will be 2 shots on the teams 10<sup>th</sup> and thereafter.
11. **Fouls:** A player is excused from the current game after his fifth foul. If the team has fewer than 4 players, that player may remain in the game, but every time that player is charged with a foul it is a non-sportsmanlike technical foul.
12. **Substitution:** Player's may substitute at any dead ball situation. The player must notify the scorekeeper and be recognized by the game officials. **NO SUBBING ON THE RUN!**
13. **NO DUNKING OR HANGING ON RIM OR A TECHNICAL FOUL WILL BE ASSESSED. (if a player damages the backboard/rim, they will be financially responsible)**

#### 14. **Technical Fouls:**

- Two points and possession will automatically be awarded to the offended team on all technical and flagrant fouls.
  - Any player receiving two technical fouls will be ejected from the game and may be asked to leave the facility and will be suspended for the next week's game.
  - Any team receiving three unsportsmanlike technical fouls will automatically forfeit that game.
  - Any player receiving three unsportsmanlike technical during the year will be suspended one game.
  - Any unsportsmanlike technical after that will result in a one game suspension.
15. **Fighting - flagrant fouls:** Any player using any unsportsmanlike conduct will be automatically ejected from the game and could be subject to further action or suspension from the Park District Office. Any player or coach involved in a fight will automatically be ejected from the league.
16. The game may be terminated if at any time in the second half a team is down by 30 with less than 3 minutes left in the game. This is to help eliminate any unnecessary fights, arguments and hard fouls.
17. This is a zero-tolerance league, in efforts for a positive playing experience for all teams. Teams will lose their league deposit if at any time a player or players need to be removed for the game/facility/league.

### **Conduct**

1. Teams are responsible for the behavior of their coaches and spectators at all times. Keep children off of the playing court for everyone's safety.
2. At any time a game can be terminated by the officials or Park District staff
3. If a team, player, coach, captain or team spectators continue to argue, harass, threaten, any official, opposing player, or the Park District Staff. The team guilty of such derogatory behavior will automatically receive a forfeit.
4. The Park District may make any necessary changes to schedules, rules, etc.
5. **Alcoholic beverages, smoking, chewing tobacco, drugs and profanity are prohibited on school property.**
  - a. Profanity towards a Park District employee (ref, scorekeeper, etc) **ZERO TOLERANCE**, the player must immediately leave the facility.
    - i. Depending on the severity of the situation the Recreation Supervisor will determine whether the player will be eligible to participate.
  - b. Refs will give a player a warning on first offense of profanity, if there is another incident the ref will give the player their 2<sup>nd</sup> warning and remove from play for 5 minutes. If the player returns to the game and has a third offense will be removed from the game and the Recreation Supervisor will decide whether the player will be eligible to participate.

6. Players are not allowed to wear jewelry on the court.
7. Carry in your playing shoes and throw away all garbage from your team and fans, to help keep the facility clean. Leave the facility and gym in better condition than you found it. We rent this facility and any problems or abuse to the facility could lose our ability to rent the school.  
**Players and spectators are not allowed to roam the hallways; we have access to the gym and restrooms only.** Please pass this info on to all players and families watching your team play.