



Self-Officiated ADULT BASKETBALL RULES & REGULATIONS

Schedules & Standings:

www.quickscores.com/cityofwinona

Park & Recreation Department Contact Info:

Office Hours: M-F 8:00 AM - 4:30 PM

Address: 207 Lafayette Street, Suite 105, Winona, MN 55987

League Coordinator: Austin Powell, apowell@ci.winona.mn.us

Phone: 507-457-8258

www.cityofwinona.com

After Hours Drop Box (for rosters and registrations):

Located on 4th Street side of City Hall Building

Cancellations:

Email via QuickScores or CivicRec

Adult Basketball Policies & Regulations

Role of Managers

- I. Team captains will be held responsible for player conduct. Unsportsmanlike conduct will result in player or team suspension if excessive.
- II. Make sure everyone is on your roster and that rosters are turned in.
- III. Make sure your players know the rules of play, eligibility, conduct, and have a legal uniform.

Roster Eligibility

- IV. **All rosters must be turned in to the Scorekeepers' table or the Park & Recreation Office by the end of the 3rd game.** Late rosters will result in no further games being played for that team and loss by forfeit, until turned in.
- V. ROSTER LIMIT – 12 players per team. Players must be on a roster in order to play.
- VI. You may only be on **one roster** in the City of Winona Park Rec Basketball Leagues.
- VII. Players must be at least eighteen years old and/or out of high school.
- VIII. No Professional Players or current college players.
 - I. After the initial roster deadline, players may be added or deleted from your roster before the next game they play in. Scorekeepers will keep the rosters at the gym, no need to call our office to make changes. **No additions after the 3rd Monday in January.**
 - II. The penalty for playing non-rostered players in a league game is a forfeit, if requested by the offended team or brought to the attention of the Recreation Director, within 24 hours.

Equipment

- I. All teams must have **similar colored tops with numbers.**
- II. **Teams/ players without appropriate jerseys must wear pinnies provided by Park & Rec.**
- III. All braces / protective padding must be constructed of a soft, pliable nature. Any kind of jewelry is illegal and must be removed (wedding rings may be taped)

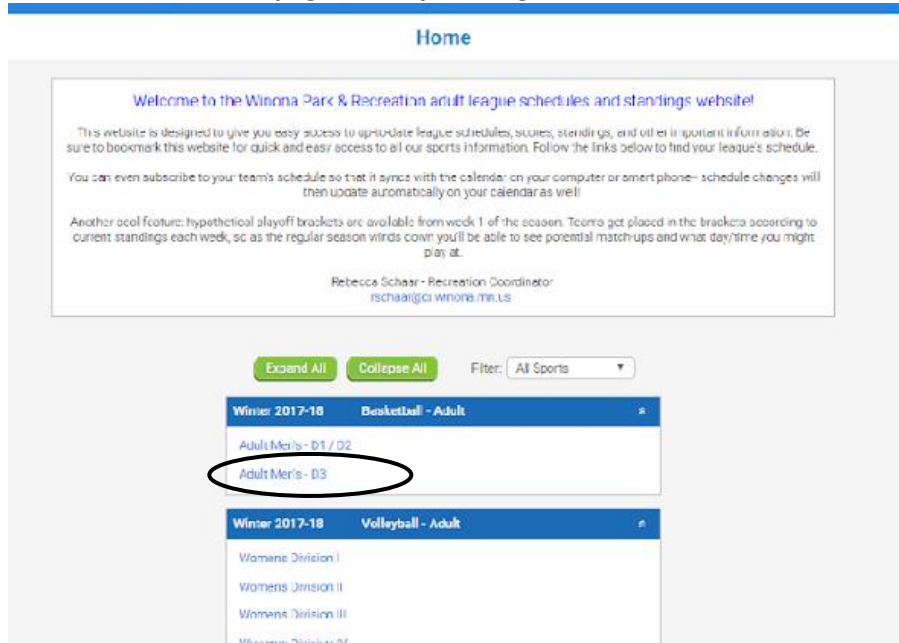
Game Cancellations

- I. Cancellations will be communicated via the QuickScores and the CivicRec websites. All who have created an account with QuickScores will receive an email and/or text if they have opted in to receive communications. For those who do not want to receive communications, the cancellation notice will be shown on the game schedule.
- II. **Rescheduled games:** The schedule allows for two makeup nights in the event that games are cancelled due to inclement weather. Any additional cancelled games will not be rescheduled and no refunds will be given.
- III. **Games will not be rescheduled if a team can't make it or doesn't have enough players.** *As a courtesy, if your team has to forfeit call our office so we can notify the other team.*

QuickScores Schedules/Standings

www.quickscores.com/cityofwinona. QuickScores is our league management site. It builds balanced schedules and displays scores/ standings for each league. To find your schedule:

1. From the QuickScores homepage select your league.



2. Scroll down for standings, and a week by week schedule
3. To see or print your team's schedule, select your team from the main league schedule, then find the 'print team' button. However, we recommend checking the website each week vs. printing a schedule, to ensure you have the most up-to-date schedule.
4. This is also where you will find the manager contact info for each team if you ever need to get in touch.
5. You can also subscribe to the schedule, which syncs it with your iPhone, outlook, or google calendar (not compatible with other calendars)

Self-Officiated Rules of Play

The purpose of the league is to provide a fun, recreational and semi-competitive experience. Keep in mind the etiquette of self-officiated play. Don't be overly aggressive- there is a limit to acceptable physical contact. Remember, we play running clock- don't eat up time by calling every ticky-tack foul or arguing every play. With the exception of the below rule modifications, play will be governed by the Minnesota Sports Federation (MSF) and Minnesota State High School League (MSHSL) rules.

- I. Players (either offensive or defensive) should call their own fouls and violations, either when they commit a foul or a foul is committed against them.

- a. **Offensive call prevails if there is a dispute on a foul.**
- b. Possession arrow will be used if there are simultaneous fouls or violations, if it is unclear which team forced the ball out of bounds, etc...
- II. There are no player or team foul limits. Players do not foul out of the game.
- III. If there is a technical foul, 2 points will automatically be awarded to the non-offending team and possession of the ball back.
- IV. **REMEMBER: the scorekeepers are *not* officials, and are not there to provide rulings on plays. They may however, administer technical fouls for unsportsmanlike conduct and have the right to eject any player. Please treat the scorekeepers with respect!**
- V. NO GRACE PERIOD – Be on time or your team will forfeit! *Other groups use the gym after us.*
 - a. A minimum of 4 players must be present on each team in order to start a game. If a team cannot field at least 4 players by game time, it is a forfeit.
 - b. If during the game, players are reduced to less than 4, it's a forfeit.
- VI. Games will consist of **two** 20-minute halves, running time except:
 - a. 15-POINT RULE: If a team is 15 points or less behind *and it is within the last 2 minutes of the game (2nd Half)*, shoot the free throws with clock stopped
 - i. 15+ Points, clock runs.
 - ii. First half, Clock runs from 20 to 0.
 - b. During the game, the clock may only be stopped by a timeout, serious injury, or a technical foul.
 - c. Last Two (2) minutes of the game (2nd Half), if score allows it, the clock will be stopped.
 - d. There will be a five-minute half time break.
- VII. Teams will shoot to determine who gets to start the game on offense. Possession arrow at the end of the half determines who gets the ball to start the second half, and any subsequent overtime periods.
- VIII. Each team will be awarded two (2), one-minute time outs per half. Time outs are not cumulative.
- IX. Substitutions may be made only during dead ball situations
 - a. No hockey substitutions.
- X. Overtime consists of a three-minute period; the first two minutes will be running time and the last minute stop time. Each team will get 1 additional time out per overtime period.
- XI. Free throws will be as followed
 - a. Shooting attempt with no basket = 2 Free Throws
 - b. Shooting attempt with a basket = (2, 3) + one (1) Free Throw Attempt
 - c. Fouls 7-9: Shoot one (1) free throw to earn 2nd free throw
 - i. Make 1st = 2nd attempt
 - ii. Miss 1st = No 2nd attempt
 - d. Fouls 10+: Automatic two (2) Free Throw attempts
- XII. Free Throw attempts – don't waste time. Get ball, shoot

Technical Fouls- Unsportsmanlike Conduct

- I. Excessively swinging arms or elbows, whether or not there is contact with an opponent, will result in a technical foul.
- II. Abusive, profane, threatening language or excessive trash talking will not be tolerated and will result in a technical foul, at the discretion of scorekeepers or league directors.
- III. A second technical foul on any player shall be considered flagrant and that player ejected.
- IV. Teams receiving three technical fouls in a single game shall forfeit the game.

- V. Depending on the severity of the misconduct, the technical foul may be skipped and the player immediately ejected.

Dunking

- I. **Dunking will be allowed only during the actual game.** Anyone caught dunking either before or after the game will be charged with a technical, ejected from that game and the next one.
- II. Payment for damaged equipment is the responsibility of the violating player/team.

Protests

- I. Game protests must be filed with the scorekeeper and opposing team manager before or during the game. Protests regarding eligibility may be made before, during a game or up to 24 hours after the game; the protesting team must call the Recreation Director within the 24 hours. Ruling on the protest will be made after receiving the circumstances and facts pertaining to the protest.

Infectious Disease Control Rule:

- I. A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment has been administered.
- II. Appropriate treatment is:
 - a. Bleeding has stopped
 - b. Injury is covered
 - c. Uniform changed or disinfected with acceptable disinfectant
 - d. Competition area and equipment disinfected with acceptable disinfectant
- III. If treatment can be administered within three minutes, the individual would not have to leave the game. Otherwise, substitution of the individual must take place.

*Respect the game. Respect fellow players and league staff. *

FACILITY USE INFORMATION

ERC Facility Use:

- The Men's & Women's bathrooms are available for your use if you would like.
- You are allowed to bring **WATER ONLY** into the gym as long as it is in **Plastic Bottles**. You must clean up any spilled water immediately and be sure to deposit the empty bottles into the garbage cans or take what you brought home with you.
- A First Aid Kit will be taken to each game by the scorekeeper for emergency use.
 - (Items will be replaced by Recreation Coordinator)
- A table/chair should be set up for the scorekeeper/timer.

St. Stanislaus Facility

- The Men's & Women's bathrooms are available for your use if you would like.
- You are allowed to bring **WATER ONLY** into the gym as long as it is in **Plastic Bottles**. You must clean up any spilled water immediately and be sure to deposit the empty bottles into the garbage cans or take what you brought home with you.
- A First Aid Kit will be taken to each game by the scorekeeper for emergency use.
 - (Items will be replaced by Recreation Coordinator)
- A table/chair should be set up for the scorekeeper/timer.

Officials, scorekeepers and managers, please be aware of the above items and expectations. Managers please inform all your players of the above as well. You as the manager are responsible for making sure these expectations are followed. We appreciate the use of these facilities and do not want to lose the privilege of their use. Thanks for your anticipated cooperation. Any questions, please call the Park & Rec. office at 457-8258.

ADULT SPORTS CONDUCT POLICY

207 Lafayette St., Winona, MN 55987
507-457-8257 | apowell@ci.winona.mn.us

Winona Park and Recreation Department has instituted a “**Adult Sports Conduct Policy**” for Adult Sports leagues. The purpose of this policy is to continuously improve the quality of the recreational experience to all persons interested in participation. We want to uphold the principals of great sportsmanship and fair play. Please remember that our leagues are recreational. Respect the facility, staff, opponents, and the game.

The operations and policies of the league shall be governed and enforced by the Winona Parks and Recreation Director of Services, Recreation Coordinator(s), and the Park and Recreation staff.

Conduct Policies

- All players and spectators are expected to maintain good sportsmanship before, during and after games.
- Threats, arguing with staff or officials, hand gestures, profanity, physical violence, unnecessary roughness, destruction, or damage to property will not be tolerated.
- All players and participants must be identified on the roster.
 - Players using an assumed name will be barred from participation in the league for one year.
- **Alcohol and tobacco use are prohibited in our facilities and on our fields. VAPING?**
 - No player, participant, or spectator may be found under the influence of any drug or alcohol, that may impair the individual’s decision making, judgment, or behavior towards players, coaches, managers, teams, spectators, officials, or staff.
- All players and spectators shall respect officials, umpires, and staff at all times.
- Any participant, manager, coach, or spectator may be suspended/ejected by a referee/umpire, or Park and Recreation staff for violation of Conduct Policies or Rules and Regulations violations.
- Managers are responsible for players and spectators before, during, and after games and are the official representative of **their** team and spectators.
 - In the absence of a Manager, the designated Team Captain shall serve as the representative.
- Managers are responsible for ensuring their team understands and acts in **accordance to the Conduct Policies** and Rules and Regulations.

Procedures

Violation of the **Conduct Policies** and Rules and Regulations may result in any of the following. Staff and officials reserve the right to enact any of the following penalties and accompanying fees:

- Verbal or written warning from the Park and Recreation Staff.
 - Any verbal warning will be followed with written documentation.
- Player ejection and suspension from all upcoming games for one week (7 days) and \$25 fee.
- Second ejection within the same season will result in suspension for one year (365 days) from the program and additional \$25 fee.
- Team or player(s) **suspension** from league for one year (365 days) and \$50 fee.
 - Team or player(s) are not eligible for refund of registration fees.
- **Add Expulsion?**

Depending on the situation, staff reserve the right to enact additional or more extensive penalties up to and including suspension or banning from all Parks and Recreation Leagues.

A written report of our **Conduct Policies** or Rules and Regulation violations will be completed within 24 hours of the incident.

Any player, manager, coach, or spectator suspended or ejected from a game must leave from the game area and facility immediately. Play will not resume until the individual leaves the premises. Failure to leave the premises after one minute will automatically result in team forfeiture and notification of local authorities.

Managers

As a Manager for the Winona Parks and Recreation league, I acknowledge that I am responsible for the actions of my team and spectators including knowledge of and following all Rules and Regulations and **Adult Sports Conduct Policy**.

Teams will be responsible for conduct violation fees. Teams will have 48 hours after written notification to pay conduct violation fees. After 48 hours, teams with unpaid fees will be suspended from league until payment has been made. All fees must be made payable to the City of Winona. Fees may be paid in cash, check, or credit/debit card. Team sponsors are not eligible to pay conduct violation fees.

I understand and agree to the terms listed within the **Conduct Policy** and agree to follow the policy as stated in order to remain in good standing with the league.

Team Name (print) _____

Team Manager (print) _____ Date _____

Manager's Signature _____

PLAYER'S NAME	PLAYER SIGNATURE	RETURNING PLAYER	NEW PLAYER	DESIGNATED TEAM CAPTAIN
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