



# COBB COUNTY PARKS BASKETBALL LEAGUE RULES AND REGULATIONS

(Revised 6/1/26)

**\*Highlighted rules denote revisions made since the previous season.\***

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## I. Games

- A. **National Federation of State High School Association Rules** shall be strictly adhered to unless contrary to the following rules and regulations.
- B. All games will consist of two (2) 20-minute halves with the clock running. (Clock stops for timeouts and emergencies only). It will be on regulation clock for the last two (2) minutes of each half. Halftime will be 3 minutes. Tie games shall result in a two-minute over-time period(s) until game is won. All over-time periods will start with a jump ball at center court and be on regulation clock. One time-out will be allowed per over-time period.
- C. If a 20-point difference exists in the last 2 minutes of the game the clock will continue to be a running clock. The clock will continue running even if the score drops below 20 points. Exception: Mercy Rule: If a team is down 30 points with 5 minutes remaining the game will be called.
- D. Only the members of a team, one coach, and one manager will be allowed on the bench. All players and coaches must stay behind the coaching line unless entering the game.
- E. Teams must have at least four (4) players to begin the game. A 10-minute grace period will be provided for teams to meet this requirement. The team with four (4) players at game time will put their starting players on the floor, and the clock will start. Each player will shoot two free throws, rotating after each attempt. Free throws will be administered by the referees to prevent "speed shooting." This process will continue until either A) the fourth player of their opponents shows up, or B) the 10-minute mark is reached. The shooting team can substitute players, but substitutions must be made at the table and acknowledged by the officials between shots. As soon as the fourth player of the late team is ready to enter the game, they must use a timeout to do so, and possession will be awarded to the team shooting free throws. The game will resume at that point. If after 10 minutes, a team still does not have four (4) players, the non-forfeiting team will be awarded the win based on the made free throws. \*In the case of a forfeit before game time, the non-forfeiting team will be awarded the win with a score of 2 – 0.
- F. **In the regular season**, if a team is short the players needed to start, they can pick up players from another team to avoid a forfeit, but they cannot go over five (5) players. If the team's player arrives, the player(s) they picked up will have to leave the team. This rule cannot be used to protest the outcome of a game.
- G. Bonus situation shall begin on the 7th team foul and Double Bonus shall begin on the 10th team foul each half. A player shall foul out on the 5th personal foul of



the game. **Technical fouls count as personal fouls.**

- H. Teams will be allowed 4 full timeouts per regulation game and one full timeout per overtime period. Any unused timeouts during regulation play **do not** carry over into overtime periods.
- I. Free throws are played on the release.
- J. All players must check in at the scores table before entering the game.

## **II. Equipment & Uniform**

- A. All players on the same team must wear a legal numbered jersey with letters at least 3/4" wide and 4" high on the front or back, and all the same dominant color. A two-week grace period is allowed for jerseys. Duplicate numbers are not allowed, and all players must have a permanent number on their uniform (no tape). In the event of color clashes, the visiting team will wear jerseys supplied by Cobb County Parks. If duplicate numbers exist or if a player does not have a permanent number, that player will not be allowed to play unless the team chooses to wear jerseys supplied by Cobb County Parks. For each player that wears a jersey supplied by the county after the two-week grace period, the opposing team will be awarded 3 points.
- B. Shorts must be worn properly. Any player not wearing shorts at the waist level will be removed from the game.
- C. Regulation basketball shoes must be worn on the court at all times.
- D. No jewelry, watches, earrings, headwear, or other ornaments may be worn in a game. *Exception: a smooth wedding band or religious symbol can be worn.*
- E. The league will provide the game ball for each game. However, each team must bring their own ball for warm-up purposes. The game ball may not be used for warm-up by any team and must be returned to the scores table during breaks in the game and end of the game. The official game balls will be standard 29.5" in size. The air pressure of the game ball should fall within the range of 7.5 to 8.5 psi.

## **III. 35 Years and Older Slow Break Rules**

- A. The team that has possession of the ball cannot cross the center line for 5 seconds or until all defensive players have crossed the center lines.
- B. No pressure in the backcourt is allowed.



- C. The offense cannot pass the ball across half-court until all defensive players have crossed the center line. Each team will be given one warning. The second violation will result in a turnover.
- D. Captains Clause- if both team captains agree then you can play the game without the slow break rules.

#### **IV. Coed Rules**

- A. Coed Teams shall consist of 5 players with a minimum of 4 players. These 4 players, a minimum of 3 of a single gender and 1 of the opposite gender, are the minimum required to be checked in and ready to play to start a game.
- B. A team can have no more than 3 of a gender on the court at once and no fewer than 1 of a gender.

#### **V. Women's League**

- A. Women's League Teams shall consist of 5 players with a minimum of 4 players. are the minimum required to be checked in and ready to play to start a game.
- B. The official game balls will be standard 28.5" or size 6 in size. The air pressure of the game ball should fall within the range of 7.5 to 8.5 psi.

#### **VI. Eligibility**

- A. Players released from a team in this league will not be allowed, under any condition, to play with the same team again that season.
- B. Rosters must be submitted on or before a team's first game. Team Rosters are limited to no more than 20 players at any one time. Team rosters must include players first names, last names, and email addresses. (Teams not turning in a roster will automatically forfeit if another team protests the eligibility of any of their players).
- C. A player must turn at least 16 years old by the first game of the season to be eligible to play in this league. For the 35-plus league, players must turn 35 by the first game of the season.
- D. When player eligibility is in doubt, the name(s) (Limit 3) are to be reported to staff before the end of the game. If the player in question is not reported in the time set, the game will be official and cannot be contested. In the case of a player playing under an assumed name or age, the gym supervisor shall ask said player to show a picture I.D. If I.D. does not match the name in the scorebook, age of



the league, or if no I.D. is produced, the game is forfeited, and the player is ejected for the remainder of the season.

- E. No new players may be added to the team's roster after **the 5<sup>th</sup> week of the regular season**. All new players must be added to the roster on QuickScores. A team's coach may delete players on his/her roster at any time. Players that are not on the roster after the 5<sup>th</sup> week of the regular season will not be eligible for the playoffs regardless of if they played during the regular season. I.D. will be checked during playoffs, player's name on the I.D. must match the name listed on the roster to play.
- F. Players may participate on (1) team per league in the Cobb County Basketball program. If a player plays in multiple leagues and both teams make it to the tournament of champions, the player will have to declare which team he will play on for the tournament. If a player is confirmed to have violated any eligibility rules, **the player will be suspended for 2 games.**
- G. Females may participate in these leagues. There is no limit to the number of females allowed to play.

## VII. Player Conduct

- A. **No rowdyism, profane language, or display of unsportsmanlike conduct before, during, or after a game will be tolerated in this league. Players, coaches or spectators who are found guilty will be ejected from the game and/or gym. Any player or coach ejected from a game for unsportsmanlike conduct cannot play or coach in the team's next two scheduled games, not counting the game that the player is ejected from.**
- B. The league commissioner reserves the right to suspend players based on their behavior, even if they have not been ejected from a game.
- C. Any player or coach ejected from a game a second time in one season for unsportsmanlike conduct, etc. shall be suspended for the remainder of the season.
- D. The contention that an official's incorrect action caused unsportsmanlike conduct shall never be taken into consideration as grounds to excuse such actions.
- E. Any player or coach attempting to play, coach, or spectate when suspended shall be automatically ejected for the remainder of the season and the game shall be forfeited. If a player is ejected from a game and refuses to exit the rec center, the team will forfeit the game, and the player will incur a substantial suspension.
- F. Any player found under the influence of alcohol or drugs shall be immediately removed from a game and automatically dropped from the league.



- G. If a player, coach, or spectator touches an official or Cobb County Representative in anger, or verbally threatens to do him/her bodily harm, he will be barred from the league/gym for an indefinite period to be set by the Cobb County Parks and Recreation Department. (Minimum ejection is (1) one calendar year in all Cobb County Parks sports). Violators may also be subject to legal penalties as enforced by the police department.
- H. Fighting among players, coaches, spectators, or other conduct judged inappropriate by the department might result in an ejection of those individuals or teams involved for an indefinite period to be set by the department. (Minimum ejection is (1) one calendar year in all Cobb County Parks sports). Violators may also be subject to legal penalties as enforced by the police department.
- I. Dunking the basketball is permitted during a game but hanging on the rim or any extra action on the rim will result in a technical foul and ejection. Dunking the basketball or grabbing the rim of the basket (on any goal in the gym) is not allowed before or after the game. Any player guilty of dunking before or after a game will receive a technical foul.
- J. A player or coach receiving two discipline-related technical fouls in a game shall be ejected for the remainder of the game and two additional games. Any player who is ejected on the last night of league play will be suspended for 2 games at the start of the next season he participates in. A player's suspension will carry into the next season he participates in if the number of games suspended was not met.
- K. No bouncing basketballs inside the gym while the game ball is live.
- L. Under no circumstances will audio or visual recordings be accepted for the review of any Incident.

## **VIII. The Season**

- A. If a team forfeits 2 games during the season, the League Coordinator reserves the right to drop that team from the league with no refund of the entry fee.
- B. If a team is scheduled to play a doubleheader and forfeits the first game of the doubleheader without notifying the league commissioners, the second game will be automatically forfeited as well.
- C. Once the schedule is completed, no games will be changed due to conflict requests and no refunds will be issued. All conflicts must be turned in at the time of registration. A conflict request may or may not be accommodated based on availability.



D. A post-season single-elimination tournament will be played at the end of the season. The number of teams registered will determine the number of teams that make the tournament. Not all teams are guaranteed the post season.

E. Cobb County PARKS reserves the right to deny or require changes to any team name that includes profanity, sexual references, offensive language, discriminatory wording, drug or gang references, hidden meanings, inappropriate abbreviations, or anything staff determines to be inappropriate. If a team name is denied, the league coordinator will assign a new team name until the manager provides an updated one.

## IX. Tiebreakers

The following procedures will be used to determine the first-place finisher or to break ties for other places.

**TWO-WAY TIE:** If two teams are tied with identical records, the winner is the team that won the game when the two teams played. If the teams split their games, the team that allowed the fewest points during the entire season will be declared the winner. If the teams remain tied, the team scoring the most points during the season will be declared the winner. If a tie remains, the team that allowed the fewest points when they played each other will be declared the winner.

**THREE-WAY OR MORE TIE:** If three teams or more are tied, the winner will be determined by the team that allowed the fewest points, unless one team has defeated each of the other two during the season.

If two of the teams still have the same total of points allowed, the winner will be the team that won the game played between the two teams during the season. If the teams split their games, the team that scored the most points during the season will win.

\*Pre-determined Forfeit games that were recorded as a 2-0 score will not be used to determine order of finish when there is a tie. The tie breaker would then be determined by average of points scored of the played games.