



*PARKS AND RECREATION*



**ADULT BASKETBALL**

**CITY OF ROANOKE  
PARKS AND RECREATION  
DEPARTMENT**

**ADULT LEAGUE RULES AND REGULATIONS**

**ROSTER GUIDELINES**

1. Each team will be allowed a maximum of twelve (12) players on a roster, including playing coaches and managers.
2. All teams must submit a completed team roster prior to their first scheduled league game. (submit to scorekeeper)  
The roster must include the Team Manager's name, with both work and home phone #'s. If a change of scheduling is necessary and a team roster is incomplete, the Athletics Coordinator will not be responsible for games missed.
3. Each player listed on roster must include address, phone # and signature.
4. All participants in league and tournament play are required to have an I.D. with them in the event that team rosters are checked for validity. Any player not having their I.D. will be ineligible to play until proof is provided.
5. Only those names that appear on the roster are eligible to play. Non-registered participant(s) playing in a game could result in a forfeit of that game.
6. If a player's eligibility is in question the opposing team must make their request to check that player's I.D. before the game begins. Once a game has begun the final score will be recorded as such.
7. Team Managers may add or drop players to their original roster prior to the teams' 3<sup>rd</sup> regular season game. No changes to a team roster will be allowed after that time. No Exceptions!
8. Once a player is omitted from a team roster, they may not appear on any roster in that league for the duration of that particular season. A player can only appear on one (1) roster per league.
9. All players must be at least (16) years of age prior to the first league game.
10. Falsification of information on a player(s) team roster shall disqualify that player(s) from the league.
11. In the interest of equalizing play, after a demonstration of dominance in a classification, the Athletics Coordinator reserves the right to promote a team into a more competitive classification for future league play.

**EQUIPMENT & JERSEY GUIDELINES**

1. All players on each team must wear jerseys that are matching in color which have a permanently affixed, non-duplicated legal number. These legal numbers must be located on the back of the jersey.  
NOTE: Jerseys without legal numbers, as well as jerseys with taped, pinned, or handwritten numerals will not be allowed.

- There will be a **two (2) game** grace period for all teams to obtain/wear their legal jerseys. After this 'grace period' players not attired as described above will be subject to a technical foul to start the game.
2. Pennies/Pullovers will be available for teams with matching jerseys. Reversible jerseys are recommended (with light and dark) to avoid the above-mentioned situation.
  3. Court-regulation shoes will be the only footwear accepted. NO "turf shoes" or other black-soled shoes will be allowed. Players may not play barefooted or in socks.
  4. Referees may ban any equipment that they deem as unsafe or illegal.
  5. No jewelry may be worn at any time during the game.

### PRE-GAME

1. Team Managers must have their lineups in to the scorekeeper at least five (5) minutes prior to their scheduled game time. Lineups must include last name, first name, and valid jersey number.
2. A team must have at least four (4) players to begin a game.
3. Game time is forfeit time. No exceptions!
4. Each team will be allowed 4 time outs per game - time outs will not be carried over into overtimes from regulation game. At game time, team captains may opt to begin using their allocated time outs consecutively, until the required number of players are in attendance. Teams may not use the opposing team's time outs in order to extend the waiting period. After the allocated time outs have been used the game is officially forfeited. Please note: these time outs do begin at game time, regardless of the status of the previous game.

### THE GAME

1. When not covered in the City of Roanoke local playing rules, the current 2017-18 NCAA rules will apply.
2. All games shall consist of two (2) twenty (20) minute halves with a "running clock".
  - a. The clock stops only on time outs (both team and official). The game officials may use their discretion to stop the clock for injury, ball retrieval, etc.
  - b. The clock will stop on all whistles during the last two (2) minutes of each half. (Exception: Point Spread Rule).
  - c. POINT SPREAD RULE: If one team is ahead by twenty (20) or more points during the last two (2) minutes of each half, the clock will remain a "running clock", except for time outs.
  - d. Officials have the authority to add time to the game clock or run the clock continuously.
  - e. OVERTIME: If the score is tied at the end of regulation play, a three (3) minute overtime period will be played. The clock will stop on each whistle by the officials during the final minute of play. A two (2) minute overtime period will be observed in case the score is

- ... tied at the end of the first overtime period. This format will be followed for subsequent overtime periods.
3. There will be four (4) timeouts per game.
    - a. There are no twenty (20) second timeouts.
    - b. Team timeouts will be one minute in length.
    - c. An additional timeout will be awarded in the case of overtime.
  4. No dunking during warm-ups! Dunking is permitted during games.
  5. No hanging on the rim at any time! Players guilty of hanging on the rim before the game, during the game, or during half time will be assessed a flagrant technical foul.
    - a. Teams will be held financially responsible for any damages to the rims.
    - b. Teams must pay for damages with seven (7) days or face suspension for the remainder of the season.
  6. FULL COURT DEFENSE (PRESS) - - is allowed!
    - a. MERCY RULE: If one team is leading by twenty (20) points or more, they may not press and must wait until the ball crosses half court before guarding the opposing team. Once the team, who is down by twenty (20) or more points has possession of a defensive rebound, the leading team must retreat past half court and not play the ball until it crosses half court.
    - b. VIOLATION: The whistle is blown and the offending team is warned and the offended team puts the ball in play on their offensive front court at midcourt. At the official's discretion, they may call a technical foul (they may deem it unsportsmanlike conduct) on the offending (defensive) team if they continue to press after being warned by the officials.
  7. FOULS:
    - a. Bonus shots will be effective on the seventh (7<sup>th</sup>), eighth (8<sup>th</sup>), and ninth (9<sup>th</sup>) team foul of each half.
    - b. Two (2) shot fouls will be awarded beginning with the tenth (10<sup>th</sup>) team foul of each half.
    - c. A player fouls out when receiving their fifth (5<sup>th</sup>) personal foul.
    - d. A technical foul is a personal foul, but is not counted as a team foul.

#### FORFEITURE POLICY

1. Forfeitures of any league game for any reason will be dealt with in the following manner:
  - a. A \$30 fine will be levied against that team and must be paid prior to that teams next scheduled game. No exceptions!
  - b. The fine may be paid at the Parks and Recreation office or to the scorekeeper. Make checks payable to the: **City of Roanoke**. If the fine is not paid as described above, the team will not be allowed to play until the fine is paid in full. This procedure will be followed for the first (1<sup>st</sup>) and second (2<sup>nd</sup>) forfeits during league play.

2. If a team forfeits two (2) league games for any reason, that team will be expelled from the league with no refund.
  - a. All teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit.
  - b. The forfeiting (expelled) team will be removed from the mailing list.
3. If a team receives a win by forfeit, they have use of the gym floor for practice, until (10) minutes before the next scheduled game time.
4. If both teams do not have enough players at their scheduled game time, that game will be declared a double forfeit. Each team will receive a loss in the loss column and the forfeiture policy will apply.

#### CONDUCT AND DISCIPLINE

1. No tobacco products of any kind are allowed in the building.
2. No food or drinks are allowed in the gym.
3. According to City of Roanoke ordinances, no alcoholic beverages are allowed in the premises (and parking lot). Legal action may be taken against an offender and possible suspension from the league.
4. Two (2) unsportsmanlike (flagrant and/or poor sportsmanship) technical fouls on any one person will constitute an ejection from that game and a one game suspension. Two (2) such ejections and that person shall be suspended from the league for the remainder of the season. Any ejected player(s) must leave the premises immediately if instructed to do so by a game official or scorekeeper. If that player or coach impedes the progress, fails to leave the premises, or makes a travesty of the game, said particular game may be forfeited to the opposing team. See FORFEITURE POLICY.
5. Three (3) unsportsmanlike technical fouls on one team in one game will constitute forfeiture. See FORFEITURE POLICY.
6. A player's conduct can extend suspension beyond minimum penalty.
  - a. A player's conduct before, during, and after a game will be considered.
  - b. Player to player altercations outside the premises will result in suspension for all players involved for the remainder of the season.
7. Physical assault on any game official will result in immediate removal from the league. Verbal threats to harm officials within or outside the premises will result in removal from the league.
8. Coaches will be responsible for the actions of their players, fans, and team followers before, during, and after all games.
  - a. Unsportsmanlike actions or behavior from the bench or spectator areas will be assessed to the responsible coach in the form of an unsportsmanlike technical. If their actions impedes the progress, or makes a travesty of the game, the said particular game may be forfeited to the opposing team. See FORFEITURE POLICY.

## TIE-BREAKER PROCEDURES

1. In case of a tie for awarded position or seeds in a post-season tournament at the conclusion of the season, the following tie-breaker procedure will be used to determine positions and seeds.
  - a. Head-to-head competition
  - b. Point differential of head-to-head competition
  - c. A coin flip

## SUMMARIES

- I. The Parks and Recreation Department reserve the right to add, delete or amend the rules and regulations or policies for the betterment of the program.
- II. The Parks and Recreation Department can approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.
- III. League standings for all divisions will be kept on the league website, <http://www.quickscores.com/roanoke>