**City of Stamford Recreation Services**

**Basketball League Rules and Regulations**

MASKS: All players and staff are required to wear masks while in the Lathon Wider building. We ask that you respect our Staff and abide by the MASK mandate. All participants will be asked to sign the Covid Waiver and the Team roster prior to playing in the league.

ELIGIBILITY: To be eligible to play in any championship playoff, a player must have participated in at least 4 league games during the current Recreation Services Basketball season.

LEAGUE FEES: The League is set up on a self-sustaining basis and all expenses are paid from the league entry fee. Each team will be responsible for payment of operational costs, determined by the Stamford Recreation Services Division in order to participate in the League. Fee to enter the league is $525.

OFFICIAL FEES: Fees must be paid to the League Director prior to the start of the Game. Fee for the officials is $40 per team per game. Teams that forfeit must pay both officials before they participate in their next game. The $80 fee must be paid in the office, not at the gymnasium.

GAME RULES: Games will be played under the current High School Basketball Federation Rules.

Local Rules 1. No Dunking permitted. Any player that dunks will be assessed a technical foul. 2. Teams must be in proper uniform

UNIFORMS: Same color uniform shirts with numbers. No sweat pants or long pants. Must wear shorts.

FOULS: Five(5) personal fouls will be allowed per person. Technical fouls are included in that total. Once a player reaches five fouls, he is disqualified.

TIME OUTS: Teams are permitted 4 time-outs per game. It does not matter when they are used.

BONUS: Teams will be in the bonus(1 and 1) on the seventh foul. After 10 fouls, teams will shoot 2 foul shots for the remainder of the half.

GAME TIME: The game will be played in two(2) twenty minute halves. Clock is on running time, except for the last 2 minutes of each half. In the last 2 minutes, clock will stop in all dead ball situations (when the ball goes out of play, foul shots, time outs, and when the whistle blows.

OVERTIME: If a game is tied at the end of regulation, an OT period will occur. No game may end in a tie. The same OT format will continue until there is a winner. 4 minute OT period. First 2 minutes is running time - Last 2 minutes the clock with stop in all dead ball situations. 1 Timeout per overtime period per team

FREE THROWS: On Free Throws, players may enter the paint on the release of the shot, not when the ball hits the rim.

INCELEMENT WEATHER: If the weather is inclement and games are questionable, check the website [www.stamfordrecreation.com](http://www.stamfordrecreation.com) for inclement weather updates. Sign up for Quickscores to receive emails and text notificications. Weather hotline at 977-4641 x 31 after 3:00pm.

FORFEITS: Forfiet is defined as failure to provide at least 4 players at the gym at game time without notifying the Stamford Recreation Services Division at least 24 hours in advance. Team that forfeits will be responsible for paying for both referees($80). Team that forfeits will receive a loss in the standings.

 If a team forfeits 2 scheduled league games, it will be dropped from the league, and may not be allowed to play in the next season. All wins and losses will be dropped from the standings.

MISCONDUCT: The Stamford Recreation Services Division shall have the absolute right to penalize and/or suspend any player either permanently or indefinitely for inappropriate conduct on the court, in the gym, on school property, or for any offense committed against a referee or league official at any time.

Any player or coach that is ejected from a game will be suspended for a minimum of one game.

The coach and/or manager is responsible to prove the eligibility of the players. Signing off on the roster stating a rostered player works at the company is the required proof.

 If a team uses an ineligible player, that team will automatically forfeit all games in which the ineligible player participated. Furthermore, the Stamford Recreation Services Division may disqualify a team from league play for the remainder of the season.

LATHON WIDER GYM:

1. Intoxicating beverages and drugs are prohibited on all school properties, and any person under the influence of alcohol or drugs shall not be permitted in the facility

 2. Teams playing the opening games at 6:15pm are not to enter the gym prior to 6:00pm and are not to take the court unless directed by the League Director and/or Custodian.