



# Adult Basketball League Manual 2022

# Games will be played at the Windsor Community Recreation Center in the Auxiliary Gymnasium.

**Address: 250 11<sup>th</sup> St, Windsor, CO, 80550**

Time Slots: 5:30 p.m., 6:30 p.m., 7:30 p.m., 8:30 p.m.

Days: Wednesday Evenings, **Recreation Division:** March 9<sup>th</sup> – April 20<sup>th</sup> (Regular season)  
Thursday Evenings, **Competitive Division:** March 10<sup>th</sup> – April 21<sup>st</sup> (Regular Season)

Wednesday, April 27<sup>th</sup> & May 4<sup>th</sup>: Single Elimination End-of Season Tournament (Rec)  
Thursday, April 28<sup>th</sup> & May 5<sup>th</sup>: Single Elimination End-of Season Tournament (Comp)



Any questions concerning basketball schedules, standings, game results, rosters, officials, rule interpretations, or any other concerns not stated here but that have to do with the Windsor Adult Basketball program should be directed to:

**Town of Windsor  
Parks, Recreation & Culture Department  
Attn: Joshua Sandin  
250 N. 11<sup>th</sup> St.  
Windsor, CO 80550**

## Table of Contents

### Policies and Procedures

Purpose _____	4
Functions of Parks and Recreation _____	4
Governing Body _____	4
Team Classifications _____	4
Registration _____	4
Rosters & Player Transfers _____	4
Protests _____	5
Results and Standings _____	5
Post-Season Tournament _____	5
Awards _____	5
Special Facility Notes _____	5

### Basketball League Rules

General Information _____	7
Purpose of League Play _____	7
Parks and Recreation Division's Responsibilities _____	7
Manager's Responsibilities _____	8
Before the Season Starts _____	8
Scheduling _____	9
Special Scheduling Requests _____	9
Rosters _____	9
Uniforms and Equipment _____	9
Liabilities & Injuries _____	9
Communicable Disease Rule (Blood Rule) _____	10
League Rules _____	11
Line-up Cards _____	11
Game Time _____	11
Official Game _____	11
Jewelry _____	11
Technical Fouls _____	11
Player Ejections _____	11
Non-Player Ejections _____	12
Timeouts _____	12
Half Time _____	12
Overtime _____	12
Double Overtime _____	12
Rules Points of Emphasis _____	13
Player Technical _____	13
Bench Technical _____	13
Bonus Free Throws _____	13
NFHS Basketball Rules Changes _____	14
NFHS Basketball Points of Emphasis _____	14

## Policies and Procedures

### I. Purpose

The purpose of the Windsor Adult Basketball league is to combine interest of basketball, the spirit of community, adult recreation, and sportsmanship.

### II. Functions of Parks and Recreation

Windsor Parks and Recreation Department shall be responsible for the financial program, the general organization of the leagues, and the scheduling of dates and leagues.

### III. Governing Body

The league governing body will be the Windsor Parks and Recreation Department. League Directors will be a Recreation Coordinator and a Parks and Recreation Supervisor.

### IV. Team Classification - Recreational

This league is designed for teams that have average skilled players on their roster. Players on their roster should have no college experience. High school experience is acceptable. These teams should have only two players over six feet four inches or taller.

### V. Registration

Before any team can be considered officially into the Town of Windsor Parks and Recreation Department Adult Basketball league, the full entry league fee must be paid.

### VI. Rosters & Player Transfers

Completed individual waivers must be submitted and turned in prior to the first scheduled game. Teams must start with at least five players. There is no maximum number.

- A. The keeping of the players' roster of each team, transferring of players, and the addition of new players shall be the responsibility of, and subject of the approval, of the League Director.
- B. The team rosters are unlimited. All players must be at least 18 years of age. Players cannot play until the day they turn 18. Players may be added anytime during the regular season, **however, for a player to be eligible for the post-season league tournament, a player must be entered on the roster (signed and dated) by the final league game.** Player additions must be made at the gym by contacting the gym supervisor before the game or at the Parks and Recreation office.
- C. Players may only participate for one team and in one Windsor Basketball League. Any player found playing on more than one team or more than one league will be suspended from league play for a minimum of two games.
- D. The first team a player plays on becomes their official team. Players dropping from one team after playing one or more games shall wait two games before playing on another team. Notification must be made in writing to the league directors so a filing date can be made.

- E. The league directors will make final decision regarding player eligibility.
- F. Players must have a photo ID available for identification at all games. Any team found guilty of playing a person under an assumed name will be charged with a forfeit, which includes a \$25.00 forfeit fee. That player and coach may also be ineligible to participate in the league for the remainder of the season.

## **VII. Protests**

Protests are only on player eligibility and rule interpretations, not on an official's judgement. Protest requires a \$50.00 cash fee and must be registered with the gym supervisor at the time the game is played. The protest must be filed with the officials, scorekeeper, and opposing team manager before play is resumed.

The scorekeeper will note the amount of time remaining in the game on the score sheet. Both official and the gym supervisor will discuss and rule on the protest. If this procedure takes an excessive amount of time, the game may be shortened accordingly; however, this is not encouraged. If the team disagrees with the decision made, they must file a written protest within twenty-four hours to the Recreation office.

## **VIII. Results and Standings**

Results and standings information will be available at the Windsor Parks and Recreation office and the Town web site, [www.windsorgov.com/adultbasketball](http://www.windsorgov.com/adultbasketball). Managers are responsible to report all errors in their team's league standings when errors occur. Ties will not be played off.

## **IX. Post-Season Tournament:**

At the conclusion of the regular season the Town of Windsor will host a post-season tournament for each division.

- A. Teams must use their current Adult Basketball League roster to participate in the league tournament.
- B. Regular season rules will apply.

## **X. Awards:**

- A. **T-shirts:** T-shirts will be awarded to all league and tournament 1<sup>st</sup> place winners in each division.
- B. **Trophies:** Trophies will be awarded to all league and tournament 1<sup>st</sup> place winners in each division.

## **XI. Special Facility Notes**

- A. All games will be held in the Windsor Community Recreation Center Auxiliary Gym.

# Adult Basketball League Rules



## **League Information**

### **I. General Information**

- A. All managers / coaches are responsible for the information contained in this manual as well as any information that is mailed or distributed by the Windsor Parks and Recreation department.
- B. Rules and regulations not contained in this manual will be governed by the current National Federation High School Rule Book.
- C. ELASTIC CLAUSE: The League Directors shall have complete charge of the Windsor Adult Basketball League. Any and all situations not specifically covered by these rules shall be acted upon by the League Directors, and all actions by them will be final.
- D. The League Directors reserve the right to change or amend any of the rules or regulations contained in this manual at any time.
- E. Any questions concerning basketball schedules, standings, game results, rosters, officials, rule interpretations, or any other concerns not stated here but that have to do with the Windsor Adult Basketball program should be directed to:

**Town of Windsor  
Parks, Recreation & Culture Department  
Attn: Joshua Sandin  
250 N. 11<sup>th</sup> St.  
Windsor, CO 80550**

### **II. Purpose of League Play**

The purpose of the league, sponsored by Windsor Parks and Recreation Department, is to combine the interest of teams in the community to friendly competition and sportsmanship.

### **III. Parks and Recreation Division's Responsibilities**

- 1. Conduct mandatory manager meeting.
- 2. Provide a schedule of games.
- 3. Provide game balls and scoreboards.
- 4. Schedule all staff required to play the game.
- 5. Provide two officials.
- 6. Provide a scorekeeper(s).
- 7. Keep a record of all games played.
- 8. Provide all necessary personnel to handle maintenance and other duties as needed.
- 9. Handle misconduct situations with the guidelines stated in the "Code of Conduct"
- 10. Provide awards for each league.

#### IV. Manager's Responsibilities

As a manager you are responsible for the actions of your players during participation. The league is organized for players to play adult basketball in a team setting. It's a recreation activity that can be somewhat competitive. Some players can handle the competitiveness better than others.

Despite using the high school rule book, we do understand adult basketball is different. There is more interaction amongst players and officials and most of the time this is okay. Unfortunately, there are times adult players feel comfortable addressing or showing their displeasure with a call or another player in a disrespectful way. This is not okay. Please remind your players of this. This type of foul has serious consequences, which include fines.

Officials have been asked to communicate with players when necessary about the foul or violation called and try to ignore the "little stuff". With that said; if a player demonstrates unsporting behavior, penalties will be administered.

1. Attend mandatory manager meeting.
2. Inform all team members of the information contained in this manual or any printed material provided by the Town of Windsor Parks and Recreation Department.
3. Inform all team members of game times, dates, and locations.
4. Monitor roster, including changes and additions throughout the season. Monitor official roster.
5. Make sure all participants are at least 18 years of age.
6. Inform the Windsor Parks and Recreation Department in a timely manner of any difficulties that may occur.
7. Be responsible for the actions of your team while participating.
8. Notify the Windsor Parks and Recreation Department of any changes in team manager or team manager's address or phone number(s).
9. Be aware of all information posted at the gym including change of schedules, tournament information, and league standings.
10. Adhere to league rules as stated.
11. See that the **line-up** is turned in to the scorekeeper **ten minutes before game time**, with **first and last name and numbers**.

#### V. Before the Season Starts

If there are any changes in reference to the contact person for the team (change of manager change of manager's address, phone number, etc.) the Windsor Parks and Recreation Department must be notified immediately. The appropriate "change form" must be completed: failure to do so may result in your team not being notified of schedule changes / revisions, etc.



**VI. Scheduling**

Teams may have to play games on nights which they have not registered to accommodate gym conflicts during the season. The Parks a Recreation Department will try to avoid these conflicts.

**VII. Special Scheduling Requests**

No special requests for early or late games. A team may postpone a game in case of an emergency. The judgment of the League Director shall prevail in determining an emergency. Emergencies will not include other leagues or tournaments. Where postponements are allowed, the team asking for the postponement will get approval from their opponent and notify the League Director at least 10 days prior to the scheduled game. All request for postponements or reschedules are contingent on gym availability. Requests for postponements must be made in writing and submitted with a \$10.00 reschedule fee to the Town of Windsor no less than 10 days before the scheduled game. **Not all games are guaranteed to be rescheduled.**

**VIII. Rosters**

Roster checks; Random roster checks will be done by gym supervisors and Windsor Parks and Recreation Staff without notice. Any participant found playing that is not on the roster will be immediately suspended.

**IX. Uniforms and Equipment**

**A. Uniforms:**

- Teams are responsible for furnishing their own individual jerseys with legal high school numbers.
- In event that two playing teams have similar colors, reversible pennies will be available to wear over one of the team's jerseys. Managers are responsible for returning all pennies borrowed. Failure to do so will cause an automatic forfeit of your next game on the schedule.
  - Teams must have like colored jerseys. No duplicate numbers. Taped on numbers are prohibited. If a team fails to provide jerseys by their second league game of the season, or any other game, the team **will receive a two point unsportsmanlike technical for each player not having a legal jersey.**

**X. Liabilities & Injuries**

- A. The Town of Windsor and the Parks and Recreation Department and the Windsor School District will not be liable for injuries to players, nor responsible for articles lost or stolen while participating in the program.
- B. The Town of Windsor Parks and Recreation Department does not provide insurance for injuries while playing in Adult Basketball Leagues.

## **XI. Communicable Disease Rule (Blood Rule)**

- A. Whenever a player suffers a laceration or wound where bleeding or oozing occurs, the game will be stopped immediately.
- B. The player will be removed from the game until the bleeding is stopped and the wound is adequately covered.
- C. If a legal substitute is available, they will replace the injured player and play will continue.
- D. If no substitute is available, the game clock will be stopped for a reasonable length of time (3-to-5 minutes) to enable the injured player time to address his/her wound.
- E. The player may re-enter the game only with the official's approval. This means bleeding must be stopped and/or wound covered. Any article of clothing that is saturated with blood must be removed and replaced. Replacement jerseys are not required to have numbers.

## League Rules

**All Adult Basketball leagues will utilize the current National Federation High School Association rules along with Windsor modifications.**

- A. **Line-up Cards:** Line-up cards are due to the scorekeeper's table ten minutes before the scheduled game time. Tardiness may result in a two shot bench technical foul being awarded to the other team.
- B. **Game Time:** If at starting time as per schedule, one team does not have enough players (minimum 4) the game will be declared a forfeit. The gym supervisor's clock is the official clock. Exception: The forfeiture rule does not apply if the preceding game has been delayed or weather conditions warrant a delay.
- C. **Official Game:** All games will consist of two-20 minute halves. The clock will stop in the last two minutes of the second half if the point spread is 10 points or less.
- D. **Jewelry:** No earrings, bracelets, necklaces, pins, or any other exposed items that are judged to be hazardous or potentially dangerous by the officials' can be worn during the game.
- E. **Technical Fouls:** Clock does not stop for technical fouls. On all technical fouls, two points will be automatically awarded plus possession of the ball. No shots will be taken.  
**Penalties:**
  - 1. A player who receives **two technical fouls during a game** will be ejected from the current game and must leave the facility within two minutes, upon the request of the gym supervisor.
    - a. Player will also be suspended from the next scheduled game, league or tournament game.
    - b. **Player must pay a \$50 cash fine** prior to playing in his next eligible game
    - c. **Team must pay \$25 to continue current game or forfeit game.**
  - 2. A player receiving **two technical fouls during the season**, including the tournament will be fined \$25 cash. Every subsequent technical, the offending player will **be fined additional \$25 cash.**
- F. **Player Ejections:** Players can be disqualified for a flagrant technical foul and unsporting behavior. Failure to comply with the rules of ejection, leaving facility within two minutes, may result in the game being forfeited.
  - 1. **Team** must pay \$25 to continue current game or forfeit game.
  - 2. If the player ejection results in a team having less than the allotted number of eligible players required to continue the game (four), then the game will be declared a forfeit.
  - 3. **Player** must pay a \$50 cash fine prior to playing in his next eligible game
  - 4. If a second ejection occurs, the player will be suspended for the remainder of the season and the tournament.

- G. **Non Player Ejections:** A coach, manager, or spectator ejected for demonstrating unsporting behavior must leave the complex and not return that same evening. Failure to comply with the rules of ejection may result in the game being forfeited
- H. **Timeouts:** Two 30 second timeouts per team will be allowed per half with one timeout per team allowed for each overtime period. Timeouts are not cumulative.
- I. **Half Time:** Half time will be three minutes long.
- J. **Overtime:** At the end of regulation time, the score is tied. There will be one two-minute running clock overtime period. Running clock will stop only for free throws, injuries and timeouts. Each team will have one additional timeout in the overtime period.
- K. **Double overtime:** If at the end of the overtime period the score is still tied, there will be a sudden death period. The first team to score at least two points will be the winner.

## Rules Points of Emphasis – Windsor League

### **Fouls and Penalties: NFHS Rule 10**

A player shall not:

#### **Section 3 Player Technical**

Art 6...Commit an unsporting foul. This includes, but not limited to acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or obscene gestures.
- c. Baiting or taunting an opponent.

**Note:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean other under any circumstance including on the basis of race, religion, gender or national origin.

#### **Section 4 Bench Technical**

Art 1...Commit an unsporting foul. This includes, but not limited to, acts or conduct such as:

- a. Disrespectfully addressing an official
- b. Attempting to influence an official's decision.
- c. Using profane or inappropriate language or obscene gestures
- d. Disrespectfully addressing, baiting or taunting an opponent.
- e. Objecting to an official's decision by rising from the bench or using gestures.
- f. Inciting undesirable crowd reactions.
- g. Being charged with fighting

### **Bonus Free Throw: NFHS Rule 4 Section 8**

Art 1....A bonus free throw is the second free throw awarded for a common foul (except a player-control or team-control foul) as follows:

- a. Beginning with a team's seventh foul in each half and for the eighth and ninth foul; the bonus is awarded only if the first free throw is successful.
- b. Beginning with the team's 10<sup>th</sup> foul in each half the bonus is awarded whether or not the first free throw is successful.

Art 2.... Player control, team control and technical fouls are counted as team fouls to reach the bonus. When a technical foul is also charged indirectly to the head coach, it counts only as one team foul.

## NFHS Basketball Rules Changes

### Rule Changes

**9-1-3h:** Players occupying marked free-throw lane line spaces may not enter the free-throw semicircle until the ball touches the ring or until the free throw ends.

**10-6-12:** The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.

- a. Placing two hands on the player.
- b. Placing an extended arm bar on the player.
- c. Placing and keeping a hand on the player.
- d. Contacting the player more than once with the same hand or alternating hands.

## NFHS Basketball Points of Emphasis

### 1. POST PLAY

New information has been added to the Rule Book that addresses cleaning up post play.

It is legal for offensive and defensive players to touch when both are maintaining a legally established position. Illegal contact on a post player is any tactic using hands or arms or just generally demonstrates rough physical movements that allow a player on offense or defense to control the movement of an opposing player.

It is a foul and should be ruled as such when:

- a. An opponent is displaced from a legally established or obtained position;
- b. An arm-bar is extended and displaces an opponent;
- c. A locked and/or extended elbow displaces an opponent;
- d. A leg or knee is used in the rear of an opponent to hold or displace;
- e. Holding, hooking, slapping, pinning or pushing the leg or body of an opponent;
- f. An offensive post player “backs-down” and displaces the defender once that defender has established a legal guarding position.

### 2. REBOUNDING

One of the leading causes of injury in high school basketball continues to be the result of illegal contact that takes place during rebounding. Any activity to illegally gain rebounding position on an opponent must be properly enforced and penalized. Some examples of illegal rebounding activity are:

- a. Displacing, charging or pushing an opponent;
- b. Extending the arms or elbows to impede the movement of an opponent;
- c. Using the hips or knees to hinder or impede an opponent;
- d. Violation of the principle of verticality;
- e. Contact between players in free-throw lane spaces prior to the ball being released by the free thrower.

Rebounders include each player involved in the act, whether an offensive or defensive player. It is a coach’s responsibility to teach players the proper rule based technics of legal rebounding.

### 3. Protecting the Free Thrower

This continues to be an area of emphasis. The rule change last year was implemented to protect the free thrower. On release of the ball by the player attempting the free throw, the defender “boxing out” shall not cross the free-throw line into the semicircle until the ball contacts the ring. In addition, officials should be aware that contact and displacement of the free thrower is illegal and shall be enforced.