



LINCOLN
Parks and Recreation

2025-26 BASKETBALL RULES MANUAL

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Revised Aug 2025

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EACH CAPTAIN HAS THE RESPONSIBILITY TO MAKE SURE THAT ALL TEAM MEMBERS ARE AWARE OF THE FOLLOWING RULES AND REGULATIONS! ANY RULES NOT IN THIS BOOK REFER TO NSAA HIGH SCHOOL RULES.

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General Information

Weather Hotline: 402-441-7892 x 1

Inclement Weather **Text Alert:** www.teamsideline.com/lincolnne (bottom of homepage "Join our Email & Text Communication List").

Website: www.teamsideline.com/lincolnne

1. SEASON INFORMATION

- a. Hopefully you chose your league wisely...if you're in a league that is not at your skill level, there may not be an opportunity to switch leagues during the regular season.
- b. When setting up leagues and divisions, the Team Sports Office reserves the right to combine or adjust leagues due to registration numbers and previous team history. Not all leagues are offered every night.
- c. Season Timeframes
 1. Season play will begin on Nov 5th with a tentative end date of mid-February.
 2. Leagues will play 8 regular season games with a double-elimination tournament on the night teams signed up for during registration.

2. WEATHER

- a. Every effort will be made to make-up snowed out games, but the Team Sports staff retains the right to cancel games should sufficient dates not be available. Make-up games may be played on a different night or court than they were originally scheduled, or teams might play a double-header on the same night but on a different court.

3. ONLINE ROSTER/WAIVER DATES AND DEADLINES

- a. Please visit the website for online roster instructions. It can be found at: Downloads/Forms/Online Roster Instructions. Help is also available by calling the office.
- b. **All players must be enrolled on their roster by the first game.** Additional players can be added until January 7th, 2026. Absolutely no changes to the roster will be made after this date.
 1. After the deadline, rosters will be LOCKED and become visible to everyone on the website! Players who have not completed the enrollment process will not show up as eligible players on the roster! It is the captain's responsibility to know who is enrolled on their roster!
 2. The minimum is 4 players on the roster.
 3. Teams will not be permitted to continue the season until they have met the minimum roster requirements.

4. FREE AGENTS/EXTRA PLAYERS

- a. We have an ever-growing free agent list with players of all calibers of talent who are looking for a team! If your team is looking to add players, you can access the "Free Agent Listings" on the website.

5. ELIGIBILITY

- a. For competition's sake, and with approval, we do allow some crossover of gender in leagues.
- b. Individuals may play on as many teams as they wish. If a schedule conflict occurs, no changes will be made. Individuals must decide in which game they will participate.
- c. Players must be 18 years of age and out of high school.

6. JERSEYS

- a. All teams are required to wear numbered jerseys front and back.
- b. All jerseys on the team must be **the same** color!
- c. If teams do not want to have reversible jerseys, then they need to bring a dark and light color t-shirt to every game. (Numbers are required on both shirts as well!)
- d. **NO TAPED NUMBERS!!!** Marker, ink, screen print, iron-on are allowed.
- e. Numbers must be a minimum of 3 inches on the front and 8 inches on the back.
- f. Team members cannot have the same numbers.
- g. Only single- and double-digit numbers are permitted. No symbols.
- h. **If teams do not have numbered team jerseys for each player, by the second game and remainder of the season, the game will be a forfeit.**

7. GROUND RULES

- a. Judgment calls are not eligible for protest. If a rule is called incorrectly by the referee, an appeal of rules can be brought to the supervisor for discussion. Time will be called, and the clock stops until the supervisor is present. Once the ruling is made, the game will continue as normal. The supervisor's ruling is final.
- b. A game will consist of two 20-minute halves. Running clock and 2 minutes for half time.
- c. Before every game, each team needs to give the scorekeeper their completed score sheet with the players' first and last names and jersey numbers.
- d. Team possession will be determined at the beginning of each game with a coin toss. The scorekeeper will rule on alternating possessions for the remainder of the game.
- e. Each team is entitled to 4 charged time outs, which may accumulate and be used at any time during a regulation game.
 - 1. During each extra period, each team is entitled to 1 time out.
 - 2. Time outs which are not used during regulation games may not be accumulated for extra period use.
- f. During the final two minutes of the SECOND HALF, if there is a difference of six points or less, the clock will be stopped at every whistle. If the lead goes above six points, the clock continues to run until it is again within six points.
- g. Overtime will start with a coin flip to determine possession of the ball. In all leagues, the first team to score five points will be the winner.
- h. A team may finish a game with less than five players should players be disqualified for excessive fouling, ejection, etc. A team cannot finish a game with less than 4 players.
- i. The use of profane language is prohibited- -consider this the first and final warning!
- j. Referees have the authority to remove a player from a game because of unsportsmanlike conduct.
- k. All players will wear basketball-type shoes, tennis, or soft sole. Socks, bare feet, or street shoes are not allowed. With inclement weather, please bring an extra pair of sneakers to the gym. Also, please use the proper floor mats to wipe your feet.
- l. If a team has a player's number wrong on the score sheet, it will result in a miss numeration technical foul. The opposing team will then be awarded 2 free throws and the ball out-of-bounds at half court.
- m. **NO JEWELRY EXCEPT A MEDICAL ALERT BRACLET IS ALLOWED.** Wedding bands or engagement rings can be worn, but if an official deems it dangerous, they will ask the player to remove it. Failure to remove jewelry will result in players not being allowed to participate in the game when noticed by the official.

- n. **Bleeding Player Must Leave Game:** A player who is bleeding, has an open wound, or has an excessive amount of blood on his/her uniform must leave the game and cannot return until the bleeding is stopped, an open wound is covered, or an excessively bloody uniform is changed. If a team does not have an extra game jersey, a player may go back in by just putting on a T-shirt if the wound is covered, and the bleeding has stopped. There will be no penalty for not having a similar uniform. It is recommended that each player bring an extra t-shirt in case of this situation! The game will not be held up while the player is treated, plus teams will be responsible for treating their own players. Lincoln Parks and Recreation will supply a first aid kit. If this team has an eligible substitute, that substitute will enter the game for the bleeding player. He/she will assume free-throws if necessary. If a team only has 5 players, then they will need to play with 4 until that player is ready to come back into the game. If free-throws are necessary to be taken, the offensive team can pick who shoots the free-throws.
- o. The Parks and Recreation Department is not responsible or liable for an injury to basketball participants that may occur during season play. The Gym supervisor is required to write an injury report if a player becomes injured during the game. Even if the player requires ice for a sprained ankle or a similar injury, the Team Sports office needs to be notified. If the supervisor cannot speak with the player, then he will ask the captain or another player for the proper information.
- p. Teams will furnish their own basketballs; the referees will choose the game ball. In women's play, teams will use the women's ball. The referees will choose the best ball available if teams don't have one.
- q. Do not throw or bounce basketballs in the halls or throw them off the walls.

8. THE RIM

- a. **NO TOUCHING, HANGING, OR GRABBING THE RIM OR NET...period.**
- b. Anyone TOUCHING, hanging, or grabbing the rim or net before, during, or after a game will be assessed a technical foul and automatically be ejected. There will be a 1-week suspension from all teams which they play.
- c. If a rim is broken, it will not only stop play for the remainder of that night, but that player or team will be responsible for paying to replace the broken rim/backboard.
- d. If a game is stopped due to a player breaking a rim, his team will forfeit the game.

9. FORFEITS

- a. Should a team know that they must forfeit a specific game we ask the team captain to call the Team Sports Office before 4:30pm so we can notify the opponent. (402-441-7982)
- b. If your team forfeits 3 times during the regular season, you will be dropped from the tournament.
- c. Teams should be ready to play at least 15 minutes before game time. At game time, if one team is short of the required number of players, the captain of the team with the required number of players will have the following options:
 - 1. Accept forfeit at game time.
 - 2. Allow the opposing team a grace period of 4 minutes from scheduled starting time to reach the minimum number of 4 required players. The game clock starts, and the 4-minute grace period time will be deducted from the playing time.
 - 3. In the event both teams cannot field the minimum required number of players (4) at game time, there will be an automatic 4-minute grace period for both teams.

- d. Any physical assault on an official during a game will result in the game being forfeited to the opposing team. That player will be suspended from all city recreation leagues for up to 5 years. Please see the SUSPENSION/BANNING POLICY for further details.

10. COOL OFF POLICY

As a preventative tool, an official may deem a player needs to sit out of the game to “cool off” if there is a potential for unsportsmanlike behavior or technical foul.

1. The official may inform the player &/or team captain.
2. Each “cool off” period could require a player to sit out for up to two minutes.
3. During this time, another player may be subbed in.
4. If a team is already playing under the short-handed rule (four players), the cool off period will be the only time a team is allowed to play with three players for those two minutes.
5. Any team playing with four players will only be allowed to have one person receive the “cool off” period. Another one will result in a forfeit.
6. Officials are not required to give a “cool off” period. They can simply assess a technical if needed.

11. TECHNICALS

- a. If a team accumulates 3 technical fouls for unsportsmanlike conduct during a game, that team will immediately forfeit the game.
- b. Technical fouls due to miss numeration on score sheet will not be counted towards the 3 unsportsmanlike conduct technical fouls that could end the game.
- c. The gym supervisor or referee may forfeit a game if any player, squad member, or bench personnel fail to comply with any technical foul penalty, or repeatedly commits a technical foul or other act which makes a travesty of the game.
- d. Player technical fouls will count towards a player’s 5-foul disqualification limit. If a flagrant or technical foul is called by the official, the offended team will receive 2 shots and the ball goes back to the offended team where the foul was called.
- e. Technical fouls will count as a team foul.
- f. Two technical fouls on the same player will result in a game ejection. However, if the first technical foul is a severe unsportsmanlike call, the player could be ejected.
- g. **INDIVIDUAL Technical fouls:** Players will have consequences for during the regular season and tournament:
 - After a player accumulates 3 technicals = 1 week suspension of scheduled play
 - After a player accumulates (2 more) 5 technicals = 2-week suspension of scheduled play
 - After a player receives (1 more) 6 technicals = 30-day suspension of scheduled play
- h. Technical fouls will accumulate with all teams you play.
- i. **TEAM Technical fouls:** Individual Technical fouls count against the team they were assessed on. during the regular season and tournament:
 - 5 TEAM technicals = forfeits for the next scheduled game
 - 8 TEAM technicals = forfeits for the next 2 weeks of scheduled games
 - 10 TEAM technicals = no games for 30 days/dropped from the schedule

12. EJECTIONS

- a. Game officials can eject any player, coach, or fan for the following: profane language; unnecessary roughness; harassment of officials; unsportsmanlike conduct; destruction of public property; being under the influence of alcohol or drugs during a game.
- b. Any player ejected will face a suspension from all teams/nights with which they play (or your next scheduled game- in the case of a snow-out, scheduled bye, etc. The Team Sports Supervisor will clarify). A suspended player cannot be at the gym facility for games during the suspension period.
- c. For a player: First ejection= 1 week suspension of scheduled play
Second ejection= 2-week suspension of scheduled play
Third ejection= 30-day suspension of scheduled play
- d. Any player ejected from a game shall leave the basketball gym immediately, or his/her team will receive a forfeit. If the ejected player does not leave the gym within an appropriate time frame determined by the gym supervisor and he/she continues to harass the game officials, the player will face further game suspension, or their team may have to forfeit immediately.
- e. On every ejection, a report will be completed and given to the Team Sports office. Failure of the team captain to cooperate with this procedure could result in a forfeiture of the game or further sanctions.
- f. The team captain and ejected player will be contacted regarding a player ejection/suspension.
- g. All suspensions are reviewable by the Team Sports office.
- h. In championship play, if players from both teams are ejected (for any unsportsmanlike violation) no subs will be allowed, no winner will be decided, and no t-shirts will be awarded in that division.

13. OFFICIALS

- a. Parks and Rec will make every effort to supply a minimum of one official to call the game.

14. SCOREKEEPING

- a. Teams are required to provide a scorekeeper. The scorekeeper can be a player or a competent spectator. Every effort must be made to keep up the paper score sheet since that is the score that will be turned in.
- b. The official score is on the score sheet. Teams should verify the score at the conclusion of their game with a floor official.
- c. If a team has 4 players, the game can be a forfeit.
- d. Options to avoid a forfeit: we are providing a "mercy-scorekeeping" option:
 1. If both teams have only 5 players each, the game will be played 4 on 4.
 2. If both teams only have 4 players each, the game will be a forfeit.
 3. If teams have 4 vs 5 players, the team with 5 has the option to play 4 on 4 by providing the scorekeeper ("mercy-keeper") or take the forfeit.
 4. A team with 6 or more vs a team with 4 can take the option of the "mercy-keeper" or take the forfeit.

15. TOURNAMENT REGULATIONS

- a. The Double-Elimination tournament begins immediately following the conclusion of the regular season games (approximately mid-January depending upon any make-up games).
- b. Teams will play their tournament games on the night they signed up. Please also note that teams might be required to play 2 games in a night.

- c. **No changes will be made to the tournament brackets once they have been published!**
- d. When brackets are announced, please pay attention to the location and time in which your team plays.
- e. Teams will be judged on their playing ability and placed in the division they should be most qualified to play in. Gym supervisors & officials will give recommendations on divisions.
- f. Ejection of a player from a tournament game for any reason by an official will result in the suspension of the player from the remainder of the basketball program. Poor sportsmanship by a team could result in the removal of the team from the remainder of the tournament. Individuals or teams who display inappropriate behavior after their final tournament game has been completed may be banned from registering or playing in the league the following year or another sport offered by Lincoln Parks & Rec. Please see the SUSPENSION/BANNING POLICY for further details.
- g. All protests must be brought to the attention of the supervisor prior to the end of the game.
 - 1. Eligibility protests will only be accepted during tournament games.
 - 2. All players on the roster are eligible for protest.
 - 3. Protests are valid for interpretation of the rules.
 - 4. A \$20.00 cash roster protest fee is required to protest someone's eligibility during tournament play. Captains should notify an umpire they wish to protest. The ref and/or gym supervisor will take care of the protest procedure. **Each team can protest player eligibility.** Captains of teams involved will be notified as to the result of the protest. If the protest is upheld, the \$20.00 fee will be refunded. However, if the protest is not upheld, the \$20.00 fee will NOT be refunded.
 - 5. Any player who is questioned for eligibility must comply with the request of the refs or site supervisor or game will be forfeited to opposing team. The protested player(s) must present a valid PHOTO ID. Players should bring their ID to the court.

16. BANNED SUBSTANCES

a. Alcohol:

- 1. According to Lincoln City Ordinance 12.08.190: "It shall be unlawful for any person to consume or to have in his/her possession any alcoholic liquor in any park/park facility; and it shall be unlawful for any person under the influence of intoxicating liquor to enter or remain in any park/park facility."
- 2. If alcohol is brought into the facility by a coach, player, or fan, the game will be forfeited immediately.
- 3. If a player appears to be intoxicated, they will not be allowed to play.

b. Tobacco

- 1. Pursuant to Section 12.08.330 of the Lincoln Municipal Code, it is the policy of the City of Lincoln Parks and Recreation that the following facilities shall be designated as "tobacco-free", and tobacco use shall be prohibited. "Tobacco use" is defined as consumption of tobacco products by burning, inhalation, chewing, or other forms of ingestion. This also includes the use of e-cigs and other related devices.
- 2. Tobacco-free facilities include:
 - 1. Picnic shelters located in areas defined as "parkland" - Ball fields and the multi-use sports fields including concession buildings and surrounding areas.
- 3. Signage designating facilities as tobacco-free will be posted in prominent locations. Parks and Recreation Department employees, parents, coaches, and park facility visitors are encouraged to assist in achieving compliance by bringing this policy to

the attention of persons violating the policy. A person found to be using tobacco products in said areas will be asked to cease their usage or to leave the facility premises.

17. CODE OF CONDUCT

City of Lincoln Parks and Recreation Department Behavior Policy: Disruptive and/or Prohibited Conduct

The City of Lincoln Parks and Recreation Department has established this Behavior Policy to ensure that parks and park facilities are safe, welcoming and provide equitable access to individuals and staff. Individuals, participants, spectators, and staff are expected to always exhibit appropriate behavior. When any one individual's behavior is so disruptive, threatening, and/or offensive that they are impeding other participants from using parks or park facilities or threatening the safety and security of others or themselves, it is imperative that the Parks and Recreation Department take steps to remedy the situation. Disruptive or prohibited conduct includes any individual or group activity which is harmful or disruptive to other individuals lawfully using parks and park facilities or participating in or observing recreation activities or is otherwise inconsistent with regular activities normally associated with parks and park facilities.

a. Definitions:

1. "Premises" shall include inside and outside areas of the City of Lincoln Parks and Recreation Department property, including parking lots.
2. "Parks" shall mean and include any area of public ground dedicated as a park or held for the enjoyment of the public and managed and maintained by the Parks and Recreation Department within or without the limits of the city which is under the city ownership or control.
3. "Park Facility" shall mean and include any swimming pool, recreation center or any other building or facility held for the enjoyment of the public and managed and maintained by the Parks and Recreation Department within or without the limits of the City which is under City ownership or control.
4. "Recreation Activity" shall mean any activity organized and managed by the Parks and Recreation Department for which a fee may or may not be charged, including but not limited to classes, team sports practices and games, and organized events.
5. "Public Area" shall include parks and park facilities that are open for public use.
6. "Non-Public Area" shall mean area where the public is not allowed.
7. "Class of Facilities" shall group like-kinds of parks or park facilities such as parks and sports fields.
8. "Disruptive Behavior" shall mean any of a group of identified inappropriate, disruptive, or undesirable behaviors that would warrant the intervention of Parks and Recreation Department staff.
9. "Prohibited Behavior" shall mean any of a group of identified behaviors that are deemed illegal or that create an unsafe, threatening, or insecure environment for other participants. These behaviors can result in immediate expulsion from parks or park facilities with local law enforcement assistance if required.
10. "Suspension" or "Suspended" shall mean that an individual is provided written notice that they are not allowed on the premises and/or at a class of facilities of the Parks and Recreation Department for a period of up to 30 days as determined by staff.

11. "Banning" or "Banned" shall mean that an individual is provided written notice that they are not allowed on the premises and/or or a class of facility the Parks and Recreation Department for an extended period greater than 30 days as determined by the Director.
- b. **Prohibited Behavior** – The following prohibited behaviors will be seen as grounds for immediate expulsion and suspension and/or banning from any or all parks or park facilities. Refusal to leave the park or park facility when asked to do so by staff shall result in a call to the local law enforcement for assistance. Individuals exhibiting prohibited behavior will be required to leave the premises immediately for the remainder of the day. Depending on the severity of the behavior, an individual may be required to leave the premises with no warning given. Staff response shall be documented. Individuals may be subsequently suspended by staff for a period of up to 30 days or banned for a period of 30 days up to 12 to 36 months after a review by and at the discretion of the Director depending on the nature of the offense. Offenses that may warrant longer banning up to and over 1 year, although all prohibited behaviors are considered serious enough to require banning.
1. Being at a park or park facility while possessing or under the influence of alcohol or drugs
 2. Trespassing knowingly into non-public areas of parks or park facilities without prior permission.
 3. Exhibiting body hygiene that is so offensive as to constitute a nuisance or health hazard to other individuals.
 4. Using abusive or threatening language, including but not limited to name-calling, bullying, obscenities, sexist and/or racist language.
 5. Behaving in a physically violent, threatening, or aggressive manner or any behavior that threatens a person's safety and security, including the individual's own safety.
 6. Possessing weapons or explosive substances, including fireworks, other than by authorized law enforcement personnel or as allowed by permit or written agreement.
 7. Panhandling.
 8. Selling, soliciting, or engaging in any other commercial activity without prior written permission from the Director.
 9. Interfering with staff's ability to deliver services or to create and maintain a safe and secure environment for other individuals.
 10. Vandalizing, damaging, or misusing of park equipment or supplies that results in financial loss to the City.
 11. Participating in gang related activities, to the extent such behavior is clearly recognizable and unambiguous, including the display or possession of gang related symbols, the use or hand signals, soliciting membership, intimidating, or threatening behavior, wearing, or displaying any gang colors or clothing identified with gang activities, etc.
 12. Committing any criminal offense or participating in any illegal activity, including theft from parks or park facilities or violation or Lincoln Municipal Code ordinances other than minor traffic violations.
- c. **Disruptive Behavior** – Additional behaviors not listed here may be inappropriate and disruptive as inconsistent with appropriate use of parks, park facilities and recreation activities including violation of rules and regulations of the Parks and Recreation Department or rules or policies of a specific park facility. Response to disruptive behavior

will generally be progressive in nature. Disruptive behavior shall be determined by staff based on their observation of the behavior and the totality of the circumstances, especially if the situation will benefit from de-escalation or by resolution of the parties involved. Individuals exhibiting disruptive behavior will receive a verbal warning for a first violation. Continued or repeated disruptive behavior will result in being required to leave the premises for the remainder of the day and potential suspension. Staff response may be documented and used in response to the individual's disruptive behavior in the future. Repeat exhibition of disruptive behavior that results in being required to leave the premises more than once in a 30-day period may result in suspension or banning for additional time.

d. Suspension and Banning Procedure

1. With any prohibited behavior, or any disruptive behavior that cannot be mitigated or resolved as provided herein, staff will initially issue or cause to be issued a written notification of a suspension, herein after referred to as "Notification of Suspension", to the individual committing the offense which shall give notice to the individual the reason for the suspension.
2. The first suspension by staff shall be for a maximum period of 7 days and shall be a suspension from the premises and/or class of facilities of the Parks and Recreation Department. If an individual has previously been suspended for a violation of disruptive behavior within the prior 6 months or if the offense is especially egregious, they may be suspended by supervisory staff for a maximum period of 30 days from the premises and/or class of facilities of the Parks and Recreation Department.
3. Upon a finding by the Director that there are reasonable grounds to believe an individual should be banned from any or all of the premises, the Director shall issue a written banning order, hereinafter referred to as reason for the banning, and to what premises the banning applies. Banning Orders of 6 months or more shall be reviewed by the Law Department prior to the issuance.
4. The Banning Order shall be served upon the banned individual by certified registered mail when such individual's address is known or by hand delivery by any staff upon knowledge of the individual's entry into any premises or by any contact with the banned individual. A copy of the Banning Order will be provided to all relevant staff. The Parks and Recreation Department shall endeavor to report to the Parks and Recreation Advisory Board regarding Banning Orders on an annual basis.
5. The banned individual shall have the ability to appeal the Banning Order as provided herein.

e. Appeal Procedure of Banning Order

1. A banned individual may appeal the Banning Order to the Director by filing with the Parks and Recreation Department a notice of appeal, hereinafter be referred to as Appellant: The Notice of Appeal of Banning Order shall contain the Appellant's name, address, and telephone number if applicable.
2. Upon receipt of a Notice of Appeal of Banning Order, the Director shall set a date certain for a hearing on the appeal within 10 days from the receipt of the Notice of Appeal of Banning Order. This time period may be extended with the written consent of the Appellant. The Appellant shall be notified of this date by regular mail to the address indicated on the Notice of the Banning Order.

3. In order to be assured a review of the merits at the hearing, the Appellant must be present at the hearing at which the appeal is heard. Failure of the Appellant to attend the hearing may result in a dismissal of the appeal by the Director, which by the operation will leave the Banning Order in effect.
4. The hearing shall occur in the presence of the Director, or designated representative; the Parks and Recreation Advisory Board Chair, or designated representative; and the City Attorney, or designated representative; and the City Attorney, or designated representative.
5. At the hearing, evidence may be presented. The Appellant shall not be required to offer evidence at the hearing.
6. After the hearing, the Director, within 10 days of the hearing on appeal, shall make a final binding written order, hereinafter referred to as "Final Order". The Final Order shall be mailed to the Appellant at the address provided in the Notice of Appeal or Banning Order. The Final Order should contain the final decision of the Director and be approved to form and legality by the Law Department.

f. Non-Compliance: Trespassing

If a banned individual enters or refuses to leave any designated premises before the return date listed in the Banning Order or the Notification of Suspension, pursuant to staff's request to leave, the banned individual will be considered as trespassing and law enforcement will be called.