

**CARY PARKS, RECREATION & CULTURAL RESOURCES
35 AND OVER BASKETBALL LEAGUE
2026 LEAGUE RULES**

I. LEAGUE ADMINISTRATION:

- A. The league shall be administered by the Sports Staff of the Cary Parks, Recreation and Cultural Resources Department.
- B. The Cary Parks, Recreation and Cultural Resources Department and its authorized Commissions reserves the right to make any changes that they deem necessary.

II. ELIGIBILITY:

- A. All players must be at least 35 years of age by December 31, 2026.
- B. All players must be listed on the official team roster through TeamSideline website with the the Cary Parks, Recreation and Cultural Resources Department. **Deadline for adding players to rosters is Tuesday, July 14.**
- C. All players must have added to the team's roster through Teamsideline **before participating in a practice or game.**
- D. Players may only play on only one team in the Cary Parks, Recreation and Cultural Resources 35 and Over basketball league.
- E. All non-Cary residents must have paid the appropriate non-resident fee (\$25) through TeamSideline.
- F. **The Sports staff may check player photo ID's. If a player does not have proper ID at the gym he may not be allowed to participate.**
- G. Any player who participates and is too young or is not on the roster may be suspended for one year.
- H. Any team that uses an ineligible player may be dropped from the league and not permitted to participate for one year.

- III. TEAM CAPTAINS:** Each team shall have a team captain who will be the official contact person for the team with the Cary Parks, Recreation and Cultural Resources Department.
- A. The Team Captain must make certain that all team players receive all information distributed by the department and are aware of the league rules.
 - B. The Team Captain is responsible for the accuracy of all information contained on the roster and that all team members are properly registered.
 - C. The Team Captain is the spokesman for his team during games.
 - D. In the case of inclement weather, a decision regarding game cancellations will be made by the Sports Staff. A recording will be made by 3 p.m. on the Game Cancellation Line (919) 319-4500 and the website of games.townofcarync.gov.
- IV. LEAGUE RULES:** National High School Federation Basketball Rules will be followed with the following exceptions or clarifications:
- A. Games will be played with a running clock except for the last two minutes of the game. Clock will stop only on time-outs, or unusual delays (injury, lost ball, etc.,).
 - B. A regulation clock will be used for the last two minutes of regulation and all overtime periods. This means that the clock is stopped whenever the ball goes out of bounds, a foul is called, free throws are being shot, and during time outs. The clock will not stop after a made basket during the last 2 minutes of a game.
EXCEPTION: If a team is ahead by 20 or more points in the last two minutes of the game a running clock will be used.
 - C. Games will consist of four (4) ten (10) minute quarters.
 - D. All half times will be three (3) minutes.
 - E. Two (2) minutes will be allowed for each overtime period (regulation clock).
 - F. Time-outs:
 - 1. Four (4) regulation time-outs per team per game will be allowed.
 - 2. One time-out per team per each overtime period will be allowed. No time-outs will be carried over from regulation play.

G. Fouls

1. Each player will be allowed five (5) personal fouls per game as in regulation play.
2. Teams reach the bonus beginning on the 5th team foul of the quarter by their opponent, and all common fouls when in the bonus result in two free throws.

H. The three (3) point shot will be allowed.

I. During a free throw attempt, players that are in one of the three marked lane spaces on either side of the lane can enter the lane after the free throw shooter has released the ball. All other players must remain outside the 3 point arc and above the free throw line extended until the ball touches the ring, backboard or until the free throw ends.

J. A team must have **four** players present and ready to play in order to begin a game. A double forfeit will be declared if neither team has **four** players present and ready to play.

1. A five minute grace period will apply to the **first game** of the day/night only.
2. If games start later than the scheduled game time, teams will be given a minimum of five minutes of warm up between games. A forfeit will be declared if a team does not have **four** players present and ready to play at the conclusion of the five minute warm up period.
3. The official clock will be the community center clock. If a school gym is used, the scorekeeper has the official time.

K. Any team that forfeits four or more regular season games due to not having enough players to begin the game will not be allowed to participate in the league post-season tournament.

L. Only team players, two coaches, and one scorekeeper may be seated on the team bench.

M. Jerseys

Players **must** have the same color jerseys with screen or printed numbers on the front and/or back as specified by the National High School Federation Basketball Rules. Teams are encouraged to purchase reversible jerseys with numbers on both sides.

**Exception: Jersey numbers do not have to be legal numbers.*

1. **T-shirts/undershirts worn under tank tops or reversible jerseys** – If worn, it is **HIGHLY RECOMMENDED (but not required)** that players wear t-shirts that are matching in color to the primary color of the tank top or reversible jersey. Players may wear a t-shirt/undershirt that does not match the color of the tank top or reversible jersey.
2. **Numbers** – Numbers must be screened or printed numbers. “Tape” and permanent marker (“Magic Marker”) numbers are not permitted. Players will not be allowed to play if the jersey does not have a screened or printed number. Players will not be allowed to play using a jersey with a “taped” number or jersey with a number made using a permanent marker (“magic marker”).
3. **Matching color shirts** – All players must have shirts that are matching color. Players will not be allowed to play if the shirt color does not match. Example: Team A has four players with royal blue shirts, one player with navy blue shirt, one player with light blue shirt and one player with teal shirt. The four players with matching royal blue shirts would be allowed to play. The players with navy blue, light blue and teal shirts would not be allowed to play.

N. If opposing teams have conflicting shirt colors a coin flip will determine which team must wear pinnies.

O. Teams that are trailing by 20 or more points in the second half may end the game with no penalties being charged.

V. **SPORTSMANSHIP: All problems of discipline or unsportsmanlike behavior will be handled according to the information listed below in addition to the Athletic Discipline Policy.**

- A. Two direct technicals assessed to the same person in one game results in ejection for that player. Any ejected player must leave the gym immediately and may not return to the gym that day/night.
- B. Ejected players (first ejection of season) will receive a minimum two game suspension. Suspensions may be three or more games or seasonal or permanent as necessary. This rule also applies to inappropriate conduct after a game.

- C. The game will be forfeited if an ejected player does not leave the gym immediately.
- D. Any player or coach that accumulates three unsportsmanlike technical fouls in three separate games will be suspended for two or more games.
- E. After being suspended, any player that is ejected or any player that accumulates two or more unsportsmanlike technical fouls will receive a minimum three game suspension.
- F. Officials are “off limits” after games. Players and coaches should not attempt to interact with officials after a game. Players and coaches will face severe penalties for confrontations or unsportsmanlike interaction with officials after a game.
- G. When a team receives three unsportsmanlike technical fouls in one game the game will be forfeited immediately when the third unsportsmanlike technical foul is called. All players from that team must leave the gym immediately. Players involved in inappropriate conduct after the game will receive suspensions up to and including seasonal or permanent suspension.
- H. Coaches/captains are responsible for the behavior of their team at all times. If necessary, coaches/captains will face suspensions due to the conduct of their player(s).

VI. NO DUNKING RULE:

- A. Dunking is not allowed before, during, or after a game. The penalty will be a technical foul and ejection from the game.
- B. Equipment damage resulting from dunking of the ball will be paid for by the party responsible.

VII. PROTESTS:

Protests Regarding Rules or Official’s Judgment

The National Federation Basketball Rules Committee does not recognize protests. The official's judgment is final and may not be protested.

Protests Regarding an Ineligible Player

Protests may be made regarding a player's eligibility. Team representatives who wish to pursue this option must follow the procedure below:

A team may protest the eligibility of a specific player, not a general statement that the team is using illegal players. Submit, in writing, by 5pm the next business day, a statement describing your protest to sports@carync.gov.

All protests will be reviewed and decided upon by the Sports Staff. Those protests ruled to be invalid by the staff will not be accepted.

VIII. ALCOHOLIC BEVERAGES:

Alcoholic beverages are not allowed at any Town or school facility. Any players, coaches, or spectators consuming alcohol at the above-mentioned facilities will be suspended from the program for the remainder of the season.