

# **City of Lakewood**

## **Adult Basketball League Rules**



# **Lakewood Recreation**

## General Information

Welcome to the City of Lakewood Adult Basketball Program.

The City of Lakewood offers non-sanctioned basketball leagues for the recreational enjoyment of the participants. All decisions made by the Lakewood's Adult Sports Programmer are final and not subject to protest or refund of league fees. The basketball league(s) shall follow the basketball rules, code of conduct described in the **NFHS Rule Book**, and all City of Lakewood's Municipal Codes with the following clarifications.

### Deposit

All teams are required to pay a deposit in order to be registered for a league. All deposits are non-refundable once league schedules have been made.

### Fees

All teams are required to pay in full before the 4<sup>th</sup> game of the season. No exceptions! Any team with an outstanding balance after that point will forfeit remaining games until balance is paid in full.

Team managers and/or coaches are responsible to make all team members aware of the league rules. League rules are available at the Charles Whitlock Recreation Center, or online at [www.lakewood.org/adultsports](http://www.lakewood.org/adultsports).

All players participating in this program assume the liability of the inherent risks involved in this physical activity. Participants are encouraged to consult their physician prior to engaging in any physical activity.

## Inclement Weather/Questionable Conditions:

- A. Call the Charles Whitlock Recreation Center, 303-987-4800, for game updates.
- B. We ask that only Managers/Coaches call the recreation center and notify their players. Please call if there is any doubt about playing.
- C. Referees can only delay a game. Only the onsite supervisor can officially cancel a game(s).

## Roster Requirements

- A. A complete team roster must be submitted before the start of the team's first game. Rosters will not be accepted unless all information is completed.
- B. All roster changes must be made in person at the Charles Whitlock Recreation Center through the onsite supervisor or Adult Sports Programmer.
- C. **All team rosters will be frozen three (3) weeks prior to the completion of the regular season.**
- D. If, at any time, a team is unable to complete the season due to a lack of eligible players, such shortage being the result of injuries or employment transfer, the Adult Sports Programmer may allow a team to add additional players.
- E. Teams using ineligible players will automatically forfeit all games in which said player participated. All players are required to have some form of identification with their pictures on it at all games. If the opposing manager and/or the onsite supervisor/scorekeeper suspects that an ineligible player is being used, that player's I.D. will be checked. If that player is ineligible, or no I.D. is produced, an immediate forfeit shall be called.

- F. Player(s) who violate this rule shall be removed from the game immediately and the team will be charged a technical foul.
- G. Participants may play on one team per league per day. Individuals may not appear on two Roster Forms on the same day/same league. If an individual wishes to transfer to another team that is playing in the same league/day, the team captain must authorize the "release" of the individual by contacting the Adult Sports Programmer 24 hours before game day. Once the individual has been released from the original roster by the team captain, the individual may be added to another teams roster provided the rosters are not "frozen". An individual may transfer onto another team once per season per league.

### **Make Up Games**

- A. Make-up games may be scheduled at any time. Original schedules may change, so please check the [www.lakewood.org/adultsports](http://www.lakewood.org/adultsports) web page regularly.
- B. Managers should call as soon as possible so you have sufficient time to notify your team.
- C. The responsibility of finding out make-up times is the duty of the team manager.

### **Blood Rules**

- A. A player, coach, or referee who is bleeding or who has blood on his/her uniform shall be prohibited from further participation in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The uniform rule violations will not be enforced if a uniform change is required. The referee shall:
  - a. Stop the game and allow treatment if an injured person would affect the continuation of play.
  - b. Immediately call a coach, trainer, or other "authorized person" to the injured player.
  - c. Apply the rules of the game regarding substitution, re-entry, and short handed player if necessary.
  - d. Teams should bring their own first aid supplies. The City of Lakewood only supplies band aids and ice packs.

### **Starting a Game / Forfeit Procedure**

- A. All games will start at their scheduled time or as soon as the preceding game finishes.
- B. A team must have at least four (4) legal players properly registered and on the court ready to play at the scheduled game time or their opponent has the option to:
  - a. Ask for an immediate forfeit **OR**
  - b. Start the game clock (not play) and allow that team up to 10 minutes to get 4 legal players before the forfeit is declared. The waiting time is counted as playing time. In the event the previous game runs long this is considered part of your 10 minute waiting period. For example, 7 PM game runs 1 hour and 12 minutes you do not receive an additional 10 minutes to get 4 legal players.
- C. Teams cannot be forced to start earlier than scheduled, but can if both teams agree.
- D. The teams will be allowed to use the court to practice in the event of a forfeited game. Practicing teams must vacate the court 15 minutes prior to the scheduled start of the next game.

### Forfeits (New)

- A. Non Appearance Forfeit: When a team fails to show up for their assigned game without notification. The team must pay a \$25.00 fee prior to participating in their next scheduled game.
- B. Failure to pay the forfeit fee shall result in another Non Appearance Forfeit and another \$25.00 fee will be assessed.
- C. Exceptions: If a team has to forfeit, the team **MUST** contact the Adult Sports Programmer by 4:00PM the day of the game or by 4:00PM on Friday for games played on Sunday. If notified properly, there will be no forfeit fee charged to the team. Teams **MUST** call Adult Sports Programmer at 303-987-4806.
- D. If a team has 3 forfeits during the season, the team is automatically dropped from the league.

<b>Equipment</b>
------------------

- A. **GAME BALL:** The City of Lakewood shall provide the official game ball.
- B. **UNIFORMS:** All teams in the league must have like-colored jerseys with different permanent numbers. There will be a two (2) week grace period on jerseys at the beginning of the season. Any problems concerning jerseys will be handled on an individual basis by the onsite supervisor or the Adult Sports Programmer and their decision shall be final. Teams must wear non-marking athletic shoes.
- C. **JEWELRY:** Players must remove all jewelry prior to entering the playing area. **Players may not "cover" the jewelry in an effort to hide the jewelry and play.** Any problems concerning jewelry will be handled on an individual basis by the onsite supervisor or the Adult Sports Programmer and their decision shall be final.
- D. **CASTS:** Plaster or other hard substances in their final form may not be worn during the game. Any exposed metal may be considered legal if covered by some sort of material or padding and taped.

<b>Players</b>
----------------

- A. All players must be eighteen (18) years of age to participate.
- B. Teams should play with five (5) players but are permitted to start with as few as four (4) and must finish with no fewer than three (3) players, including injuries.
- C. If a player is ejected from a game, he/she may only be replaced with a legal substitute.
- D. Anyone, player or person associated with a team, approaching the scorer's table in a confrontational manner, either toward the score keeper or officials, at any point before, during, or after the game will be given one warning to stop such behavior. Any player or person failing to heed the warning will automatically receive a one game suspension and could face further disciplinary action as determined by Lakewood Recreation staff.
- E. Anyone, player or person associated with the team, that is asked to leave the facility due to unsportsmanlike behavior will receive an automatic one game suspension and could face further disciplinary action as determined by Lakewood Recreation staff.

## The Game

- A. Colorado High School rules will be followed except for the following:
- Games will consist of two 20-minute halves with three minutes between halves.
  - In case of tie games, first overtime period will be three minutes; two minutes will be a running clock, and the last one-minute will be regulation stop clock. If the score is tied at the end of three minutes, there will be a second overtime. If score is still tied there will be a sudden death playoff. First team to score wins.
  - All offensive and backcourt fouls will award the ball to the offended team at mid-court or closest spot of foul
  - An intentional foul will be two shots and the ball out of bounds.
  - The clock will continue to run on all jump balls, free throws, technical fouls, players fouling out, and out-of-bounds, except at the start of a period and during the last two minutes of the second half.
  - The clock will continue to run during the last two minutes of the second half if one team is ahead by 10 or more points for all leagues.**

Teams will have 4 time-outs per game and one time-out for each overtime period. Only 3 time-outs will carry over into the 2<sup>nd</sup> half.

- Players will be disqualified from the game once they receive their 5th foul. Teams are encouraged to keep their own books concerning fouls, points, etc., but the scorekeeper's book will be the official book.
- Technical foul rule** – Any team that receives more than 5 technical fouls during the summer and fall leagues, or 8 technical fouls during the winter/spring league will be suspended from league play indefinitely. The Adult Basketball League Committee will determine the length of the team's suspension. Any player that receives more than 3 technical fouls during any league will be suspended from league play indefinitely. The Adult Basketball League Committee will determine the length of the player's suspension. If a player receives 2 technical fouls in one game, they will be suspended for the following game.

## Awards

All games shall count toward league standings.

- League standings will be used to seed teams in the end-of-season tournament.
- One team award and individual awards will be given to the team that wins the tournament.
- One team award will be given to the team that places second in the tournament.

**Tiebreaker** - The following will be used in the event of a tie between two or more teams during league play:

1. Head to head results between tied teams
2. Point differential between tied teams
3. Point differential for entire season
4. Total points scored during season
5. Least amount of points allowed during season
6. Coin toss

All tiebreakers will revert back to the first tiebreaker to determine second place once the first place team has been determined.

**Note** – If a team forfeits for any reason during the season, that team will be eliminated from the tiebreaker process.

<b>Conduct</b>
----------------

**CODE OF CONDUCT**

City of Lakewood Community Resources Department supports and promotes an atmosphere of respect and courtesy. Appropriate behavior and interaction with others is expected of all patrons and participants. Physical, mental, verbal or emotional abuse will not be accepted in any City activity, event, facility or program.

Any Community Resources employee shall be authorized to enforce the Code of Conduct, along with any Rules and Regulations applicable to the facility, activity, event, park or program. Any person acting inappropriately or disrespectfully may be subject to the revocation of the privilege of using City facilities or participating in City activities, events or programs. Such determination will be made according to the City’s exclusion procedures.

There is a zero tolerance policy for violations of this Code of Conduct.

**LAKWOOD ADULT SPORTS ZERO TOLERANCE CONDUCT POLICY:**

A. No player shall at any time lay a hand upon, push, shove, or **threaten** to strike another person. PENALTY: Player will be suspended from all sports indefinitely.

B. All players will abide by the officials' decision. A player ejected from the game will receive a minimum one game suspension, and run the risk of being suspended for the remainder of the season.

C. If a player or manager is ejected from the game, that player or manager must leave the court immediately. The league supervisor may allow the player to remain in the area only if the ejected player exhibits sportsmanlike conduct.

D. No player, coach, spectator or manager shall physically attack or act as an aggressor towards any person, player, spectator, referee, or City employee. PENALTY: Officials are required to immediately eject player(s) from further play and report such player(s) to the League Officials. **Such player(s) shall remain suspended until his/her case has been reviewed.**

E. All players, coaches, and managers will abstain from the use of vulgarity, racial slur, verbal abuse- threats or unsportsmanlike conduct while participating in a City of Lakewood Activity.

F. No player, coach, or manager will be allowed to participate if acting in an intoxicated manner. PENALTY: Suspension from the game and possibly the next game played. To be ruled upon by the referees and/or league officials.

G. Captains, managers, and/or coaches are held responsible for their team's conduct.

H. Teams are responsible for their spectators' conduct.

I. Anytime a game gets out of hand, the referees or league officials have the authority to call the game.

J. Elastic Power - Any and all situations not specifically covered in the rulebook shall be acted upon by the Adult Sports Programmer, and all such action taken shall be final.

k. Technical foul rule – Any team that receives more than 5 technical fouls during the fall and summer leagues, or 6 technical fouls during the winter/spring league will be suspended from league play indefinitely. The Adult Basketball League Committee will determine the length of the team's suspension. Any player that receives more than 3 technical fouls during any league will be suspended from league play indefinitely. The Adult Basketball League Committee will determine the length of the player's suspension. If a player receives 2 technical fouls in one game, they will be suspended for the following game.

**PROTECT YOUR VALUABLES:** As most of us know, parking lots can be a popular target for thefts. Avoid being a victim by taking care of your valuables by following the tips for preventing break-ins or theft listed below:

- If there is a suspicious person or activity near a vehicle, notify the facility supervisor or contact the police immediately.
- Remove all bags and items from view in your car. If possible, take your valuables with you.
- Do not leave wallet, keys, or valuables unattended.
- Keep spare keys in your wallet, not in your car.
- Close all vehicle windows and lock all doors.
- Park in well-lit areas when available.
- Engrave your stereo and other valuables with your driver's license number, not your social security number.

Thank you again for playing with City of Lakewood Recreation Division and have a great season!