



DOWNERS GROVE PARK DISTRICT

2026 ADULT BASKETBALL RULES AND REGULATIONS

NOTE: The Downers Grove Park District does not provide medical insurance for players, spectators, or team representatives in the Adult Basketball Leagues. Players are reminded that they play at their own risk. It is strongly suggested that each player have his or her own form of medical insurance.

It is Park District policy that there is no smoking on park district grounds. The Park District further prohibits the presence of drugs and/or alcohol on district property. As guests of the park district, each team is expected to adhere to these rules.

Unless otherwise stated herein, I.H.S.A. rules and regulations govern league play.

I. THE SCHEDULE

A. Regular Season Play

1. Regular season play consists of a round robin format.
2. Regular season play consists of 10 games
3. If two or more teams are tied for any position at the end of the regular season, the following criteria, in order as stated, determine final league standings and post-season seedings:
 - a) Any team with a forfeit during the regular season automatically loses all ties
 - b) Head-to-head record against all other teams involved in the tie
 - c) Point differential in head-to-head competition
 - d) Fewest points allowed in all competition
 - e) Highest points scored in all competition
 - f) Coin Toss

B. Post-Season Tournament

1. A post-season single-elimination tournament is played immediately following the regular season schedule for the top seeds in each league.
2. The number of teams who make the playoffs will be determined bases on league size.

II. LEAGUE AWARDS

- A. Cash prizes are awarded to the regular season and post season champions. Regular season champions are awarded \$150. Post season champions will be awarded \$100 and champion t-shirts.

III. LEAGUE ROSTERS

- A. Rosters are limited to 20 players. Players must be at least 18 years of age. Current college players are not permitted to participate.
 - 1. Rosters must be submitted via the SharePoint form shared with the captains before the first game with each player's name, telephone number, address, and signature and be turned in to the Downers Grove Park District by the team's first scheduled game. Any individual shall be declared ineligible for the entire season if they:
 - a) Participate in league play prior to submitting a roster form through SharePoint, or
 - b) Fail to include his/her telephone number and or address on the roster
- B. Any team wishing to be considered a resident team must have 60% of their rostered players either live in Downers Grove or be employed by a Downers Grove business.
- C. Roster Changes
 - 1. Roster additions or changes are not permitted after the start of the **THIRD game** of the regular season.
 - 2. Players may be replaced in the event of a player's injury (with a doctor's note) or job transfer or shift change (with a note on company letterhead).
 - 3. **Any request to replace a rostered team member must be made to the Recreation Supervisor in writing and be accompanied by a completed roster change form.** Each of the required items must be submitted before any replacement players are eligible to participate in league play.
 - 4. Any replaced or removed player is ineligible for play on any team until the following season.
- D. Player Eligibility
 - 1. Player eligibility must be challenged prior to the end of the 1st half and may be made by the opposing team captain or Park District staff person.
 - 2. The offending captain must then prove eligibility to the satisfaction of the opposing captain or staff person, remove the player from the game before play proceeds or play with the knowledge that if the protest is upheld, the game will be forfeited.
 - 3. If the player proves to be eligible, the game stands as played; if ineligible, the game is forfeited. All games played with ineligible players shall be declared forfeits.
 - 4. Any player whose eligibility has been challenged and does not have possession of his driver's license at the game site will be declared ineligible for that game.

IV. LEAGUE RESPONSIBILITIES

- A. The Park District Athletic Supervisor is responsible for taking registration, designating rules and regulations, and providing a game ball, first aid supplies, officials and score keepers for each game. The Athletic Supervisor reserves the right to interpret and/or change any of the league rules at his/her discretion.
- B. The Score Keepers are responsible for score keeping and time duties, supervision of facilities, recording and distributing standings, and dispersing league information to team captains. The Score Keepers are not an additional official and cannot overturn any calls made by the officials on the court.
- C. Officials are responsible for calling and controlling the game. **All officials' decisions are final.** Protests are accepted only in player eligibility cases. See Rule III, Section C for player eligibility protest procedures.

V. LEAGUE PLAY

- A. **Forfeit time is 10 minutes after the start of the first scheduled game of the night and 5 minutes after the following game start times. If a team does not have four players appropriately dressed and on the court, a forfeit is declared. If at any time a team is reduced to three players for any reason, or four-person team is losing by 20 or more points at or after half time, a forfeit will be declared.**
 - 1. If a team forfeits three games, they are dropped from the league with no refund.
- B. Each team must have uniformly colored and numbered jerseys, with affixed numbers on the back of the jersey. Taped numbers are not permitted. Team members without their own uniformly colored or numbered jersey may be declared ineligible for the particular evening's game. Teams may not have numbers duplicated.
- C. **Any player that shows up without a matching shirts/jersey with number will be required to wear a Park District numbered mesh pennies for their game. Teams who continuously show up and do not have matching shirts/jerseys with numbers will be given an automatic technical foul and the opposing team will be rewarded two points (2) to start the game.**
- D. **Playoffs – Any team without uniformly colored and numbered shirts/jerseys will forfeit their team's game. Individual team members without their own uniformly colored & numbered jersey will be declared ineligible for the game as well.**
- E. Player's jersey numbers must be recorded in the official score book next to their name by the team captains immediately upon arrival at the gym.
- F. Time Limits
 - 1. Games consist of two twenty-minute halves.
 - 2. Two minutes is given between halves.
 - 3. The continuous clock is utilized, except **during free throw attempts, the last ten seconds of the first half and last two minutes of the second half.** During this time, the clock stops on all whistles. If a team is ahead by **twenty** or more points in the final **ten minutes** of the game, the clock does not stop. If a team is ahead by **twenty** or more in the final **five minutes** of the game, the game will be declared over.

4. **The clock will stop during free throw attempts. The clock will stop once the ball is passed to the shooter for their first attempt. The clock will begin to run again at the completion of the final free throw attempt.**
 5. The first overtime period is two minutes in length, with the clock stopping on the official's whistle during the last minute.
 6. The second overtime is "sudden death".
 7. Each team will receive one time out for the first overtime and none for any consecutive overtime periods.
 8. **Playoffs** – If the score is tied at the end of regulation, teams will play a two-minute overtime period with a stop clock situation in the final minute. If tied after overtime, teams will continue to play a two-minute overtime period with a stop clock situation in the final minute until a winner is decided with no time remaining.
- G. A jump ball is used to start the game. Alternate possession is used thereafter in lieu of jump balls.
- H. Teams will receive two (2) time outs per half, with a maximum of thirty (30) seconds per time out. Time outs do not carry over to the next half or overtime. Each team will receive one time out for the first overtime and none for any consecutive overtime periods.
- I. A player will foul out of the game once they receive their fifth personal foul. Technical fouls count as personal and team fouls. On the seventh team foul, a "bonus" is in effect (one and one). At ten team fouls, a "super bonus" will be in effect (two shots). All intentional fouls will automatically be two free throws and the shooting team receives the ball out of bounds. **All technical fouls will also carry a two (2) shot penalty and the shooting team receives the ball out of bounds.**
- J. If an injury occurs to a player on the court during the game, play is stopped. Depending on the severity of the injury, the game may pick up and continue, be delayed, or cancelled. This decision will be made by the referees and the scorekeeper staff as well as the team captains. Shortening time or adding a running clock are some of the rule adjustments that could be made. All decisions by the referees in regards to continued or cancelled play are final.
- K. **Player Conduct – Fouls & Ejections**
1. Team Captains are responsible for the conduct of their respective team members, as well as their spectators. The Team Captain (or Assistant Captain if the Captain is not present) is the only team member who may address or confer with the official or score keepers.
 2. Any player showing signs of intoxication will not be permitted to play and will be asked to leave the premises.
 3. **Profanity deemed excessive will not be tolerated. Players, captains, or spectators in offense will receive a technical foul.**
 4. Any player, manager, or spectator charged with two technical fouls for unsportsmanlike conduct shall be ejected from the game. If the ejected individual continues to impede the orderly progress of the game, a technical

- foul will be assessed to his/her team. Continued misbehavior after a technical foul results in the offending player's team forfeiting the game.
5. Three technical fouls called on a team for unsportsmanlike conduct in one game results in forfeiture of that game.
 6. All ejected individuals must leave the grounds immediately. Any player fighting on park district property will receive a suspension for the remainder of the season. Any player ejected twice during the season will be suspended from league play for the remainder of the season.
 7. Any individual ejected from any game for any reason, excluding fouling-out, will receive a minimum one-game suspension, rendering him ineligible for the next scheduled game. The Athletic Supervisor reserves the right to increase or decrease any suspensions from league play at his/her discretion. The suspended player(s) will not be able to play or attend the game as a spectator during their game(s) suspended.
 8. The Athletic Supervisor and/or Officials may suspend any player, manager, spectator, or individual from any game for any action that interferes with the orderly progress of the game.
 9. The Athletic Supervisor may expel any player, manager, team, spectator, or individual from league play for the remainder of the season, or longer, for any action which interferes with the orderly progress of the game (i.e. fighting, flagrant rules violations, harassment of officials, players, spectators, etc.).

VI. MISCELLANEOUS

- A. Each team is allowed one forfeit. A second forfeit will result in a \$50 fine assessed to that team. This fine is due at 4:00 p.m. the Friday prior to that team's next scheduled game. Failure to pay before the next regularly scheduled game, or a third forfeit, results in that team being dropped from league play, with no monies returned to that team.
 1. EXCEPTION: If a team captain notifies the Athletic Supervisor by 4:00p.m. two days prior to a game that they will forfeit the game, no fine will be assessed.
- B. Teams are responsible for their own property in the locker rooms, gyms, & bench areas.
- C. **Teams are responsible for the conduct of their spectators.** This includes any behavior toward the referees or opposing team. Spectators who exhibit unsportsmanlike conduct or any behavior that disrupts the orderly process of the game can receive a technical foul assessed to his/her team, or be ejected from the game.
 1. Children must be supervised throughout the game, and should not be permitted to run around the facility, bleachers, gyms etc.
 2. All children must be supervised by an adult **NOT** playing in the game.
- D. DUNKING – Dunking is allowed before, during, or after the game. Any player damaging any equipment as a result of dunking will be required to pay repair and/or replacement costs.