

2024-2025 Cedar Rapids Parks & Recreation

ADULT BASKETBALL LEAGUE RULES

(Standard NFHS rules will be used with the following modifications)

Officials: Competitive league games will have 2 officials. Recreation league games will have 1 official who will work opposite the scorer's table, free throw line extended to free throw line extended. Any call that the official can't make will use the alternating possession arrow.

Game Rules:

A. Time:

- There will be two 20-minute halves with a running clock with a 3-minute halftime.
- If the score is within 10 points, the clock will stop the last **30 seconds of the first half** and the last **two minutes of the second half** for dead balls.

B. Timeout:

- Each team will have **two timeouts per half** which do not carry over.
- Each team will have one timeout in overtime.
- Timeouts are approximately 45 seconds long; **they are at the discretion of the referees.**
- Throw-in spot may be advanced to the division line after a timeout by either team at any time.

C. Overtime:

- Overtime will be 2 minutes long.
- The clock will stop on dead balls the entire overtime period.
- If the score remains tied after overtime the game will end in a tie. Team fouls reset after the first half but do carry over from the second half to overtime.

D. Miscellaneous:

- A team may start and play a game with only 4 players.
- A player will be disqualified from a game after committing his/her **5th personal foul**.
- No five-count will be administered during a dribble.

E. Free Throws:

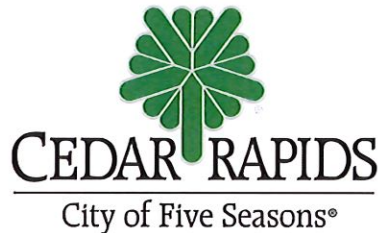
- Free throws will be shot only during the last 2 minutes of the second half and last minute of the overtime period.
- No free throws taken in the last 2 minutes if the clock is not stopped due to the score.
- During the last 2 minutes of the second half and last minute of overtime:
 - a. If a team has not reached 5 team fouls prior to the 2-minute mark they will be moved to 5 team fouls. Teams with 5 or more fouls will remain at that foul count.
 - b. Once an opposing team has reached 10 common fouls the penalty will be 2 free throws
 - c. Second foul in the last two minutes will result in FT being shot i.e. Team with 2 fouls doesn't have to intentionally foul to get to 7 before FT are shot.

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F. Technical Fouls:

- Technical fouls are considered personal fouls.
- If a player commits two technical fouls in one game, they shall be disqualified from the game.
- If the technical fouls are of the flagrant nature (as determined by the referees and the program director), the player will need to vacate the gymnasium immediately and may be disqualified from following games (again, as determined by the referees and the program director).
- If a team commits three flagrant fouls, the team shall forfeit the game. All flagrant technical fouls at the discretion of the program director may result in forfeit, suspensions and/or expulsion from the league.

G. Bonus Points:

- Common fouls
 - Will be penalized by awarding the offended team the ball out-of-bounds.
 - Once a team reaches 7 team fouls, the opposing team will be awarded one point for the 7th, 8th, 9th foul.
 - Once a team reaches 10th team fouls, the opposing team will be awarded two points and every foul thereafter. However, possession does change.
- Shooting fouls:
 - Will be penalized by awarding the offended team one point for a two-point shot and two points for a three-point shot plus the ball out-of-bounds. If the shot is made, 1 extra point will be awarded, and possession will change.
- Technical fouls:
 - Will be penalized by awarding the opposing team two points and the ball-out of bounds.
- Intentional fouls:
 - Will be penalized by awarding the opposing team one point and the ball out-of-bounds.

H. Team Rosters:

- An individual may play on only **ONE** team during a session.
- All required information from each player on a team must be collected before that player is permitted to participate in the league.
- Players in Competitive division may **NOT** play in Recreation division without prior approval from program director.
- Players must be 17 years old or have the approval of the program director to participate in the league.

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I. Jerseys:

- Each player is required to have a jersey/T-Shirt consisting of one color worn by the entire teams with a permanent number on the jersey.
- First team listed on TeamSideline schedule is the visiting team. **Visiting team will wear DARK; Home team will wear WHITE.**
- Reversible jerseys are provided by the league for any player not properly equipped.
- NO "SHIRTS VS SKINS" ALLOWED in accordance with NW Rec Center policy.

K. Player Conduct:

- No player shall threaten an opposing player, spectator, official, or scorekeeper in any manner.
- Threatening conduct will result in disqualification from the game and suspension from the following game.
- Threatening conduct may result in removal from the league altogether and is at **the discretion of the program director.**
- Excessive arguing with officials and/or site supervisors will result in a technical foul.

L. Taunting:

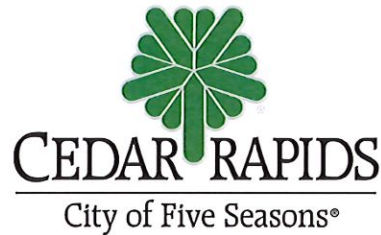
- Mean spirited taunting will **not be tolerated in the league.**
- No warning is needed from the referees about players' taunting.
- "Taunting" fouls will be given in response to mean spirited taunting in any form.
 - This will go against the player as an intentional foul and count as a personal foul.
 - The result will be one point and the ball.
 - Continuous taunting could result in a suspension at the discretion of the program director.

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M. Language:

- Inappropriate and foul language **will not be tolerated in the league.**
 - “Swearing” technical fouls will be given in response to foul language in any form, **NO** warning is needed. Continuous vulgarity could result in a suspension at the discretion of the program director.
 - This will be a team technical. It does not go against that player as a personal or technical foul.
 - The result will be one point for the opposing team. Officials will use the point of interruption method to resume play:
 - a. A throw-in to the team that was in control at an out-of-bounds spot nearest to where the ball was located when the interruption occurred.
 - b. A free throw or a throw-in when the interruption occurred during this activity or if a team is entitled to such.
 - c. Alternating-possession throw-in when neither team is in control and no goal, infraction, nor end of quarter/extra period is involved when the game is interrupted.

N. Forfeits:

- In addition to forfeits resulting from letter F and H (see above), Forfeits may also result from teams showing up late to their game.
- A 5-minute grace period will be given at the beginning of each game. The clock will start promptly at game time and run for five minutes. At the end of the five minutes, if a team is not ready, the game shall be a forfeit. **NO EXCEPTIONS** will be made to this rule.

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