

Holland Recreation Adult Basketball

Quick Reference Rules

ROSTERS: All roster changes are to be submitted online on the Holland Recreation Basketball webpage. Players must compete in two (2) games to be eligible for the play-offs.

TEAMS PER NIGHT: Players are allowed to play on only one team per night.

DIVISIONS (if needed): Teams will be broken into divisions within the first four (4) weeks of play.

JERSEYS: Teams must have a consistent color and individual players must have the same number each week. Teams without matching jerseys will wear pinnies.

GAME FORMAT: Two (2) twenty-minute halves running clock with the exception of the last two (2) minutes of the second half. The clock will continue to run if the point difference is 15 points or more.

OVERTIME: Three (3) minute running clock, in the last minute the clock will stop.

FOULS: The individual foul limit for each player is five (5).

TIME-OUTS: Each team has two (2) time-outs per game.

TOURNAMENT SEEDING: Based on overall season record.

AWARDS: Awards will be presented to the regular season champion and the tournament champion.



Holland Recreation Adult Basketball League Rules and Guidelines

LEAGUE FORMAT

Michigan High School Athletic Association Rules will be used with exceptions listed below.

1. Each team will play a minimum of eight (8) regular season games, plus a single game elimination tournament. Game times are scheduled by Holland Recreation.
2. All games will be played as scheduled unless circumstances dictate otherwise (i.e.: weather, athletic events, etc.) Games may have to be re-scheduled at other locations and on nights other than your regularly scheduled playing nights. Team managers will receive the information regarding rescheduled games, and this information will be placed on the web site.
3. For any cancellations, emails to team managers will be made by 5pm the day of the game. Cancellation information will also be available on the Holland Recreation website on the cancellation page.
4. Individual shirts will be awarded by Holland Recreation to teams that win the regular season and teams that win the tournament.
5. Under extenuating circumstances, Holland Recreation reserves the right to amend all rules for the best interest and safety of the program.
6. League ties, if any, will be determined by the following: head to head competition of the teams involved during the regular season, head-to-head point differential, and then overall point differential.
7. Team managers are responsible for collecting all fees; turning in a completed roster and informing their players of the league rules; the manager is also responsible for the conduct of its team members and its spectators.
8. Teams are expected to be at the court at their scheduled game time. Teams that fail to arrive will lose by forfeit. A "no show" more than once in a season or forfeit more than twice will not be eligible for playoffs and may be removed from the league at the discretion of the league coordinator. Forfeits and no shows are poor etiquette, and should be avoided at all cost.
9. Holland Recreation is not responsible for any lost or stolen items at any site. Please take necessary precautions with personal items.

10. Teams must wear numbered shirts and all shirts on a team must be the same color. No team shall have duplicate numbers. Failure to comply will result in automatic 1pt for the opposing team for each offending player prior to the start of the game.
11. League standings and schedules can be found on the website:
www.hollandrecreation.com
12. Please verify your line-up with the scorekeeper prior to the start of the game. Each player must match up with the number they have. Identification may be asked for roster clarification.

ELIGIBILITY

1. All players must be 18 years of age or older by the team's first game. Players may be 16 years old to play with parental/guardian signature and manager must present Holland Recreation with a concussion certificate before minor is eligible to play.
2. No player shall play on more than one (1) team in the Holland Recreation Adult Basketball Program on the same night. You may play on 2 different teams on separate nights – any infractions will result in forfeitures for all the teams involved and possible suspensions of the player(s) involved.
3. Roster Additions: The team manager must submit roster changes online in order to make changes to the roster.
4. Tournament Eligibility: Players are ineligible for league tournament play unless they have played a minimum of two (2) games during the regular season with their team.

GAME RULES

MHSAA Rules apply with the exception of the following

1. A game will consist of two (2) twenty-minute running clock halves. In the final two (2) minutes of the second half, the clock will stop on all dead ball situations. If a team is behind by 15 or more points the clock will run.
2. Jump ball to start the game.
3. Free throws will be played on the release of the ball, with no more than six people in the lane. High school rule is no bottom lane.
4. All overtime games will consist of three (3) minute running clock. The clock will stop in the final one (1) minute of overtime on all dead ball situations. Game will not end in a tie.



5. Each team will have two (2) timeouts per game. One (1) timeout in overtime. Timeouts do not carry over into overtime.
6. Two (2) technical fouls for an individual will result in an automatic ejection from the game. A player is not necessarily suspended for the next game because of two technical fouls. The League Director will determine the severity of the technical fouls. Any player assaulting (verbally or physically) a referee or Holland Recreation staff will be banned from the league. It will not be tolerated – offending players will be ejected and must vacate the premises immediately.
7. Players will be disqualified from the game upon reaching their 5th foul.
8. Teams must have four (4) players ready to play at game time or forfeit the game. A late arrival player will be allowed to enter the game during a dead ball situation.
9. All jewelry must be removed, with the exception of wedding bands, while participating in a Holland Recreation basketball game. Medic Alert necklaces and bracelets are permitted but must be taped down.

FIGHTING AND UNSPORTSMANLIKE CONDUCT: ZERO TOLERANCE

UNSPORTSMANLIKE CONDUCT – Fighting and unsportsmanlike conduct will not be tolerated! Players ejected by the official for striking an opponent or official may face charges. A player ejected for striking (i.e. throwing a punch) another player will be suspended indefinitely. There will be no exceptions to this rule. Verbal abuse will not be tolerated. Such abuse, when deemed appropriate, will be grounds for game ejection and possible league suspension. Taunting and over excessive celebration will also be grounds for a personal foul or ejection. Absolutely NO profanity allowed in this league. If officials/staff hear it, it will be an automatic technical foul assessed to the player or team.