

City of Fort Collins Adult Basketball Rules

Anything not covered in this rules document will default to the NFHS Basketball Rules Book.

Updated March 2022. Rules changes will appear in *highlighted italics font*.

League Classifications and Information

1. **Men's and Women's Competitive:** Teams with above average skill and knowledge of the game. Players looking for a more competitive game and atmosphere.
2. **Men's and Women's Recreational:** Teams with players who are average in skill or beginners. Players looking for a relaxed and "just for fun" type of atmosphere.

Basketball Rules

1. **Time Limit:** All games will consist of two 20-minute running halves. The clock will not stop except for the last two minutes of the second half. If the score is greater than a 10 point differential, the clock remains running. If the score drops to 10 points or below the clock will again be a stop clock (during the last two minutes of the game only).
 - a. There is no shot clock
2. **Jump Ball:** A Jump ball will begin the game then possession we will go to alternating possession for any additional held balls.
3. **Free Throws:** During a free throw:
 - a. Players in the lane may not enter the lane until the ball is release from the shooters hand.
 - b. The shooter and the players behind the three point arc and free throw line extended must wait until the ball hits the rim before they break the plane of either of the above described lines.
 - c. Any ball that misses the rim completely or only hits the back board will be a violation.
4. **Time Outs:** Teams are allotted two time outs per half. Unused timeouts do not roll over to the next half. There will be only one time out per team for each overtime period.
5. **Half-time:** Half time will be a maximum of three minutes long unless all players are ready to p[lay sooner.
6. **Tie Games:** If at the end of regulation time the score is tied, there will be a two minute regulation (stop clock) overtime. If at the end of the overtime period the score is still tied, second two minute sudden death (stop clock) overtime will be played, the first team to score wins. If no one scores and the overtime ends the final score will remain tied.
7. **Uniforms:** All team members must wear the same shade of jersey/T-shirt with numbers (minimum 6" in height) clearly printed on front and/or back.
8. **Technical Fouls:**
 - a. **Minor Technical Foul**
 - i. A minor technical foul will allow the player(s) to stay in the game. They will not be automatically ejected.
 - ii. Minor technical fouls include, but are not limited to:
 1. Dunking in dead ball situations
 2. Calling a timeout when the team does not have a time out.
 - iii. The second minor technical foul a player receives will be a major technical foul and the player will be ejected from the game.
 - b. **Major Technical Foul**
 - i. A major technical foul includes but is not limited to:

1. Continuous or forceful arguing with an official or opponent
 2. Aggressive physical contact, profanity, abusive language, and unsportsmanlike conduct.
 - a. Gym supervisors have the ability to call unsportsmanlike technical fouls.
 - ii. Any major technical foul will result in two points for the opposing team and the ball out of bounds.
 - c. It is up to the official to differentiate between a minor and a major technical foul.
 - d. Players receiving two minor technical fouls or one major technical foul must leave the facility and will be suspended for the remainder of that game and a minimum of the next scheduled game.
 - e. If a single team receives two **major** technical fouls, the game will be terminated and the game will end in a forfeit.
 - i. If a team is forced to forfeit a game due to technical foul rule, they will be placed on probation for the remainder of the season. If another forfeit due to the technical foul rule occurs, the team will be suspended from the league.
 - f. If a game is forfeited, the forfeit fee must be paid prior to the next scheduled game.
9. **Foul Shots:**
- a. The one and one foul shooting will begin on the seventh team foul of each half
 - b. The bonus (two) shots will begin on the tenth foul of each half.
 - c. Three free throws for a player fouled in the act of shooting an unsuccessful three-pointer. If fouled intentionally or flagrantly in the act of shooting an unsuccessful three-pointer, three free throws plus the ball out of bounds.
 - d. Committing basket interference during a free throw is a technical foul, which results in the point being counted, plus two points for the technical and the ball out of bounds.
10. **Dunking:** Will not be permitted during any dead ball situation. The penalty for a violation will be a minor technical foul: two automatic points and the ball taken out of bounds.
- a. Example: If a player dunks a ball during pre-game warm-up, that team shall be given a minor technical foul which will result in two points for the opposing team and first possession of the ball.