

**MINOT PARKS & REC (P&R)ADULT BASKETBALL RULES**  
**PLAYERS RULES & REGULATIONS**

1. Anyone participating must pay the user fee to be eligible. Failure to do so will result in his or her team forfeiting.
2. No smoking or drinking at any of the activities or in any areas in which you participate for the (P&R).
3. A team can start the game with four players present at game time. Any team that forfeits four times in a season will be suspended for the rest of the season. **Teams are required to have uniforms of the same color and with a number on the front (preferably front and back). You will not be allowed to play in the state tournament if you do not have uniforms.**
4. Games will consist of two (2) twenty-minute halves with the clock running except for time outs. During the final two minutes of second half, the clock will stop on every whistle unless one team is ahead by ten or more points. If overtime is needed it will be **three minutes** with the clock stopping on whistles.
5. **NO DUNKING!! Anyone attempting to dunk, grab, or hang on the rim will be suspended for the season. Anyone breaking a rim, or a backboard will be suspended from all (P&R) activities for (1) one year from the date of the incident.**
6. Each team is permitted (2) time outs per game and can be used in either half of the game.
7. Substitutions to be made during dead balls only. You do not have to report in, but you must wait for a dead ball.
8. Each player is awarded five fouls. A bonus is shot on the seventh team foul. A three-point shot attempt with a foul will result in (3) free throw attempts if the shot was missed. (1) Free throw if the shot was good.
9. Alternate jump ball will be used.
10. Any player who is assessed a technical foul will have to sit out the remainder of that game plus a minimum of one game. A second technical against the same player during the year will result in suspension for the remainder of the season.
11. There shall be no use of profanity on the court at anytime. One warning may be given and the second offense will result in a technical foul and automatic ejection from that ballgame. An ejected player must leave the gymnasium area. Failure to do so will result in his/her team forfeiting.
12. Any player using threatening or abusive language towards any referee, scorekeeper, or supervisor will be suspended indefinitely, or until a decision has been made on the suspension.
13. Any player that pushes or strikes a referee, scorekeeper, or a supervisor will be

- suspended for a season and will be reinstated only when he/she appears before a Park Subcommittee. He/she must appear before this Committee before he/she can participate in any (P&R) activities.
14. A team manager is responsible for the conduct of his team and its spectators. Any player who is found playing while intoxicated will be asked to leave. Failure to do so will result in his/her team forfeiting.
  15. An official may use the "sit down/cool off" period if a player becomes too aggressive. If used it shall be for a period of no less than 5 minutes up to the refs discretion.
  16. If any players are found fighting on the basketball court or in the (P&R) facilities they will be suspended until a hearing is conducted by the (P&R) or quorum of members who then have the authority to suspend the person or persons for a period of three games to an indefinite suspension for this activity of all activities offered by the MR.
  17. The only types of shoes to be worn are good quality basketball shoes. Shoes such as jogging shoes, waffle training shoes, plastic soled boots, or certain rubber soled shoes will not be allowed. Failure to abide by this rule will result in this player not being allowed to play until the problem is remedied.
  18. Game ball will be provided but may not be used by either team during warm-ups. Furnish your own warm-up balls.
  19. Official's decisions are final. There will be no protests allowed.
  20. **Newly adopted NDABI basketball rules will follow High School Federation Rules. Except on FREE THROWS. See rule change below**
  21. The (P&R) and its administrators may at any time add or change a rule which is deemed necessary or needed. Also, the same people will rule on any regulations or questions not covered by the set of rules that have been laid forth.
  22. Players can only play on one team only during the league play. If a player is caught playing on more than one team, he/she may be suspended, and his/her user fees will be forfeited.
  23. When one team is ahead by 20 points or more with 2 minutes to go in the game, the game will be called.

***Free Throws will use:***

*Balanced lane with 4 defensive players and 3 offensive players (including shooter).  
You may enter the lane when the ball leaves the shooters hand.  
The bottom block may be used.*