

Adult Basketball Rules and Regulations 2017

All team Captains are responsible for passing on this information to their players.

Types of Leagues

- **5 v5 Competitive League:** The Competitive League will be played on Tuesday nights at the Breckenridge Recreation Center. This league is designed for players with above average skills in basketball. Play is full court.

Games and Fees:

5v5 Competitive League

- 7 week long regular season, no bye weeks
- A single elimination playoff tournament at the end of the season will determine the champion of the league.
- All teams make the playoffs

Registration Requirements:

- Each team must have a completed waiver, roster with names, email addresses and phone numbers of all the players.
- Email will be a major point of communication for the league. Please provide an accurate email address if you want to receive all of the latest information.
- Payments must be made in full (\$360) when registering for the league

Roster Requirements and Changes

- Players may play on one team only, unless approved by the league coordinator in advance.
- Team managers can make changes with their rosters during the first *3 weeks* of the season. After Tuesday, November 7, 2017 the rosters will be final. Any person wishing to join the league after this point must have the permission of the league coordinator.
- Each team member must have a picture I.D. to prove that they are on the roster in case of protest. If they do not have a picture I.D. the person will be considered ineligible.

Equipment:

- The Town of Breckenridge will provide all the necessary equipment for a successful running game.
- **Shoes-** *Clean* court shoes only. No hiking boots or shoes that leave marks on the floor.
- Teams are responsible for team jerseys. Teams must wear jerseys of same colors which have numbers on the back (no duplicate numbers allowed).
- Teams must have their jerseys by the third league game of the season. If team fails to provide their jerseys by the third game of the season, or any other game, the team will have to wear jersey's provided by the Recreation Center.

Rules of the League

- The primary rules will be National Federation of State High School Associations, with additional Colorado Association Recreational Athletics (CARA) rules as well. High School rulebooks are available for review.

- Any player who is ejected from a game due to “unsportsmanlike conduct” or “official abuse” will result in paying a \$25 reinstatement fee each time of ejection

Liabilities and Injuries

- The Town of Breckenridge and the Recreation Center will not be liable for injuries to players nor is responsible for articles or personal possessions lost or stolen while participating in the program.
- The Town of Breckenridge does not provide insurance for injuries while playing in the adult basketball leagues.
- In the occurrence of an injury, the pool lifeguards will be called to assist and determine if further injury assistance is necessary. Players will be subject to filling out an accident/injury report.

Age Limits

- All participants in the Adult Basketball Leagues must be eighteen years of age before they can participate.
- Current year Interscholastic High School and College Basketball players are ineligible to play in the league.

Game Time

- Scheduled game time is forfeit time. However, in case of mitigating circumstances, forfeits will be left to the discretion of the league officials or league coordinator.
- A team ***must have at least 4 eligible players to start and finish a game.*** Teams that do not have the minimum numbers at the start and finish of the game will forfeit that game.
- A team must finish a game with no less than 4 players on the court.

Regulation Game – 5v5 Competitive League with officials

- Games will be two 18-minute running halves.
- Games will begin at the following times: 6pm, 6:50pm, 7:40pm & 8:30pm.
- The clock will stop the last two minutes of the second half if there is a difference of ten points or less or anytime thereafter that the score becomes ten points or less.
- Two one-minute timeouts per team will be allowed per half, with one timeout per team allowed for each overtime period (no second half timeouts remaining will be carried over).
- Half times will be no more than 5 minutes long. The league coordinator and/or officials may shorten the length of half time do to time constraints.
- In case of a tie game, a two-minute (stop clock) regulation overtime will decide the game, with a 1 minute period between the game and overtime. Teams will switch sides and do a second, third, forth, etc until the game is decided.
- Dunking the ball or hanging from the rim before, during or after a game will result in an unsportsmanlike technical foul. Players will be held responsible for any costs from any damages due to dunking, hanging on a rim or any other act that damages property. Basket will not be rewarded to offender of rule.
- Foul shots will be played on the release of the ball by the shooter, not when the ball hits the rim. Shooter must wait until the ball hits the rim to cross into the key.

30 in 30 Rule

- If at any time after 30 minutes of play the point difference is equal to or greater than 30, the officials will call the game.
 - This rule will be enforced to prevent injuries, arguments and aggressive play in the final minutes of the game.
 - **The team that wins because of this rule is awarded 20 extra points scored**

Awards

- An award will be given to the first place team, which will be decided by the end of season tournament.

Ties in League Standings

- Head to head competition between the teams with the tie.
 - If a team has forfeited game between the teams in the tiebreaker it automatically goes to the other team.
 - **Highest difference between points scored and points against**
 - Overall points scored by team during season
 - Overall points scored against team during season
 - If still tied, a coin flip will determine higher seed

Playing a Forfeited Game

- After a game has been forfeited, both teams may use the court until ten minutes before the next scheduled game.
- Forfeited games will *not* be officiated or scored
- Winning team will be awarded 50 points for and losing team will have 50 points added against

Protests

- Protest can only be made on a rule infringement. Difference in opinion on an official's judgement on a particular play or plays will not constitute grounds for protest. The league official's must be notified of the protest prior to the game ending.
- A formal protest must be typed, along with a fee of \$20.00, and must be given to the League Coordinator within 24 hours of the time the protest occurred. If the protest is upheld you will be returned the \$20.00 protest fee.
- The Program Department shall have the authority to make decisions on the protest in the following ways:
 - a. The protest is non valid
 - b. The protest is such a nature the game is forfeited.
 - c. The protest is such a nature the game must be replayed from the point of protest or in its entirety.
 - d. The protest is valid but does not affect the outcome of the game.

Technical Fouls

- **Technical fouls will result in the opposing team being awarded two points and will receive the ball out of bounds at mid-court. If technical is because of a dunk, those points will not be scored, two points will be awarded to other team and possession.**

Unsportsmanlike Technical Foul

- First unsportsmanlike technical foul shall result in the player's removal from the game for a "cooling off" period of 3 game minutes. (Game minutes do not include timeouts or halftime).
- Second unsportsmanlike technical foul shall result in an automatic ejection from the game and gymnasium and disqualification from participation in the team's next game.
- If any team accumulates three unsportsmanlike fouls, the game will be forfeited and all players must vacate the gymnasium.
Based on the severity of the unsportsmanlike technical foul, it is up to the discretion of the officials to determine the order and severity of discipline with any unsportsmanlike conduct
- If any one player receives three unsportsmanlike technical fouls during the season he or she will be disqualified from playing in at least the next three scheduled games and at most for the remainder of the season. If the player receives these fouls during the latter part of the season disqualification will carry on to the next basketball season.
- Any player who is ejected from a game due to "unsportsmanlike conduct" or "official abuse" will result in paying a \$25 reinstatement fee each time of ejection.

Player code of conduct/penalties

- No individual shall be guilty of objectionable demonstration of dissent by throwing a ball or any other forceful actions.
- No individual shall discuss with official, in any manner the decision reached by the official except the manager.
- No individual shall appear on the court of play at any time in an intoxicated condition or under the influence of any other type of drug that will infringe upon their safety or the safety of others.
- No individual shall be guilty of any demonstration of unsportsmanlike conduct before, during or after league or tournament play.
- No individual shall be guilty of an abusive verbal attack upon any official or individual on or off the playing court. Can receive \$25 reinstatement fee if ejected.
- No individual shall at any time lay a hand upon, shove, strike, or threaten to strike an official or individual.
- No individual shall be guilty of using unnecessary rough tactics during the play of the game.
- No individual shall be guilty of physical attack as an aggressor upon any individual.
- Any abusive language or comments directed at on or off court officials (including scorekeepers) will result in a Misconduct Technical Foul as outlined in the League Rules. The opponent will be given possession and two points & the player given the technical foul will not be permitted to play for 3 minutes following the assessment of the Technical Foul. Can receive \$25 reinstatement fee if ejected.
- As stated above, multiple Technical Fouls can result in a multiple game suspension & reinstatement fees.

Additional league rules

- Teams will be seated on each side of the scorekeeper during play.
- All Breckenridge Recreation Center General Conditions apply during league play.
- No jewelry or watches will be allowed.
- All players must wear either shorts or sweat pants. No street cloths will be allowed.
- No basketball shooting, dribbling or warm-ups on the sidelines while another game is in progress.
- Knee braces must be such that they will not injure another player should they come in contact with the brace.
- All players must wear a shirt.
- All players and spectators must have clean court shoes. No boots or street shoes will be permitted.
- **On in-bounds pass, if ball is passed and hits the center divider (on full court passes), the ball goes back to person throwing ball in.**
- All beverages must be in a closed container that does not spill or leak. No alcoholic beverages are permitted.

Summit Daily News:

Wanted to give you a heads up that the Summit Daily News is featuring sport photos from the week in the paper on Friday's and in real time here: <http://www.summitdaily.com/news/sports/>. If you want to tell the teams at the managers meeting, they just need to tag #SumCOSports on IG/Twitter/Facebook and we will feature them.

*****The league coordinator shall have complete charge of the league. The league coordinator will act upon any and all situations and all decisions shall be final*****