

Adult Basketball League Rules and Regulations

Rev. 06/09

All games shall be in accordance with the current, "International Assn. Of Approved Basketball Officials", for High Schools", as administered by the game officials and modified as follows:

1. Games will consist of two, 20 minute running clock halves.
2. The clock will run the entire game **except for the last two minutes of the 2nd half if: at any time the difference in score is 10 points or less.** That being the situation, the clock will stop on every whistle. It remain in that, "stopped status", until the score differential goes to **11 points or more.** In that situation, the clock will revert back to a, "running status", and will remain so unless the score differential again becomes 10 points or less.

Last 2 minutes of 2nd half

<u>Difference in score</u>	<u>Clock status</u>
10 points or less	clock stops
11 points or more	clock runs

3. **Two, one minute time-outs,** are allowed each half per team; **one time-out per overtime period** is allowed. Time-outs are not cumulative.
4. Half-times will be 3 minutes long.
5. **In the event of a tie,** only one overtime will be played. It will be **2 minutes** and the clock will stop on each whistle. If the game is still tie after that overtime, then a jump ball will take place and the next point wins (sudden death). **If it is a championship game, then additional 2 minute overtimes will be played until a winner is determined.** The **11 point running clock rule** will go in effect, if applicable, in all overtime games.
6. *****The, "**Code of Conduct**", will be strictly enforced. Players and Coaches must be aware of the policies of the City of Northglenn, as addressed in the, "**Code of Conduct**". Particular emphasis is given to conduct pertaining to **physically abusive or threatening behavior.** **REMEMBER, the City of Northglenn, HAS A ZERO TOLERANCE POLICY REGARDING ABUSIVE AND THREATENING BEHAVIOR.** Player ejections shall be subject to the one minute clause ("**Code of Conduct**"). *****
7. Game times are forfeit times. **A ten minute grace period is given only for the first scheduled game; however, the clock will start at the assigned game time.** In the event of unusual circumstances, forfeits will be called at the discretion of the League Supervisor or his representative. **Any team that forfeits must pay a reinstatement fee of \$15.00,** to the City of Northglenn, at least 24 hours in advance of the teams next scheduled game. Any team which forfeits 3 games during the season, whether consecutive or not, shall be ineligible to continue in the league.
8. Teams may **start with 4 players.** At no time may they play with **less than 4.** A forfeit will result. If a team drops down to 4 players, **as a result of an ejection and does not have a sub, it is a forfeit.**

*****DUNKING AT MIDDLE SCHOOLS - including warm-up sessions or pre or post game is not allowed** and will result in: (1) EXPULSION OF THAT PLAYER FOR THE SEASON AND (2) FORFEIT OF THE GAME BY THE OFFENDING TEAM. A second occurrence during the season will result in the expulsion of that team from the league for the season.

*****DUNKING AT THE NORTHGLENN RECREATION CENTER – IS ALLOWED DURING THE GAME ONLY. Dunking is not allowed during the pre-game warm-up and will result in technical fouls being assessed the player in violation.**

9. **It is legal** for players, when lined up for free throws, to release for a rebound as soon as the ball leaves the free-throw shooters hand.
10. Drinking of alcoholic beverages will not be allowed and a player shall not play while under the influence of drugs or alcohol. A technical foul will be called and the player(s) will be suspended for the remainder of the season.
11. **Technical fouls** will result in the opposing team being automatically awarded 2 points. The offended team will then in-bound the ball at mid-court. **A player that receives 2 technical fouls in a game must sit the rest of the game in progress and pay a \$15.00 fee to return to league play. That player will also be suspended for the following game (regular season or playoff game). Any team that receives a total of 5 technical fouls in a season will result in that team’s dismissal from the remainder of that leagues season.** The team captain must meet with the league coordinator prior to registering for future league play.
12. **Teams must wear like color jerseys with numbers**

ROSTERS

- A. Rosters must be filled out completely before the start of the season. It must be complete with **names, addresses, and phone numbers** of all players.
- B. *****Teams are allowed a maximum of 11 players on their roster.**
- C. No player may play on more than one men’s team in the same league.
- D. *****All players must be added to or dropped from the roster prior to the 7th game of the season for 10 week leagues, prior to the 6th game for 8 game leagues, and prior to the 4th game in 7 game leagues in order to participate in regular season or post-season play.**
- E. **Added player(s) must play in a minimum of 2 games prior to the first playoff game.**
- F. Player Adds/Drops – A Player Add/Drop Form must be filled out, in person, at the Northglenn Recreation Center prior to play. **No adds will be taken over the phone or on the court. DO NOT exceed the 11 player limit. All player adds and drops must be done in conformance with (D) above. The recreation staff will have final authority in the decision of the eligibility of a player.**
- G. A waiver form must be filled out before a player may participate.
- H. A game played with ineligible players may be protested by the offended team within 24 hours of the conclusion of the game. A protest may include a written statement and/or phone call by the offended team’s captain. If the protest is deemed appropriate by the league coordinator, the opposing team will forfeit the game protested. A game may be played with the knowledge it can be protested.

LEAGUE STRUCTURE

8 Team Leagues **(Accept for Spring Seasons – top 4 teams)* are run in a two division system (Gold and Silver) as described below:

1. At the end of the regular season round robin play (7 games), the league will be split into two divisions based on win/loss records. The upper division will be the Gold Division and the lower will be the Silver Division.

2. Those teams will again compete in another round robin within their division (3 games), thus completing the regular season.

3. The playoffs will then be run in a two division format with both Gold and Silver Division Champions and a Gold Division 2nd Place.

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6. The format for each division playoff will be as follows:

1st seed vs. 4th seed

2nd seed vs. 3rd seed

Winners play for championship

7. First and second place team trophies will be awarded in the Gold Division. Only a first place trophy will be awarded in the Silver Division.

8. Individual awards, will be awarded only in the Gold Division. These individual awards will be given only to those on the roster (up to 11 participants).

9. Individual awards are given only to Regular Season winners (Gold Division team members seeded highest for playoffs). Team Trophies go to playoff winners.

10. **Team Leagues** are run on a single division system with only the top four teams advancing to the playoffs. Playoffs will be run the same as in, VII-A-4, above. Team Trophies will be awarded to 1st and 2nd place playoff winners and individual awards to 1st place Regular Season winners (1st seeded team).

TIE BREAKERS – If two or more teams have tied with identical records at the end of regular league play, the following method shall be used to determine seeding positions for playoffs. This method will also be used to determine Gold and Silver Divisions at the end of the 1st round when 2 or more teams have identical records.

A. Forfeits – A forfeit will automatically drop a team to the next lower position.

B. Head to Head – Consists of the winner of the most games between the two teams when they played each other.

C. Point spread – Differential of points scored when the two teams played each other.

D. Point spread in all games – Point differential in all games played.

E. Coin Flip – If none of the above conditions break the tie then a coin flip is required.

Three or more teams tied – Go through the same sequence as above using the results of all the teams tied. NOTE: When three teams are tied, head to head only works when one team has beaten all others tied.

PROTESTS / FORFEITS

A. All protests must be in writing, legal in nature, and submitted to the league supervisor within **24 hours** after completion of the game being protested. **Protests will not be received or considered if they are based solely on a decision involving the accuracy or judgment on the part of an umpire.**

B. Any team forfeiting their second game will be required to pay a reinstatement fee of **\$15.00**, to the City of Northglenn at least **24 hours prior to the next game.** Any team forfeiting 3 games during the season, whether consecutive or not, shall be ineligible to continue in league play.

ELASTIC POWER

Any or all situations not covered specifically in the league rules shall be acted on by the League supervisor. All such action shall be the basis for similar situations and such rulings shall be final and become part of the league rules.

UNIFORMS

All teams must have the same colored jersey and they must be numbered on the back. No duplicate numbers, please.

UNATTENDED CHILDREN POLICY

Should you bring your children to the facility (Schools or Recreation Center), please keep them seated and in close supervision. It is often distracting and or hazardous if they are left unsupervised or unattended. The first time an incident occurs, of this nature, the parent will be advised of the situation. A subsequent occurrence will require our staff to request that the parent does not bring the child back.

***Please note that food and drink is not allowed in any of the gyms.
Bottled water is acceptable at the Northglenn Recreation Center Gym.**