



South Suburban
PARKS AND RECREATION

ADULT BASKETBALL RULES

**Athletics Department
6631 S. University Blvd.
Littleton, CO 80121
(303) 798-7515**

Weather Hotline: (303) 219-1150, Ext. 11



ADULT BASKETBALL **RULES AND REGULATIONS**

GENERAL INFORMATION

South Suburban Parks and Recreation District offers a non-sanctioned basketball program for the recreational enjoyment of the participants. South Suburban Athletics Department is the sole governing body of this program.

South Suburban Athletics Department reserves the right to reclassify teams at any point to maintain a fair balance of league competition. They also reserve the right to expel or suspend any team or team member from the league for reasons of conduct or failure to observe to the rules, regulations, or policies outlined in the manual. Written notification of such action must be provided by South Suburban Athletics staff.

Basketball is a contact sport, and injuries are a possibility. South Suburban Athletics Department assumes no responsibility for injuries; however, basic first aid will be available in all facilities.

All leagues will be played according to the National Federation High School (NFHS) rules with the following exceptions and clarifications.

TEAM SPECIFICS

ROSTERS

1. A complete roster is required for all teams. Team rosters must be filled out online.
2. Rosters will freeze at a specific date each season and the date will be announced at the Manager's meeting. A team may add players to their roster up until the roster freeze date.
3. All player information must be filled out completely on the initial team roster list. Falsifying addresses or using inaccurate player information will result in automatic player suspension and potential forfeiture of games.
4. Each player is required to have a photo ID with them at all games.
5. Roster checks will occur at playoff games. Additional roster checks may be done at any time throughout the season by instruction from the League Coordinator.

PLAYER ELIGIBILITY

1. All individuals must be at least eighteen (18) years of age or have completed high school. High school students are not permitted to play.
2. Individuals who are currently playing professional basketball or affiliated with a semi-pro basketball team are not permitted to play.
3. Players are not allowed to participate on more than one team in the same division per night. Officials reserve the right to disallow participation of a player due to playing on a different team in the same division on the same night.
4. Players may play on as many teams as they desire, as long as they do not violate Rule 3 – Player Eligibility.
5. Men can play in a Men's League only. Men's leagues may have women on their team if interested.
6. **Players must be on team's initial roster (filled out online) or be added to the roster by the Roster Freeze date in order to be eligible for playoffs.**
7. **Use of an ineligible player will result in the forfeiture of the game.**

AWARDS

1. LEAGUE CHAMPIONS: Teams that win the championship of their playoff brackets at the end of the season will receive championship awards for each player on their roster (10 per team max.).

PROTESTS/DISPUTES

1. PROTEST DECLARATION: Team managers must declare a protest at the time of the incident before the ball is put into play. Any protest regarding the eligibility of a player must be done before the ball is put into play. Officials and scorekeeper must be made aware of a manager's official declaration to protest and mark down all pertinent information for the Protest Form. Both managers will be made aware of the declaration and the game will proceed.
2. PROTEST FORM: All protests must be documented using the official protest form. This form includes: the time of the incident, what is being protested, time left in the game, and score. Both managers and all officials must review and sign the protest form.
3. PROTEST FEE: All protests must be accompanied by a \$50 protest fee from the protesting team. NO protest will be reviewed without the \$50 protest fee. If the protest is valid, the \$50 will be refunded to the protesting team. The fee must be paid in cash at the time of the protest.
4. PROTEST PROCEDURE: Once the form has been received by the League Coordinator, it will be reviewed within 24 hours following the game. A protest will be considered only if it deals with misinterpretation of a rule or the eligibility of a player. No action can or will be taken involving personal judgment calls of the officials. If the protest is valid and deals with misinterpretation of a playing rule, the game will be replayed from that point on. If the protest is valid and involves an ineligible player, the result will be an automatic forfeit of said game by the team with the ineligible player.

5. **DISPUTES:** In the case of a dispute, the officials are instructed to talk to managers only. All others will retire to their team benches until instructed by the officials to return to the court and resume play.

DEFAULTS/FORFEITS

1. A team is considered to have defaulted their game when they give the League Supervisor advanced notice that their team will not be showing up for their scheduled game. Advanced notice is considered to be 3:00pm on the date of the game.
2. A team that fails to show up for their game or that does not have enough players to play their game is considered to have forfeited that game. Forfeits will result in a \$20 refundable forfeit fee that is to be paid before the team's next game. Failure to pay the forfeit fee will result in a second forfeit. If team does not forfeit the rest of the season, the fee will be refunded.
3. Any team that forfeits twice in one season will be removed from the league with no refunds of league fees.

GAME SPECIFICS

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **SCORING:** A South Suburban Athletics staff member will keep the official score and clock at the scorer's table. All players must check-in with the scorekeeper prior to entering into the game.
3. **TEAMS:** Five (5) players constitute a team. A team may start with no fewer than three (3) players and may finish with as few as two (2). If a team has two (2) or less players at game time, the opposing team can either: ask for an immediate forfeit or start the game clock and allow that team up to ten (10) minutes to get a third player before the forfeit has been declared.
4. **UNIFORMS:** Teams must wear contrasting color uniforms with numbers on the front or back. No duplicate numbers on the uniforms and the numbers should be permanently attached to the shirt/uniform. **All players must have numbers on their shirt/jersey.**
5. **JEWELRY:** **NO jewelry may be worn.** Player(s) cannot tape jewelry, it must be taken off. If during the course of the game, a player is found to have jewelry on, the officials will stop the game and remove the player until the jewelry has been removed. *Clarification: Medical alert bracelets are not considered jewelry; they must be taped down with the medical information visible.*
6. **GAME EQUIPMENT:** South Suburban can provide an official game ball. If both teams do not want to use the South Suburban ball and both teams agree on an alternative game ball, then the game will be played with the alternative game ball.

7. **OTHER EQUIPMENT:** Braces or other types of support equipment are not required, but if worn must meet Colorado High School rule book guidelines. **No hard or unyielding substance on the brace such as: leather, plaster, plastic, or metal.**

PLAYING THE GAME

1. **GAME TIME:** The game will consist of two (2) halves of twenty (20) minutes. The first half will be a running half; the clock will only stop for team & officials timeouts. The second half will be a running clock for the first eighteen (18) minutes dependent on the score.
2. **STOPPING THE CLOCK:** If the score is within ten (10) points at the two (2) minute mark of the game, the clock will stop during the last two (2) minutes of the second half according to NFHS Basketball Rules. If the point differential reaches 11+ points after the two (2) minute mark a running clock will be in effect.
3. **HALF TIME:** Half time will be three (3) minutes in length.
4. **TIME-OUTS:** Each team will get two (2) one-minute time-outs per half. Time-outs are not cumulative.
5. **POINT/MERCY RULE:** With five (5) minutes or less left in the game, if a team is ahead by forty (40) points or more at any point, the game shall be declared complete. Also, with two minutes or less left in the game, if a team is ahead by twenty (20) points or more at any point, the game shall be declared complete.
6. **JUMP BALL/HELD BALL:** The beginning of the game and beginning of all overtime periods are both started with a jump ball; thereafter, any held ball situations, and the start of the second half, will use the alternating possession procedure.
7. **OVERTIME:** *Only playoff games will play overtime.* Ties in the regular season will be scored as a tie in the team records. In the case of a tie, a two-minute regulation (stop-clock) will be used for each overtime period. One (1) time-out per team per overtime period. All fouls will carry over into overtime.
8. **DUNKING:** Dunking will not be allowed before, during or after a game. Contact with the rim must occur for it to be considered a dunk. *Penalty:* First dunk is a technical foul (no points awarded to the violating team), 2nd dunk is ejection from the game and a minimum one game suspension. Continued violation of this rule could result with the player(s) or team being suspended for the rest of the season and forfeiting all games and fees.
9. **TECHNICAL FOULS:** A technical foul will result in two (2) points and possession of the ball for the non-offending team. Technical fouls count toward player and team foul counts.
10. **INTENTIONAL/FLAGRANT FOULS:** An intentional or flagrant foul will result in three (3) points and possession of the ball for the non-offending team. Intentional/flagrant fouls count toward player and team foul counts. Flagrant fouls result in automatic ejection.

SPORTSMANSHIP AND PLAYER CONDUCT

South Suburban Athletics Department encourages good sportsmanship from all teams and uses a Code of Conduct to handle behavior deemed unsportsmanlike. The following clarifications are made for the sport of basketball, but when necessary, decisions regarding discipline will be made using the South Suburban Participant Code of Conduct. Team Managers are responsible for educating their teams on this topic.

1. TRASH TALKING/BAITING: Any trash talking or baiting will result in a technical foul without a warning being issued and possible removal from the game. (Examples of taunting and baiting include: demonstrations made when fouls and violations are called by officials, demonstrations towards officials or opponents, ridiculing motions such as: pointing fingers, gesturing, hollering chesting up, etc.)
2. FIGHTING: Fighting is a flagrant act and can occur when the ball is dead or alive. This includes, but is not limited to, combative acts such as: an attempt to strike an opponent with fists, hands, arms, legs or feet; an attempt to punch or kick an opponent, regardless of whether contact is made; or an attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate by fighting.
3. UNSPORTSMANLIKE TECHNICAL FOULS
 - a. The first unsportsmanlike technical foul will result in the offending player being removed from the game for a three (3) minute “cooling off” period.
 - b. The second unsportsmanlike technical foul will result in automatic ejection from the current game. The offending player must leave the facility after receiving a second unsportsmanlike technical foul, play will not resume until the player has left the facility.
 - c. If a team receives three (3) unsportsmanlike technical fouls within one game, that game will be ended by the officials and will be scored as a forfeit by the offending team.
4. ADMINISTRATIVE TECHNICAL FOULS
 - a. A player entering the game without checking in and being added to the roster will result in an administrative technical foul charged to the team bench.
 - b. If a team receives two (2) or more delay of game violations, an administrative technical foul will be charged to the team bench for each violation.
5. INTENTIONAL FOULS: An intentional foul can occur when either contact is made away from the ball with an opponent who is not involved in the play or when contact is made that is not a legitimate attempt to play the ball/player.
6. FLAGRANT FOULS: A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct.
7. EJECTIONS
 - a. A player(s) will be automatically ejected from the game if they receive two (2) unsportsmanlike technical fouls, one (1) flagrant foul, or are involved in fighting.
 - b. A player that has been ejected must leave the facility for the remainder of the night and will face at minimum a one (1) game suspension from his/her team’s next scheduled game.
 - c. Any player and/or coach who have been ejected from two (2) different games will be suspended for the remainder of the current season and playoffs.

TIE-BREAKING PROCEDURE

1. When records are tied at the end of League play, the following procedure will be used to determine playoff seeding:
 - a. Head-to-head result(s)
 - b. Point Differential in all league games
 - c. Total points scored in all league games
 - d. Coin Toss

CODE OF CONDUCT

The following “Code of Conduct” has been adopted for the South Suburban Parks & Recreation Programs and Facilities. These rules of conduct will be strictly enforced during the playing season/activity/contest. It is the Coach/Managers Responsibility to ensure all players know and adhere to the rules.

Appropriate social behavior is requested for all programs, facility and outdoor use. Individuals are encouraged to act in a way that will not hurt another person physically, mentally, or emotionally. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and or facility standards.

DEFINITIONS:

Coach/Manager- A person designated as team spokesperson. One who is either a player or non-player.

Players/Participant- A person, who actively participates in the game, sits on the bench or who is on the roster.

Contest or Playing Area - That area, which is designated by the League Director, may include spectator area. Can include parking lots and open space.

Spectator- A person who comes out to watch the games for entertainment with no physical involvement.

Official/Umpire - Person or persons on the field who administer the official rules.

Participation- Any involvement in South Suburban activities such as being a spectator, officiating, playing, coaching or attending non-sporting events. Anyone present at the time of an incident.

League Director - An employee of South Suburban.

Sportsmanship Policy

Each team or individual is responsible for the actions of its members and spectators during competition and all other times while on South Suburban District property. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and will result in ejection from competition and/or facilities. This Code of Conduct will be extended to drop in participants of a sporting activity. Additional sanctions may be added at the discretion of the District's staff.

No contest is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please remember that these contests are not professional sporting events. Please make the utmost effort to win with class, lose with dignity, and treat the contest officials with respect.

The following behavior is unacceptable for any players, participants, coaches or spectators:

- Use of alcoholic beverages, illegal drugs or tobacco while in a South Suburban facility or at a South Suburban sponsored event except in authorized areas.
- Pushing, striking, threatening (verbally or physically) another player
- Pushing, striking, and threatening (verbally or physically) an official/umpire or South Suburban staff member.
- Refusal to abide by officials' decisions, including dissent and verbal abuse directed toward officials.
- Failure to follow South Suburban and/or school district regulations.
- Any inappropriate sexual conduct or lewd behavior on the premises or during an event.
- Foul language

CODE:

1. NO PLAYER/COACH SHALL; consume alcoholic beverages without a permit while on South Suburban property.

Minimum Penalty: Ejection from the playing area.

Maximum Penalty: Citation issued by law enforcement.

2. NO PLAYER/COACH SHALL; have three (3) or more team members (players or coaches) ejected from the game.

Minimum Penalty: Shall be penalized with a forfeit.

Maximum Penalty: Suspended from the league for one year. Forfeiture of fees/ no refunds given.

3. NO PLAYER/COACH SHALL; refuse to abide by officials' decisions. Officials are required to immediately suspend the player from further play and report such player to the League Director.

Minimum Penalty: Ejected from that game. Game may be declared a forfeit.

Maximum Penalty: Suspension from the league for two games.

4. NO PLAYER/COACH SHALL; threaten to strike, be involved in a physical altercation or verbally threaten another player, coach, spectator, official, umpire or staff member.

Minimum Penalty: Ejection from that game, receive at least a one-game suspension from the next scheduled game (possible suspension for remainder of the year or longer) and be placed on probation.

Maximum Penalty: Placed on indefinite suspension and/or assault charges filed. Forfeiture of fees/no refunds given.

5. NO PLAYER/COACH; who is ejected from a game may remain in the facility or field. He or she must leave playing area within two (2) minutes.

Minimum Penalty: They must leave facility (official's judgment).

Maximum Penalty: Failure to leave immediately can result in a forfeit. If a forfeit is declared the offending player is suspended for two games and depending on the severity of the offending players actions may result in a suspension for life from South Suburban programs.

6. Teams are responsible for their players and spectators conduct before, during, and after the game. All spectators, as well as participants must conform to all school district regulations and South Suburban Park and Recreation District regulations. Improper behavior will not be tolerated in South Suburban programs.

Minimum Penalty: Verbal warning to the coach, technical fouls/penalties assessed.

Maximum Penalty: Forfeit of the game, possible arrest and prosecution, forfeiture of remaining games, and no refund of fees.

ENFORCEMENTS:

1. All suspensions carry an automatic probation period. Once a player(s), coach, and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season. Further conduct violations will result in a minimum suspension extending through the remainder of the season, as well as forfeiting all fees paid to date.
2. Warning methods: verbal and written notices

3. Suspended coach or player: Suspension from the playing area will result in the League Director investigating the suspension.
4. If a suspended coach, player or spectator does not leave the contest area, the authorities will be called.
5. The official, supervisor, league director, or other South Suburban staff shall be responsible for suspending the offending parties from the playing area.
6. The League Director has “elastic power” in determining suspensions, penalties, or rule interpretations. Officials will have the authority to penalize for unsportsmanlike behavior. This is a judgment call by the official and cannot be protested. There will be no tolerance for those that deviate from the league code of conduct.
7. Ejected or suspended, participant(s) in question may not come to contests as a spectator during their suspension or ejection period. This includes parking lots.
8. Correct name and phone number of ejected individual(s) must be given to proper authorities before leaving facility.

DUE PROCESS:

All ejections are subject to review by the League Director or his/her designee.

1. All ejections will be considered final.
2. A Suspension Review Board will be set up to hear any review of a suspension as deemed necessary for due process. The Suspension Review Board will consist of the following:
 - a. South Suburban Sport Coordinator (League Director)
 - b. South Suburban Department Supervisor
3. Notice of suspension must be made immediately by the official or authorized staff issuing an ejection. In the event of an extended suspension, the suspended person will be notified in writing of any disciplinary action taken.

A suspended player has three (3) business days from the receipt of the disciplinary notice to make an appeal in writing. Appeal must be submitted in writing to the League Director who in turn has an obligation to submit to the Department Supervisor for review.