

# CENTER OF RECREATIONAL EXCELLENCE

## ADULT BASKETBALL RULES

### Philosophy

The CORE Adult Basketball Program is intended to provide participants with an opportunity to play basketball in an organized and recreational environment.

One of the goals of the program is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed or color. More important than any game are the participants and their needs. The Adult Basketball Program strives to bring area residents closer together through common interests in sportsmanship, cooperation and appreciation of the game.

### Sportsmanship

A good portion of this manual is devoted to this topic, primarily out of necessity. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. The CORE cannot and will not tolerate such a style that ignores good sportsmanship and clean play. Excessive complaining and verbal abuse towards a referee will result in a Technical Foul or ejection from the game. The referee or the site supervisor can eject a player if they are abusive towards the site supervisor, officials, other players or spectators. If a player is ejected, then he/she will not be allowed to play in the next scheduled game.

Remember - It's only a game.

### Player Eligibility

- All players in the adult programs must be at least 16 years old to participate. Young men and women under 18 will be required to have their parents or legal guardian complete and sign a Minor Consent Form, available from the site supervisor.
- Valid photo ID must be shown to the site supervisor in order to add a name to the roster.
- It is the player's responsibility to produce photo ID to the site supervisor, if requested, on the day of the game or the player will not be eligible to play. If a team thinks an ineligible player is playing, then ask for a roster check from the site supervisor. Roster checks must be made during the game in question. Ineligible player will result in a forfeit. Both teams will be checked. A player may not play for, or be on the roster of, more than one team within a division.

### Rosters

- All rosters must be completed and signed by the team manager and turned into the site supervisor prior to the start of the first game. No players can be added to the roster after the 4th week of play.
- Because of legal requirements, everyone must sign the roster before playing in any game.
- A un-rostered player may not play under the name of a rostered player.
- Before a new player is eligible to play, his/her name must be added to the roster before the start of that game. ID is required to add a name to the roster.
- It is the responsibility of the team manager to keep his/her roster current.
- Teams may carry a maximum of 10 players on their rosters. If a team wants to add an additional player, another player must be dropped to keep the maximum number of 10.

If a player is found to be ineligible, the game will be a forfeit. If the player does not have identification with him/her, it will be the player's responsibility to provide and show identification to the scorekeeper *on the day of the game*. If player is unable to do so, he/she must provide identification before his/her next game.

### Divisions

1. Leagues are Semi-Competitive.
2. Players must play in 30% of league games to be eligible to play in any post season tournament.

### Rules and Guidelines

All games will be supervised by CORE personnel and governed by current New Mexico High School Rules with the exception listed in this section.

- All leagues will play two 16 minutes halves and three-minute overtimes, if necessary.
- The clock will stop only during:
  - Timeouts
  - All whistles during last minute of each half.
  - All whistles during the last one minute of overtime.
  - Unusually long delay in game (injury, official's timeout, unplayable ball, etc.)
- Each team has three full and two thirty-second timeouts per game. Full timeouts may be used at any time and the thirty second timeouts are to be used one each half, and cannot be carried over from one half to the next. One extra timeout will be allotted per overtime.
- A five-minute grace period will be given for the first game of the evening. After the five-minute grace period for the first game, OR at the scheduled time for all later games, a team may start a game with four rostered players. If a fifth player is not in the gym when the horn sounds to end the first half, the game is then declared a forfeit. There is no five-minute grace period after the first game of the evening.

- Bonus free throws are shot on the seventh team foul in each half. Double bonus is in effect on the tenth team foul in each half.
- The maximum players allowed in the key is two offensive and four defensive players during free throws. The minimum is two defensive and no offensive.
- All technical fouls count as personal fouls and team fouls.
- Any player receiving an unsportsmanlike technical foul must sit out *eight minutes* of clock time. If this occurs with less than eight minutes remaining in the game, the remaining time to be served will carry over to the beginning of the next game. A player who starts a game sitting out due to a technical foul is NOT eligible as one of the four players required to start a game. A player who is ejected on the last night of league play will have the penalty carried over to the next league in which the player participates. Any player ejected from a game becomes *ineligible for any individual awards* for that league.
- There is absolutely *No dunking, attempted dunking, or hanging on the rim* allowed, unless failure to do so would result in injury.
  - Penalty:
  - *First offense* - Player will be assessed a flagrant technical foul and will immediately be ejected.
  - *Second offense* – Player will be immediately ejected and suspended for the next two games.
  - *Third offense* – Player will be suspended from all Salt Lake County Recreation programs for one year. This rule applies during pre-game warm-ups, at halftime, or after the game. A player who dunks after the game will be suspended for the next league game. Any game suspension will carry over from season to season.
- A player causing property damage of any kind at any facility will be liable for repair costs, and may receive a one-year suspension from all CORE Adult Basketball Leagues.

### Blood Rule

A player who is bleeding or has an open wound must leave the game until the bleeding is stopped, the wound is completely covered, and if necessary, the bloody clothing has been replaced. No penalty will be assessed if a replacement jersey does not exactly match the team color, as long as it is similar. Any bleeding or bloody player refusing to leave a game will be ejected.

### Uniforms

As a team, it will be *mandatory* for all players to have matching uniforms. Uniforms will consist of the following:

- Same color shirts or jerseys with at least 6-inch numbers in a contrasting color on the front and back. Penalty: A player out of uniform will assessed a technical foul and must sit out eight minutes.
- The deadline for having uniforms is the third league game.
- Players must have shorts pulled to the waist.
- Proper athletic shoes must be worn. No street shoes, sandals of any kind, bare or stocking feet, or cleated shoes allowed. Black-soled shoes that leave noticeable marks on the gym floor are not allowed.
- It is suggested that managers bring extra jerseys for team members.

### Forfeit Games

- If a team has less than the required four players at game time, the game is a forfeit and will not be played. Players may scrimmage with a 32-minute running clock, but officials are *not* required to officiate and stats will not be recorded.
- Any misconduct or abusive action by players in a scrimmage will immediately terminate play, and unsportsmanlike conduct may be reported and enforced at the scorekeeper's discretion. Only rostered, legal players may participate in a scrimmage.
- Any team forfeiting more than three games in a season may be dropped from the league with no refund at the Sport Coordinators discretion.
- Out of common courtesy, a team who knows they are going to forfeit is urged to contact the Sports Coordinators office so that their opponent can be notified.

### League Winners

- League winners will be determined by the overall best season records.
- If there is a tie for first or second place, head-to-head games will be the first tiebreaker. If a forfeit game is involved in leagues where teams play each other more than once and a tie exists, the team with the forfeit will take the lower award.
- Any team that forfeits three or more times during a season cannot win any team awards.
- Points differential will be used if necessary to resolve ties in the standing. An example of using Points Differential:

SCORES	DIFFERENTIAL	
Team A 55 vs. Team B 47	A+8	B-8
Team A 70 vs. Team C 71	A-1	C+1
Team B 63 vs. Team C 62	B+1	C-1
Team A 52 vs. Team B54	A-2	B+2
Team A 72 vs. Team C67	A+5	C-5

Team B 49 vs. Team C 40	B+9	C-9	
Point Differential	A+10	B+4	C-14

1<sup>st</sup> Place Team = Team A  
2<sup>nd</sup> Place Team = Team B

If a tie exists for second place, the same tie-breaking procedure listed above will be used. If any tie still exists after using the Points Differential formula, teams will be declared co-champions or co-runners up.

### Awards

1st & 2nd Place teams will receive individual awards at the last scheduled game.

### Unsportsmanlike Conduct

The CORE staff or the referee has the authority to disqualify, suspend or remove any manager, coach, player, spectator or team that behaves in an unsportsmanlike manner before, during or after a game. The following are included (but not limited) in defining unsportsmanlike conduct:

- **Verbal Abuse:** No player, manager, team or spectator shall verbally abuse, taunt, provoke or disrespectfully address an official, site supervisor, other player or spectator before, during or after a game.
  - Minimum Penalty: Unsportsmanlike technical foul on the player or manager. Free throws and ball out of bounds awarded to opposing team, and assessed player must sit out eight minutes.
  - Maximum Penalty: Flagrant technical foul, ejection, and two game suspensions.
- **“F-Word Rule”:** Any player, coach or bench personnel that say the four letter “F-word” loud enough for the referee(s) and/or game personnel to hear will be ejected from the current game and the next game.
- **“Racial Slurs” or “Sexual Harassment”:** From any player WILL NOT be tolerated.
  - Minimum Penalty: Ejected from the current game and the next TWO scheduled games.
  - Maximum Penalty: Suspension from all CORE adult sports programs for one year or a lifetime ban could be imposed depending on seriousness of offense.
- **“Taunting & Trash Talking”:** have no place whatsoever in a basketball game. Any player, coach or bench personnel participating in such behavior will be ejected from the current game and the *next two* scheduled games. Any referee(s) or game personnel hearing or seeing said behavior will enforce the above penalty.
- **No Fighting Policy:** The CORE strictly prohibits fighting before, during or after a game. The definition of a fight includes, but is not limited to, punching, slapping or swinging a fist or open palmed hand at another person. A punch does not have to land to be considered a fight. The definition may, at the program administration’s discretion, also include, kicking, shoving, and throwing objects at another person or any other violent act. Any fight that occurs outside of the gymnasium (parking lot or street) and is witnessed by a CORE employee or representative shall carry the same consequences as if it had occurred in the gym.
  - Minimum Penalty: Suspension from ALL CORE Adult Sports programs for one year from the date of the offense.
  - Maximum Penalty: Lifetime suspension from ALL CORE Adult Sports programs.
- **Threatening:** No player, manager or team shall threaten any player, referee, site supervisor or spectator before, during or after a game.
  - Minimum Penalty: Suspension from ALL CORE Adult Sports programs for a year.
  - Maximum Penalty: Lifetime suspension from ALL CORE Adult Sports programs.
- **Alcohol/Drunkness:** No player shall consume alcohol in the facility or on the grounds (i.e. parking lot) of the CORE facility. A player who, in the opinion of the officials, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game.
  - Minimum Penalty: One game suspension and probation for the remainder of the season.
  - Maximum Penalty: Suspension from all CORE Adult programs for one year from the date of offense.
  - Once a player has been suspended from play for one year, a second year long suspension *may* result in a lifetime ban from ALL CORE Adult Sports programs.
- **Technical Fouls:**
  - If a player receives one unsportsmanlike technical foul, he/she must sit out eight minutes of game time. If a player receives two unsportsmanlike technical fouls in one game, he/she will be immediately ejected from that game and from the facility, and will be suspended for the next two scheduled games.
  - If a player is ejected and suspended two times in one season he/she will be suspended from all CORE Adult Sports programs for one year.
  - If a player accumulates three technical fouls in a season he/she *may* be suspended for the remainder of the season or up to one year from the time of the offense.
  - If a player refuses to leave the facility after being ejected, the official will request the scoring table to set and start the clock for two minutes. If the ejected player is still in the gym at the end of the

two minutes his/her team will forfeit the game, and the player will be suspended from all CORE Adult Basketball leagues for one year.

- **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, whether intentional or unintentional. A personal foul involves kicking, kneeing, etc. A technical foul involves dead-ball contact or noncontact type behavior at any time which is extreme, persistent, vulgar or abusive in nature. Dunking in a “no dunk” gym is also considered a flagrant foul.
  - Minimum Penalty: Immediate ejection from that game (dunking).
  - Maximum Penalty: Immediate ejection from game and suspension form the next two league games.
- **Spectator Behavior:** Spectators are expected to behave in a civil manner. Any spectator who engages in unsportsmanlike conduct including, but not limited to verbal abuse, physical abuse of any nature, throwing items on the floor, or any other behavior deemed detrimental to the spirit of the game will be warned by the officials or scorekeeper for their first offence. A second offense during the same game will lead them to be ejected immediately from the facility. If a spectator refuses to leave the facility within two minutes then the team they are affiliated with will forfeit the game. At the scorekeepers discretion, any spectator who is ejected from the facility *may* receive a season-long suspension and may be banned from the facility.

### Protests

- A team has the right to protest a game on the following grounds:
  - Player eligibility status
  - Illegal player issues
  - Interpretation of rules and regulations listed in this manual
- A team does NOT have the right to protest a game on the following grounds:
  - Official's judgment calls
  - Only one official present at game
  - Scorekeeper decisions
- Any suspended player has the right to protest suspension, but ignorance of rules is *not* a legitimate defense to overturn a suspension or ban.
- Protest Procedure
  - A team wishing to protest a game must notify the scorekeeper of their intent to do so before the end of the game. *No protests will be accepted* if the scorekeeper is not notified before the end of the game.
  - A player wishing to protest a suspension or ban must do so within 30 days of the date of the suspension notice.
  - A protesting team or player must file a protest form with the CORE Sports Coordinator in person. A \$20 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a panel of three to five persons, and the Board will decide the case within 24 hours after the hearing. The \$20 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the CORE.

### Alcohol/Smoking

No player shall consume alcohol in the facility or on grounds. A player, who, in the opinion of the referee(s) or CORE Staff, appears to be intoxicated and displays behavior of someone under the influence of alcohol, will be ejected from the game.

### Staff Privilege

The staff reserves the right to refuse a player, coach or spectator from continuing in the league. This league is designed for recreational play and to have FUN!