

STARKVILLE PARKS & RECREATION

ADULT BASKETBALL LEAGUE RULES/REGULATIONS

Entry Fee:	\$250. ⁰⁰ <small>(\$200.00 for additional team with same name; i.e.: Second Baptist One \$250.00 ; Second Baptist Two \$200.00)</small>
Deadline to Register Team:	March 1, 2019
Season Starts:	March 18, 2019
Deadline to Add Player:	By 5:00pm on Friday, April 12th

I. ELIGIBILITY

- A. Must be at least 16 years of age.
- B. Must not be a current high school, college, or professional basketball member.
- C. Professional players must wait two years after resignation before eligible.
- D. Church league players must be members of the represented church, or have the represented church pastor/minister sign a letter of permission to play with the represented team.
- E. Players are allowed on one team only per league.
- F. Players may play on one Open team and one Church team, but not on multiple teams in the same league.
- G. First team participated with will be the official assigned team.
- H. Players are responsible for showing proof of eligibility when questioned and/or protested.

II. SUPERVISION

- A. The Starkville Parks and Recreation Department shall be responsible for the administration, supervision, and operation of the league in its entirety.
- B. The Sports Coordinator shall be able to adjust rules and regulations as needed during the course of the season.
- C. In the event that a conflict arises in scheduling, games will be rescheduled at a later date.
- D. SPRD shall be in charge of the league, including scheduling and rescheduling.
- E. It shall be the duty of the appointed supervisor and SPRD administration to interpret the rules upon the official's request, and their decisions shall be final.
- F. Everyone is required to follow these gym rules and regulations:
 - ✓ No street shoes are to be worn on basketball court.
 - ✓ No tennis shoes that are worn outside are allowed on basketball court.
 - ✓ No outside food or drinks allowed inside the gym.
 - ✓ No unauthorized persons allowed on court before, during, or after games.
 - ✓ Except for SPRD recognized personnel, only team players and coaches would be allowed on the "stage" side of the gymnasium. All spectators shall sit in the bleachers.

III. PRACTICE TIMES

- A. SPRD Registered Adult Basketball teams may reserve a half court for a practice for \$1 per person with a 1-hour time limit
- B. First two practices are FREE
- C. SPRD will provide two (2) practice balls per team—NO PERSONAL BASKETBALLS

IV. TEAMS

- A. Divisions offered include:
- Open (Fast Break Competitive)
 - Church A (Fast Break Competitive)
 - Church B (Slow Break Recreational)
 - Women's (Slow Break)
- B. All rosters must be submitted to the SPRD office by 5:00pm of the listed deadline day.
- C. Game day sideline bench is limited to 12 players and 3 coaches (you may have more than 12 on your roster, but on any game day only 12 are allowed to remain in the sideline bench area).
- D. Any team that plays an ineligible player will forfeit the game.
- E. Players not on the roster form after the deadline must be added to the roster by 5:00pm of the game day and before the roster-add deadline before the player will be considered eligible for participation.
- F. All teams shall be controlled by the SPRD with communication done by and through the team's coach or manager.
- G. Players are subject to automatic suspension from league play for any of the following:
- ✓ Striking the first blow in a controversy.
 - ✓ Profanity in a municipal gym or center.
 - ✓ Verbal or physical abuse of a game official whether or not a player is still in the contest.
- H. Team managers are responsible for the direct intervention in any conflict to stop his/her player only.
- I. No other players are to be involved.
- J. The game officials and the Sports Coordinator/Supervisor are instructed to call the police (if necessary) and turn in a complete report to the SPRD office in the event of an altercation.
- K. If a team manager cannot control a player, a player release card should be signed on this player immediately.
- L. The SPRD office insists and expects that no incident of controversy will arise in our ball games that will reflect unfavorably upon the SPRD basketball league or the team sponsor.
- M. Teams may warm up five minutes prior to the start of their game.
- N. If the previously scheduled game does not end with five minutes left until the next game's start time, the teams in the next game will not be allowed to warm up.
- O. Warm-up and game balls are provided by SPRD.
- P. Team members ONLY are allowed on the court during games and warm-ups. Warm-up balls will be taken away from teams that allow non-members to participate in warm-ups.
- Q. **Church League rosters may include only two (2) players that are also listed on an Open roster.**

V. OFFICIALS and GYM SUPERVISOR DUTIES

- A. Maintain full charge and be responsible for keeping the game under strict control at all times.
- B. Keep the benches clear and in order.
- C. See that players keep their temper, self-control, and composure at all times.
- D. Eject from the game immediately any player, coach, or manager guilty of unsportsmanlike conduct and verbal abuse directed toward the opposing team members or officials.
- E. If a player or manager is ejected from a game, that player or manager will be suspended not only for that game, but the following games as well.
- F. Eject from the game immediately any player guilty of striking another player.
- G. Eject immediately from the game any player, coach, or manager who charges an official in a hurried manner and displays any unusual degree of emotion.
- H. Eject any player, coach, or manager that receives two unsportsmanlike fouls.

VI. UNIFORMS

- A. All teams are **REQUIRED** to wear the same-colored numbered jerseys for any particular game.
- B. Numbers should be located both front and back, and be different from other jerseys on the same team.
- C. Numbers must be easily visible and permanently attached (no tape or magic-markers, etc.).
- D. One jersey per team will be allowed to have no number and will be referred to as number "X".
- E. Players may not share jerseys—all players must have their own jersey and number.

- F. Teams with less than four players wearing matching numbered jerseys will forfeit.
- G. Any two competing teams wearing the same color jersey will have pinnies assigned to the team who arrived last.

VII. FORFEIT RULES

- A. Any team that forfeits more than one time during league competition may be subject to expulsion from the league.
- B. It will be the decision of SPRD administration to drop a team from further competition.
- C. Any decision will be final and no entry fee will be returned to the team.
- D. Game time is forfeit time. If one of the competing teams is present at game time, they may choose to allow a 5-minute grace period for the opposing team to arrive.
- E. Single Forfeits will award the non-forfeiting team a 2 - 0 win.
- F. Double Forfeits during recreational season will count as 0 – 0 ties.
- G. Double Forfeits during championship tournaments will be awarded to the higher-seeded team.

VIII. SPORTSMANSHIP EXPECTATIONS

- A. Participants, coaches, and spectators are expected to conduct themselves in an appropriate manner at all times.
- B. Participants, coaches, and spectators are expected to abide by the rules and regulations of the sport in which they are involved.
- C. Participants, coaches, and spectators are expected to respect the facilities, equipment, sports officials, all supervisors, and SPRD personnel.
- D. Participants, coaches, and spectators are expected to address game officials with a respectful manner. Players, coaches, and spectators should not use profanity, insulting or vulgar language or gestures when addressing a game official, coach, player, or spectator. Do not at any time attempt to influence or object to an official's decision.

IX. SPORTSMANSHIP PENALTIES

- A. A player, coach, or manager may be ejected from the game immediately if he/she is guilty of unsportsmanlike conduct and verbal abuse directed toward the opposing team members or officials.
- B. A player, coach, or manager may be ejected from the game immediately if he/she is guilty of striking another player.
- C. A player, coach, or manager may be ejected from the game immediately if he/she charges an official in a hurried manner and displays any unusual degree of emotion.
- D. A player, coach, or manager may be ejected from the game immediately if he/she receives two unsportsmanlike fouls.
- E. If a player, coach, or manager is ejected from a game, he/she may be suspended for the following two or more games as well, pending SPRD review.
- F. Any ejection will be reviewed by SPRD Staff for further disciplinary actions.
- G. Players are subject to automatic suspension from league play for any of the following:
 - ✓ Striking the first blow in a controversy.
 - ✓ Profanity in a municipal gym or center.
 - ✓ Verbal or physical abuse of a game official whether or not a player is still in the contest.

X. CHAMPIONSHIP

A recreational season will be played and then used for seeding purposes in a single-elimination championship tournament for each league following the regular season.

GAME RULES

XI. TIMING REGULATIONS AND OVERTIME

- A. Fast-Break and Slow-Break Leagues will play two (2) 20-minute halves with a running clock.
- B. The clock will run continuously and shall be stopped only:
 - (1) During injuries or serious disruptions of play.
 - (2) During one-and-one free throws until the ball hits the rim after the final shot, and during two-shot free throws until the ball hits the rim after the final shot.
 - (3) During the last 2 minutes of each half the clock will be stopped according to the usual high school rules (MHSAA).
 - (4) For unusual delays at the referee's discretion.
- C. The clock does not stop on a made basket!
- D. A team has 4 timeouts per game.
- E. Extra timeouts may be carried into overtime periods.
- F. One timeout will be added for each 3-minute overtime period.
- G. If the score is tied after regulation play, a three-minute overtime period, beginning with a tip-off to determine possession, will ensue.

SLOW-BREAK LEAGUE

- The first two minutes of overtime will be Slow-Break with the clock running continuously, except during free throws, timeouts, and for any unusual delays at the referee's discretion.
- The **final minute** of overtime will be Fast-Break with the clock stopping at all whistles.
- H. The clock will run continuously during all overtime periods, except during free throws, timeouts, and for any unusual delays at the referee's discretion.
- I. A maximum of one overtime period will be allowed, after which the referee will administer an alternating "shoot off" between 5 non-disqualified players chosen by the coach of each team. If a team has 4 players, only 4 shots will be taken for that team.
- J. The direction of the possession arrow at the end of the final overtime period will determine which team will shoot first.

XII. PLAYING REGULATIONS

- A. All substitutes are required to report to the score table and remain there before entering the game.
- B. Any player not substituting shall vacate from the score table area.
- C. A player will be allowed 5 personal fouls before disqualification.
- D. A team will be in the "bonus" on the seventh foul and "double bonus" on the tenth foul of each half.
- E. Defensive slapping the backboard will be a technical foul.
- F. **DUNKING IS ALLOWED**
 - hanging on the rim will only be allowed to avoid injury
 - a technical will be enforced for any player hanging on the rim or taunting as a result of their dunk
- G. No jewelry or headgear (exceptions: medical alert bracelets, wedding bands, and sweat bands).
- H. A mercy rule of "40-point lead under 8 minutes remaining in the game" will apply.
- J. Line-ups must be filled out and submitted five minutes before game time.
- K. Late line-ups will result in a team technical foul.
- L. No line-up by game time will result in a forfeit.
- M. Any player not on the line-up or any name/number change after tip-off will result in a technical foul when entering game.
- N. Rosters will be checked at game site.
- O. Persons not on the team roster will be scratched.
- P. Players must add before 5pm to be eligible for that night's game.
- Q. All other rules will be covered by MHSAA (high school).
- M. **SLOW BREAK LEAGUE ONLY: No full court press except in the last two (2) minutes of each half.**

XIII. SLOW BREAK REGULATIONS

- A. Fast Breaks are not allowed except for the last two (2) minutes of each half.
- B. When the defensive player rebounds and becomes the offensive player, the defensive team must immediately transition to the other end of the playing area, allowing the offense to cross half court before pursuing the ball carrier.
- C. The offense may not cross the half-court line with any form of offensive progression until at least three members of the defense have first crossed the half-court line.
- D. Any fast break offense or defense played during the slow-break periods will result in a turnover for the violating team.
- E. **Any loose ball recovered by the defense in the back-court must be held and transitioned according to slow-break regulations.**
- F. **Any loose ball recovered by the defense in the front-court may be advanced toward their offensive basket without having to wait on the defense.**