

# Adult Basketball Rules

## General Information

1. Foothills Park & Recreation District offers a non-sanctioned basketball program for the recreational enjoyment of the participants. The Foothills Park & Recreation District Staff is the sole governing body of this basketball program.
2. Foothills Park & Recreation District reserves the right to re-classify a team in order to maintain a fair balance of competition. This will only be done with the cooperation of teams involved. Previous season's records, if applicable, will be utilized to assist in classifying teams.
3. If a team drops out of the league seven days prior to the start of the season or during the regular season, that team will not be refunded any of their team fees.
4. Foothills Park & Recreation District also reserves the right to expel any team from the league for reasons of misconduct, failure to observe rules, regulations, and procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager. Any team forfeiting two or more games, including make up games, without notifying the Foothills Park & Recreation District Athletics Office in advance will be dropped from the league with no compensation.
5. The current National Federation State High School Association and CHSAA Basketball Rule Books will govern the Foothills Adult Basketball League with the following clarifications, modifications, and additions. Teams are responsible for knowing the rules. Managers shall see that all players and spectators are familiar with these rules and regulations. All provisions in the Foothills Park & Recreation District basketball rules and Player Code of Conduct regarding behavior and actions of players, managers, and spectators apply to the entire recreation center area before, during, and after the games. Managers are responsible for the conduct of his team and spectators during league and tournament play as well as obtaining all make-up game information.
6. Special scheduling requests, like our team needs a bye on a certain date, must be submitted before the registration deadline but are not guaranteed. Any special scheduling requests needed after the schedules have been made will not be accommodated.
7. Any and all situations not specifically covered in the rulebook shall be acted upon by the Adult Sports Coordinator, and all such action taken shall be final.
8. Please call Butch Reich as soon as possible at 303-409-2615 if you know in advance that your team needs to forfeit so we can inform the opposing team.
9. Gym Supervisors have the authority to not allow a player to continue playing if he gets injured before or during a game or for any other reasons. When in doubt, we ask that you sit it out.
10. **Customer Service** - Foothills Park & Recreation District strives in providing staff officials, supervisors, and scorekeepers who are professional, knowledgeable, and courteous. Please contact the Athletics Office immediately if any of our staff or officials does not meet the standard of performance that you deserve. Your input is a necessary part of our evaluation process.
11. If children are brought to the games, they **must be continuously supervised by an adult** who is not playing in a game. Foothills Park & Recreation District is not responsible for children who are injured during the course of this program. Any children causing play to be stopped will cause the offending team to lose a time out, receive a technical foul, forfeit the game.
12. All team fees are due in full before the start of your teams' second game. If your team is not paid in full before your second game, you will have ten minutes to pay your remaining balance before the game is called a forfeit.
13. **Inclement Weather** – In case of inclement weather or hazardous conditions, Foothills Park & Recreation District has the right to close early. In this case, please call **Ridge Recreation Center at 303-409-2333**. If the recreation center is closed, then games are cancelled. If the recreation center is open, leagues will run as scheduled unless otherwise noted by league coordinator. Check [www.teamsideline.com/ifoothills](http://www.teamsideline.com/ifoothills) for cancellations and make up schedules. Team managers are responsible for finding out if games are cancelled and their team's make up game schedule.

## Rosters and Player Eligibility

1. Roster sizes are unlimited; however, individual awards are only given to the maximum of 9 paid players. Rosters must be turned in to the gym supervisor before you play your first game. Your team will not be allowed to play your game until your roster is completely filled out and turned in to the gym supervisor. Players may be added to your roster until your 3rd game. No player may be added after your team has played the third game. See the gym supervisor to add players to your roster. All players must complete and sign the roster in person before playing in any game. By signing the roster form, you and your team are agreeing to follow all rules and the Foothills Code of Conduct attached to this document.
2. All players must be 18 years or older before playing in their first game of the season.
3. Women are not permitted to play in the men's leagues.
4. Foothills Park & Recreation District is in compliance with the Jake Snakenberg Youth Concussion Act, which requires a youth player ages 19 and younger to be removed from play if a concussion is suspected and can only return to play with written medical authorization. If half or more of the teams players listed on the roster are 19 years old or younger, then the coach of the team must complete the CDC's Head's Up Concussion Training and submit documentation to the Recreation Coordinator prior to playing in their first game.
5. A player may not participate on more than one team in the same league that plays on the same night.
6. Player protest must be done when the player first enters the game.
7. A player may not transfer to a team in the same league without prior approval from the teams involved and the Adult Sports Coordinator.
8. The gym supervisor and the officials have the authority to disallow an illegal player from participating.
9. Player eligibility protests and forfeits are not retroactive to games played before the protest.
10. If a team borrows a player from another team in the same league, the game will automatically be a forfeit, which will be enforced by the gym supervisor and/or official.
11. Any player who, within 3 years to date, has participated on a professional team such as NBA, CBA, IBA, WNBA, training camp, or is currently playing college basketball at any level can play at the competitive level only.
12. **Player Identification:** Players must have a legally accepted picture ID like a driver's license at the gym for all games. Players not able to produce a valid ID upon request are ineligible to participate or to continue participation in the game.

## Uniforms and Jewelry

1. Each team must have similar colored jersey's or t-shirts with at least 4 inch Arabic numbers. Numbers on players' jersey's or t-shirts are **mandatory**. Multiple players cannot wear the same numbers. Players without a number entering the game may receive a technical foul and will need to put on a number in order to play.
2. Players cannot share jerseys.
3. Jewelry is not allowed. This includes wedding bands. Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body so the medical alert information remains visible. If a player cannot cover or will not remove his or her jewelry, they will not participate.
4. Non-marking rubber soled gym shoes must be worn to participate.
5. Players wearing a metal brace must properly pad any exposed metal or hard surfaces.
6. **Blood Rule:** Any time a player in the game is bleeding, he must leave the game until the bleeding has completely stopped and the wound is covered. He must stay out until the next dead ball. Excessive blood on the uniform requires the player to change clothing. Players are allowed 2 minutes, not on game time, to cover the bleeding area with appropriate bandages. **In an emergency, call 911.**

## Playing Time

1. Each game will consist of two 20-minute running halves.
2. The game clock will stop when:
  - a. The last two minutes of the game if there is a difference of ten points or less. Once the clock stops, it will stop for the remainder of the game.
  - b. Granted time outs
  - c. Major injuries
  - d. Any time the referee or gym supervisor feels necessary.
3. Half time is 3 minutes long.
4. **Forfeit Rule:**
  - a. A team must have four legal players on the court, ready to play, at the start of the game time.
  - b. If a team has 3 or fewer players at game time, their opponent has 2 options:
    - i. Immediate forfeit OR
    - ii. Start the game clock and allow the short-handed team 10 minutes to get four players before the game is considered a forfeit. The waiting time will be counted as game time. If games are running late, that time will count towards the 10 minutes.
    - iii. If a team forfeits two or more games during the regular season, that team will not be allowed to participate in the tournament.
  - c. Teams cannot be forced to start before the schedule game time, however with the consent of both teams a game may be started early.
5. Teams are given 5 minutes from the end of the previous game or prior to their scheduled game to warm up.
6. Two one-minute time outs per team will be allowed in each half. Time outs are non-cumulative.
7. **Mercy Rule Stoppage:** If a team is down by 30 points with 10 minutes or less left in the game, the game will continue to be played as long as both teams continue to play within the rules and **sportsmanship** is still being adhered to. The officials or scorekeeper have the authority to call the game if they feel the game is getting out of control sportsmanship wise – no warnings.
8. **Overtime:** A 2-minute stop clock will be used for the first overtime period. Any extra overtime period will use a 2 minute running clock. Each team will receive one time out per overtime. Time outs are noncumulative. If there is a 3rd overtime, you will do a jump ball and it will be sudden death. The first team to score will win.
9. Dunking is **not allowed** before, during, or after the games at any recreation facility.  
**Penalty:** First offense is a Technical Foul. Second offense is player is ejected from the game.
10. **Free Throws:**
  - a. Line Up - On all free throw attempts the bottom block (the one closest to the goal) will be vacant. The defensive player will occupy the second space. Only 6 players (3 on each side) will line up for rebound opportunities. All other players must be behind the 3 point line and behind the free throw line extended.
  - b. Release - Players may enter the lane at the release of the free throw.
11. **Language:** There will be zero tolerance on vulgar or inappropriate language by teams and their identifiable spectators. Players and identifiable spectators that use vulgar or inappropriate language will be immediately ejected from the game and the facility and may be suspended from future games.

## Fouls

1. Players have 5 personal fouls before they are disqualified from the game.
2. **Bonus rule:** 1 and 1 will be shot on the 7th team foul any time during the first or second half. Double bonus of 2 shots will be in effect after 10 team fouls committed in the first or second half.
3. Technical fouls will not be shot. The opposing team will automatically receive two points and the ball at mid court.
  - a. Unsportsmanlike Technical Fouls include but are not limited to:
    - i. Disrespectfully addressing or contacting an official or staff member or gesturing in such a manner as to indicate resentment.
    - ii. Using profane or inappropriate language or obscene gestures.
    - iii. Baiting or taunting an opponent
  - b. First unsportsmanlike technical foul shall result in:
    - i. Player can be removed for a 2 minute, on game time, cooling off period.
    - ii. If warranted, the player may be ejected on the first infraction and removed from the facility.

- c. Second unsportsmanlike technical foul shall result in:
  - i. Automatic ejection from the game and possibly future games.
  - ii. Completion of an ejection form by the gym supervisor.
  - iii. Removal from the gymnasium.
4. Technical fouls are also personal fouls.
5. If a team receives three technical fouls in one game, the game is a forfeit.
6. If a player receives a total of four technical fouls during the regular season, he or she will no longer be eligible to play in any remaining season games, any playoff games, and possibly games in future seasons. If a team receives a total of seven technical fouls during a season, that team will no longer be eligible for the playoff games and possibly future seasons.
7. Players entering the game and not listed on the roster and/or line up will receive a technical foul.
8. Any player caught spitting or any similar action on the gym floor will be assessed a technical foul.
9. **Ejections:** Any player or coach that has been ejected from two different games in the season may be removed from the league for the remainder of the season, removed from future leagues and any tournaments.
10. If a player is ejected from the game, he/she must leave the facility sight and sound. If the ejected player does not leave the facility sight and sound, the team will have to forfeit the game.

## Correctable Errors

1. The coach of either team may request a time out to have the error corrected. If the error is correctable, the coach or team will not be charged with a time out. If the coach is incorrect, or the error is not correctable, he will be charged with a time out.
2. Correctable errors are:
  - a. Time remaining
  - b. Score given to the wrong team or not credited properly
  - c. Fouls given to the wrong player or wrong team
  - d. Wrong player at the free throw line
  - e. Possession arrow pointing the wrong direction
3. If the discrepancy cannot be found or resolved, the referee shall accept the record of the Foothills Park & Recreation District score sheet unless the referee has knowledge which permits him to decide otherwise. It is the responsibility of each coach or team to verify the official score sheet regarding fouls, score and time outs.

## Protests

In case of a disputed rule interpretation, the manager or captain will meet with the official and the gym supervisor to resolve the problem. If the manager feels a protest is necessary the following procedures must be followed:

1. The Foothills Park & Recreation District Athletic Staff shall be the sole judge in the evaluation of a protest, there will be no further appeals or hearings.
2. No protests shall be received or considered if it is based solely on the accuracy of judgment on the part of the official judgment calls. Protests will be considered for the following reasons:
  - a. Misinterpretation of a playing rule.
  - b. Failure to impose the correct penalty for a given violation.
  - c. Failure of a referee to apply the correct rule in a given situation.
3. The protest must be made at the time of the infraction.
4. Protest forms will be filled out with the gym supervisor. The gym supervisor, official and protesting manager will agree to the situation that existed prior to the disputed play. The manager will complete the narrative and must list the rule and its page number that is in dispute. The game clock shall stop for a maximum of 5 minutes.
5. The team manager will have the protest form signed, attach \$100 cash and submit it to the gym supervisor at the time of the ruling. If the protest is upheld the \$100 shall be refunded, if denied the \$100 shall be deposited in a general fund.
6. Scores must be challenged and corrected prior to the start of the next game or it is too late and the book shall stand as is.

## **Player eligibility protest**

1. Can be made by an eligible team member, an official, and/or the gym supervisor.
2. Player eligibility protests must be made the first time the player enters the game.
3. If a player cannot produce proper ID and if the roster does not list that player, the opponent will be notified and they must protest immediately or they will relinquish the right to protest that player's eligibility later in the game.
4. If the player can produce proper ID and is listed on only one roster, then he can play. If the player cannot produce proper ID and is not listed on the roster or is listed on multiple rosters in the same league, then he cannot play and will be ejected.
5. The player will not be allowed to participate in future games until proper ID is presented at the future games.
6. Player eligibility protest and forfeits are not retroactive to games played before the protest.

## **Tournament Play**

1. All teams will automatically advance to play in a single elimination tournament once all league games are over. If a team forfeits two or more games during the regular season, that team will not be allowed to participate in the tournament.
2. Tournaments will follow league rules. Whoever wins the tournament, wins the entire league.
3. If there is an odd amount of games and an odd amount of teams and a team receives an extra game, the result of their last game of the season will not count towards their record. It will count for the opposing team only. Only the first 9 games that they play will count as their record.

## **Awards**

1. League champions in all divisions will receive awards. The number of awards will be equal to the number of paid participants on the roster, no more than 9. Whoever wins the tournament, wins the awards. There are no awards for 2nd place.
2. Ties will be broken the following way:
  - a. Winning Percentage
  - b. Head to Head
  - c. Head to Head Points Against
  - d. Total Points Against
  - e. Total Points For

## **Contact Info**

### **Butch Reich**

Adult Athletics Coordinator

303-409-2615

email: [breich@fhprd.org](mailto:breich@fhprd.org)

### **Ridge Recreation Center**

303-409-2333

[www.teamsideline.com/ifoothills](http://www.teamsideline.com/ifoothills)



# Code of Conduct

The Foothills Park & Recreation District Athletics Department has taken the policy of prosecuting any player, coach or spectator that violates any Foothills Park & Recreation District Ordinance.

Foothills also reserves the right to expel any team, without a refund, for reasons of misconduct, failure to observe rules, regulations, procedures and/or failure to field a team for 2 or more games. Written notification of such actions will be provided to the individual and/or team manager.

**Misconduct and Ejection:** The officials and or gym supervisor shall be empowered to penalize an offending player, coach and/or team as follows:

1. Warning to player and both teams.
2. Ejection from current game and suspension for subsequent game or games.
3. Forfeit of game.

Any player or spectator ejected from the game must leave the gym and the facility. Failure to leave when instructed can result in a forfeit for that team.

Anytime a game gets out of control, the officials, gym supervisor or any Foothills Park & Recreation District staff has the authority to forfeit the game. Any team with 3 or more ejections will result in a forfeit.

1. **No Player** at any time shall lay a hand upon, push, shove or threaten to strike or verbally threaten an official, staff member or spectator.  
Penalty: Be ejected from the game, receive minimum 3 game suspension, maximum of a season, and will be placed on probation.
2. **Any Player** involved in a physical altercation of a strike or hit with another player, coach, staff member or spectator.  
Penalty: Players will be ejected from the game and suspended from that sport for one full year.  
Note: Any player throwing a punch will be suspended for a full year no matter who started the fight.
3. **No Player** will be allowed to play if acting in an intoxicated manner.  
Penalty: Player will be removed from the game. This will be ruled upon by any of the officials or a Foothills Park & Recreation District staff member.
4. **All Players, Coaches and Spectators** will abstain from the use of vulgarity or unsportsmanlike manners while on Foothills Park & Recreation District property.  
Penalty: Depending upon severity, officials can enforce 1, 2, or 3 of Misconduct and Ejection listed above.

**Teams are responsible for their players and spectators conduct before, during and after the games.**

All spectators, as well as participants, must conform to all Foothills Park & Recreation District Regulations and Rules. Improper behavior will not be tolerated.

Penalty: Ejections, forfeit of game and or remaining games, arrest and prosecution, and no refund of fees.

Once a player, coach and or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season including tournament games. Further conduct violations will result in further suspension that could extend through the remainder of the season, including all tournaments, as well as forfeiting all fees paid to date.

All players and or coaches will abide by the official's decision including a decision concerning a team's conduct. The second time a player, coach, spectator or manager is ejected from a game, a more severe suspension will be administered.

Teams may appeal any suspensions by contacting the Foothills Park & Recreation District Athletic Coordinator and setting an appointment.