



WINTER 2020
ADULT BASKETBALL LEAGUE RULES

1. All managers are responsible for providing league rules to each player on a team's roster. This includes providing explanations & information on rules, managing the conduct of team players, and enforcing of all league rules and policies for a team and its rostered players.
2. All teams are required, and must wear, similar colored jerseys with permanently attached numbers. **No Jersey, No Number, No Play!** (Numbered orange scrimmage vests may be borrowed).
3. All players must be on your team rosters to play (name & signature listed on team roster). Completed rosters must be turned in to the program coordinator *prior to your first game*. New player additions may be added to a roster, but must be added no later than 24 hours prior to playing. **There are NO "night-of" player additions!** Rosters will freeze after the 5th game of the league. Penalty for violation or using an illegal player (a player not on the roster) is an automatic forfeit.

Players may only **play on one team** in the course of the season. If a player wishes to switch team's midseason, player will have to sit out one game prior to joining the new team. Roster freezes after 5th game. (ex: Player plays on team A weeks 1-4 before wanting to join team B. Player signs team B's form week 5 & sits out. Player is eligible to play for team B starting week 6.)

LEAGUES ARE FOR ADULTS 18 YEARS OF AGE AND OLDER. ALL PLAYERS MUST BRING A PICTURED ID WITH THEIR BIRTH DATE TO THEIR GAMES. PLAYERS UNDER THE AGE OF 18 MAY PLAY WITH APPROVAL FROM LEAGUE COORDINATOR AND WAIVER SIGNED BY PLAYERS PARENT OR LEGAL GUARDIAN.

4. The time listed on schedules marks "game time." **Teams will forfeit if less than a full team (5 players on team's roster) is not ready to play at "game time"**.
5. No smoking, tobacco products, or alcoholic beverages allowed on HSPE and /or BMHS property – this follows Colorado State Law!
6. If a player is involved in a fight or altercation (physical or verbal) with any other player, game official, or VRD employee, he or she will receive an immediate game ejection and suspended from future play. The League Coordinator reserves the right to suspend any ejected player for any amount of games. Ejected players must immediately leave the gym facility.
7. Games will consist of two 20 minute halves. The clock is a running clock until the last TWO (2) minutes of the game second half. Except if the score differential is 14 points or more.
8. Halftime is **5** minutes in length.
9. Each team has **2, 30 second** time outs per half. Time outs are not cumulative. Two time outs for overtime period.
10. Overtime consists of one 5 minute period. Each team will receive two additional timeouts for the overtime period
11. Teams shoot the penalty shot ON the **7th** foul.
12. 2 shots are awarded on the **10th** team foul per half.
13. Players may move out of the lane after the release of the ball, during a free throw shot.
14. Three (3) point baskets are in effect.
15. Substitutions must check-in at the scorers' table and must wait until the referee calls them in.

16. Games begin with the **visiting team** taking the ball out of bounds in the first half and home team begins second half with possession, regardless of possession changes in the first half.
17. There will be a jump ball at center court to begin all overtime periods.
18. In a jump ball situation, there will be alternating possessions, not to extend each half.
19. **Definitions:** -
- a. Technical foul - Automatic 2 points plus ball possession at half court.
 - i. First unsportsmanlike technical foul of the season will result in:
 - 1. Player(s) ejected from the game.
 - ii. Second unsportsmanlike technical foul of the season will result in:
 - 1. Player(s) suspended from the league play for the season. Suspension under further review by league officials
 - iii. **ALL TECHNICAL FOULS ARE PERSONAL FOULS AND TEAM FOULS. IF A TEAM ACCUMULATES TWO (2) UNSPORTSMANLIKE TECHNICAL FOULS DURING ONE GAME, THAT TEAM FORFEITS.**
 - iii. A player will be ejected from a game for the following:
 - 1. One(1) unsportsmanlike technical foul.
 - 2. Abuse toward any official, player, fan, or VRD employee.***** Any ejected player will not be permitted to play in his team's next scheduled game. *****
 - b. Gym Shoes: The only permissible shoe. No black soled shoes or hiking boots allowed!
20. **Playoff Format** – Top 8 teams advance to playoffs. Team rank is determined by:
 - i. Overall league record (W-L)
 - ii. Head-to-head record (W-L)
 - iii. Record vs. common opponents
 - iv. Forfeitures
 - v. Points spread in head-to-head matchups
 - vi. "Points for" in overall league games
 - vii. "Points against" in overall league games
21. Team awards to be provided to the league's first place team.
22. This league follows all High School Federation Rules, apart from exceptions listed above.
23. **Any team which forfeits a game will be charged \$50 to cover VRD referee and scorekeeper expenses. A second forfeit during the same season will result in that team's disqualification from the league.**
24. **No Dunking!!** Dunks results in a "no basket" call AND a technical foul.

Standings and schedules will be posted at www.vailrec.com.

Kip Tingle – League Coordinator
970.479.2280 (w)
ktingle@vailrec.com