

**MCKINLEYVILLE PARKS AND RECREATION DEPARTMENT
COED ADULT BASKETBALL LEAGUE
RULES AND REGULATIONS**

SECTION A **GAME RULES**

All games will be governed by the rules adopted by the “National Federation of State High School Associations” with certain exceptions noted here.

1. A team must have five players present to start a game. A team may play with four players as long as they have started play with five players. If a team is unable to play at least four eligible players, the game will be stopped and declared a forfeit.
2. A game will consist of two 20-minute halves. Halftime will be five minutes. A running clock will be in effect throughout the game except for the final five minutes of the game. **EXCEPTION:** The clock will continue to run if a discrepancy of fifteen or more points exists in the game score.
3. All games will begin with a jump ball at mid-court. Thereafter, alternating possession will determine control of the ball.
4. Overtime periods will consist of 3 minutes – stopped clock. As many overtime periods as are necessary will be played to determine a winner.
5. Each team is permitted four one-minute timeouts per game. For overtime periods, each team will have a single one-minute timeout.
6. Teams are expected to be present and ready to play at the scheduled game time. A five-minute grace period will be given before a forfeit is declared.
7. Dunking is allowed but please do not hang on the rim. No dunking will be allowed in warm-ups. Dunking during warm-ups or hanging on the rim during play will result in a technical foul.
8. During free throws the ball is “live” on the release.
9. Common fouls will result in free throws starting with the seventh team foul (one-and-one bonus). Two free throws will be awarded following ten team fouls (double bonus).
10. Game ball will be provided by the league. If both team managers agree, teams may use their own ball.
11. The game officials will have the authority to make decisions on any situations not specifically covered in the rules.

SECTION B **PLAYER ELIGIBILITY**

1. All players must sign the official team roster/liability release before being eligible to play in the McKinleyville Coed Adult Basketball League. Team rosters can consist of from 8-11 players. Teams can only have a maximum of 11 rostered players. If a roster already includes 11 players, a player must be permanently dropped in order to replace them. Once dropped from the roster, a player is not eligible to play for that team the remainder of the season.
2. Players may be added or dropped until the final 3 games of the season. Rosters are frozen for the last 3 games of the season and into the playoffs.
3. Players may not be on the roster for more than one team.
4. Players must be at least 18 years of age to be eligible to play.

SECTION C

PLAYER RESPONSIBILITY

1. No player will be permitted to enter play in a game if he or she is determined to be under the influence of alcohol or drugs. McKinleyville Parks & Recreation staff or the game officials will make the determination.
2. Unsportsmanlike conduct technical fouls, dunking in warm-ups or hanging on the rim during play will result in the awarding of two free throws to the opposing team.
3. An unsportsmanlike technical foul on a coach, team attendant or fan will result in the awarding of two free throws to the opposing team.
4. Any player that receives two unsportsmanlike technical fouls in a game will result in an ejection from the game and will have to leave the building.
5. Any player that receives a total of three unsportsmanlike technical fouls during the season may be suspended from the league for the remainder of the season.
6. Any team that receives five unsportsmanlike technical fouls during the season may be removed from the league.
7. Players ejected from a game must immediately leave the gym upon request. Failure to do so will result in the forfeit of the game.
8. **Physical and/or verbal abuse of officials or game staff will not be tolerated.** Violation of this rule will result in expulsion from the league.
9. Fighting will result in expulsion from the league.
10. McKinleyville Parks & Recreation is not responsible for any lost or stolen items.

SECTION D

UNIFORMS

1. All team members should wear jerseys of similar color with numbers on the front or back. Reversible jerseys with one dark color and one light color are recommended.
2. Each player should have a different number. No two members of a team may use the same number.
3. Basketball/Gym shorts are recommended. No street pants or cut-offs will be allowed. Any clothing determined to be dangerous or distracting by the game official will not be permitted.

SECTION E

LINE-UPS AND SUBSTITUTIONS

1. A line-up containing the first and last names of players who will participate in the game must be submitted to the scorekeeper at the scorer's table five minutes prior to the start time of the game. The line-up should include each player's number.
2. A substitute wishing to enter the game must first report to the official scorer. The substitute may not enter the game until signaled by the official.

SECTION F

MISCELLANEOUS

1. Teams will be seeded for the playoffs based on their record of wins and losses. Teams with equal records of wins and losses will be seeded based on the records of the teams they have won or lost against and if needed, on total points scored during the season.
2. Teams will be given as much time as permitted for warm-ups while still allowing games to start on time. At least five minutes of warm-ups will be allowed for each game.
3. Five fouls during a game constitutes "fouled out". Unsportsmanlike conduct technical fouls and dunking during warm-ups or hanging on the rim technical fouls will be counted in the total fouls.
4. Players with casts are not permitted to play. All braces must be padded. Prostheses may be worn. Any equipment judged by the game official to be dangerous is illegal.
5. Exposed jewelry, which is judged by the game official to be dangerous, may not be worn during the game. NOTE: Players will be asked to remove jewelry if judged to be dangerous. If they fail to do so, the player will be ejected from the game. If a game official does not request certain jewelry be removed the McKinleyville Parks and Recreation Department is not held responsible for any injury that may occur. This rule is only enforced to assist players in recognizing hazards.
6. Please keep the gym clean. Please remove any garbage or water bottles from the bench area after the game and dispose of them in the proper receptacles.
7. Participants are solely responsible for the supervision their children.
8. The registration fee must be paid in full before teams are allowed to begin league play.

THE INTEGRITY OF THE COED ADULT BASKETBALL LEAGUE DEPENDS ON EACH PLAYER'S RESPONSIBILITY TO UPHOLD THE SPIRIT OF THE GAME, AND THIS RESPONSIBILITY SHOULD REMAIN PARAMOUNT.

SPIRIT OF THE GAME:

McKinleyville Parks and Recreation's Coed Adult Basketball League **relies upon a spirit of sportsmanship** that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the basketball court. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional fouls, or other win-at-all-costs behavior are contrary to the '**Spirit of the Game**' and must be avoided by all players.