



RULES: ADULT BASKETBALL

HOUSE POLICIES

1. **FACILITY ASSOCIATES** – The Sportsdome will have facility associates present during all basketball games. Facility associates are there to oversee all operations during play (scorekeeping, gym maintenance, accidents, incidents, etc.) Please cooperate with all precautions and decisions made by facility associates and other Sportsdome staff.
2. **ABSOLUTELY NO DUNKING OR HANGING ON ANY RIM/NET, AT ANY TIME, ON ANY BASKETBALL HOOP!** This behavior is an immediately ejectable offense, meaning the person ejected must stop playing and leave the facility for the remainder of the night.
3. **WARM-UPS** – Warm-ups are allowed only in designated areas away from spectator areas. Players may warm up during game breaks only. This is for your safety as well as for the safety of others.
4. **SPECTATOR AND PLAYER SAFETY** - Only rostered players may sit in the bench area. No children or spectators are allowed in the team bench area. Parents are encouraged to keep all children in spectator areas while games are being played. Failure to comply with this could result in ejection from the facility.
5. **CHILD CARE** - Guardians must always supervise children when at the Sportsdome . Guardians are fully responsible for their children and their actions.
6. **FOOD AND BEVERAGES** – Snack bar is available to all attendees; however, food or drinks are not allowed on the court during a game under any circumstances. Some drinks may be allowed, such as water and sports drinks, on players bench area if approved by the referee or support staff.
7. **FIRST AID** - A limited first aid supply is available at all Sportsdome locations. See staff for any first aid needs or injuries
8. **BLOOD RULE** - A player, coach, or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered in a reasonable length of time. The individual will not have to leave the game. The length of time that is considered reasonable is left to the official's judgment. Uniform rule violations will not be enforced if a uniform change is required. The official shall:
 - a. Stop the game and allow treatment if the injured player would affect the continuation of the game. (Major injuries, not scrapes, etc.)
 - b. Immediately call a coach or other authorized person to the injured player

LEAGUE INFORMATION

1. **GAME SCHEDULES** - A copy of your schedule is provided to all team managers. It is the manager's responsibility to inform all players of game times and schedules.
2. **GAME CARDS** – Please complete the game card prior to scheduled game time. Fill out the game card with your line-up using player's first and last names and jersey number. Initials are not proof of a player's eligibility.
3. **PLAYOFFS** – Teams will be placed within their divisions for the post-season tournament.
4. **FORFEITS** – If a team forfeits more than one game in the season their position in the standings is revoked and they will lose their slot in the post-season tournament.
5. **TIE-BREAKING RULE** – In the event of a tie in the standings the tie-breaking order is
 - a. Head-to-Head Competition - If three or more teams are tied, it is your head-to-head record with all teams involved in the tie. The team that wins the most will win the tiebreaker. If they are all tied go to option b.
 - b. Point Differential – Total points scored minus the total points scored against involving tied teams only. Please note: if one of the teams has had a forfeit during the season, they will be ranked in the lower placement without considering point differential.
 - c. Total Points – Total points scored in all league games.
 - d. Flip a coin.
6. **PRICE** – Price per team is \$675. Payments for registration can be made at the Swift Sportsdome website where you will be taken to Dash to make an account where you can then sign up.
7. **GAME TIME** –
 - (1) 5-Minute warm up
 - (2) 20-minute running halves
 - (1) 3-minute halftime
 - (1) 2-minute overtime (clock stops)
 - (1) 1-minute DBL overtime – SUDDEN DEATH. (clock stops)
 - Clock stops on Free Throws and Timeouts.

PLAYERS AND TEAMS

1. **PLAYERS AND TEAMS** - Players must be 18 years or older to play in the Adult Leagues. Games will be played with a 5 vs 5 format. Players may only play on one team per division. Players discovered playing under an assumed name or on more than one team in a division will be suspended for one year. Managers that knowingly use an illegal player will also be suspended. If there are not enough teams to

field a Women's Division, women will be allowed to play in the Men's division until such time when a Women's division can be filled.

High school students may not participate. Violations will be cause for forfeiture of all games in which such an individual participated.

2. **ROSTERS** – Maximum number of active players per roster is twelve. Each player must read the waiver at the top of the roster form and sign her/his name to be eligible to play. All managers must have a roster completely filled out and turned into the Sportsdome office no later than your first scheduled game. All additions and deletions to the roster must be made in writing and signed by the manager after play begins.

3. **UNIFORMS** - All players must have a uniform consisting of a shirt with permanent numbers. All uniforms must be the same color. Numbers made of tape are not allowed. Teams must have their uniforms by their second game, with no exceptions.

Uniform violations:

a.) Players wearing shirts without a number will be assigned 0 or 00. If more than two players have uniforms without numbers they will not be allowed to play. Teams will be assessed a two-point penalty for each player not wearing a numbered shirt. If this is a habitual problem the team will lose the ability to use 0 or 00 option and those players will not be eligible to play.

b.) If shirts are not matching in basic color the player will not be allowed to play.

c.) Teams must have jerseys that are reversible light/dark or shirts in a second color in order to not have two teams playing in jerseys of the same color. Home team colors should be light or white, and Away team colors should be dark or black.

4. **FORFEIT** – Teams must have a minimum of four players to start a basketball game. In accordance with the substitution rule, if a team starts with the minimum number and other players arrive, they may enter the game after being signed in and then acknowledged and waived in by the officials. If a team does not have the minimum number of players at the game time, they have the option of a grace period of maximum x number of minutes. If they do not have the necessary number of players at the end of the grace period, the game will be forfeited.

a) The game clock starts

b) Two points are given to the ready team immediately

c) For every minute of the grace period, two points will be awarded to the ready team

d) Possession of the ball at the half court line will be given to the ready team when the other team has enough players needed to start the game.

5. **TECHNICAL FOULS** – If a player receives a technical foul, that player must sit out of the game for ten game minutes. If the technical foul is called during the first half and there is less than ten minutes remaining in the period, the penalty time will continue into the second half of the game. If there is less than ten minutes left in the game and a technical foul is called, the player will sit out the remainder of

the game. If the player continues to cause problems while sitting out, a second technical foul will be called, and the player will be ejected from the gym. administrative technical fouls do not count.

GAME PLAY

1. **PLAYING RULES & EXCEPTIONS** – The League follows the National Federation of High School Basketball (NFHS) rule book except as follows:

- a.) The shot never counts on an offensive/player control foul—no matter when it was released.
- b.) You may catch your own air ball. It is not considered traveling.

2. **EQUIPMENT/CLOTHING** – The home team will provide the game ball. Basic basketball clothing (Athletic shorts and shirt, basketball shoes with grip, socks) are expected to be worn at all times during the duration of the game. Refer to uniforms section above for more information.

- a.) Accessories will be asked to be removed by game officials, failure to comply will result in player suspension
- b.) Players wearing any type of cast will be asked to sit out of them game until they are fully healed and have been cleared to play. Players with any type of brace will have to be cleared by team manager as well as game officials to participate in the game.

3. **GAME LENGTH** - The game time on the scoreboard is controlled by the scorekeeper. Game times will consist of two twenty five-minute halves with a running clock. The clock will be stopped on all whistles the last two minutes of the 2nd half, unless the ten-point rule is in effect. The clock stops on all time-outs.

4. **TEN POINT RULE**- The ten point rule will be in effect for all games. If a team leads by ten or more points with two minutes remaining in 2nd half, the game clock will continue to run, stopping only for timeouts. If at any point the score gets below 10, the clock will return to stop every whistle. If the score returns above 10 the clock will run.

5. **OVERTIME** - Overtime play shall continue without a change of baskets. The first overtime period will be two minutes. The next overtime period is "sudden death", with the first point ending the contest. The official's whistle will stop the clock in both overtime periods.

6. **SCORE KEEPING** - The scorekeeper will be responsible for the official score of the game. The team manager or representative must legibly record their line-up on the scorecard prior to the game. Remember, first and last name must be recorded in the scorebook. All players should be listed. If there are any questions, they must be resolved with the scorekeeper and referee prior to continuing the game. Please give the scorekeeper time to get the score in the book and then up on the board.

If there is a question about the score, a time-out must be taken and the team manager or representative must discuss the matter, calmly, with the scorekeeper. If the error was our fault then the time-out will be returned.

Yelling at any sports staff will not be tolerated. Anyone who does this will be subject to disciplinary actions.

7. **FOULS** - The "one and one" foul shot situation is in effect on the seventh team foul of each half. The double bonus rule will begin on the tenth team foul. The clock will continue to run on all fouls, whether shooting fouls or not including technical fouls, except during the last two minutes of each half. The clock does not stop on technical fouls. Exception: The ten-point rule (see #3 above).

a.) Five fouls eliminate a player. This includes technical fouls.

b.) Additionally, three technical fouls called against a team or individuals of a team in one game will end the game and it is recorded as a forfeit.

8. **TIMEOUTS** - There are 3 time-outs per game and 1 for the first overtime period.

9. **SUBSTITUTIONS** - Players may only enter at mid-court in front of the score table, behind the ball, and only once it has passed the mid-court line. You must stay out of the scorekeeper's way. Substitution is allowed on defense only. Substitutions may also be made on a dead ball. Illegal substitution will result in a technical foul (2 shots).

10. **FREE THROWS** - Everyone will play to release of the ball on all free throws. Players may only enter the lane upon the ball touching the rim. Players may not stand on the block at the end of the court during a free throw. On free throws, players must line up along the lane in a specific order. Beginning with the blocks closest to the backboard, the first block is for defensive players, the second block is for offensive players, and the third block is for defensive players. The fourth block, closest to the shooter, will remain empty. If either the defense or offense chooses not to occupy their designated block, that block will remain empty for the free throw(s).

MANAGER RESPONSIBILITIES & PLAYER CONDUCT

Below are certain behaviors that the League will not tolerate. The Sportsdome reserves the right to modify this list at any time, without notice, and reserves the right to determine penalties on a case-by-case basis. Violations of League rules and/or players, managers, and/or spectators engaging in certain behaviors such as those listed below may result in penalties for a player and/or manager and/or a team that may include, but are not limited to:

- a.) Warning given
- b.) Technical Foul called
- c.) Immediate ejection from game and facility
- d.) Warning/probation for specific time
- e.) Suspension from games
- f.) Suspension from League
- g.) Suspension from future leagues
- h.) Charges filed with law enforcement
- i.) Any player placed on probation and reported again for violation of the code of conduct will be given a minimum penalty of suspension for the remainder of the probation period.
- j.) Any player removed from a game must leave the facility immediately. Failure to do so will result in forfeiture of the game and suspension for two games for the player, in addition to infraction discipline.

- k.) Participants may be held liable for damages caused by negligence.
- l.) Team managers are responsible for their players and spectators. Failure to attempt to control team members or fans may result in a forfeiture of the game and suspension from the league.

1. NO PLAYER SHALL:

Be guilty of physical attack as an aggressor which include at any time laying a hand upon, shove, strike, or threaten any player, official, staff or spectator. Officials are required to issue a flagrant technical foul and the player will be ejected from the game and must leave the facility immediately. Player will remain suspended until his/her case has been considered. Only when the team and/or player has been notified if or when they can resume play in the league, may they participate in the league on any level. This includes as a spectator, coach, or player in any teams, leagues, or sports.

2. NO PLAYER SHALL:

Refuse to abide by official's decisions. Officials may warn player or issue a technical foul. If there is a second offense a flagrant foul will be issued, and player is ejected from the game and must leave the facility immediately. If a player receives two technical fouls the incident & player information will be forwarded to the League Director. Such player shall remain suspended until his/her case has been considered.

3. NO PLAYER SHALL:

Be guilty of using unnecessary rough tactics in the play of the game against the body or person of an opposing player. It is up to the game officials to decide what is considered unnecessary rough tactics. Officials may warn, issue a technical foul, or issue a flagrant technical foul. If player receives two technical or flagrant fouls they are ejected from the game and must leave the gym immediately. Such player shall remain suspended until his/her case has been considered. They will not be allowed to participate in any games until his/her case has been considered. Only when the team and/or player has been notified if or when they can resume play in the league, may they participate in the league on any level. This includes as a spectator, coach, or player in any teams, leagues, or sports.

4. NO PLAYER SHALL:

Be guilty of an abusive verbal attack upon any player, official, staff member, or spectator. This includes curse words, slurs of any kind, or any language the official deems non sportsman like. Officials are required to issue a technical foul. If a second technical foul is issued the player is ejected from the game and must leave the facility immediately. Player will remain suspended until his/her case has been considered.

5. NO PLAYER SHALL:

Be guilty of appearing intoxicated in the facility. Officials are required to immediately suspend player from further play and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

6. NO PLAYER SHALL:

Spit on the facility floor. Anyone who spits on the floor will be given a technical foul.