



## **ADULT BASKETBALL LEAGUE RULEBOOK**

### **OBJECTIVES**

The objectives and purposes of this league shall be:

- To foster, develop, promote and regulate amateur basketball.
- To establish rules and regulations governing all member teams.
- To engage in any activity or enterprise that will be beneficial to its members.
- To promote the game of basketball as a municipal recreational activity.
- To enjoy the competitive spirit and camaraderie of a fun game in a structured league.

### **ADMINISTRATION**

1. The basketball director (Demetrius Brooks) is the coordinator of the entire program. The director's office will act as the basketball headquarters.
2. The Parks and Recreation Department will contract out with a Referee's Association. This association will be responsible for referee's training, assignments, conduct, and evaluation.

### **REGISTRATION OF PLAYERS**

1. All players in this league must be amateurs. For the purpose of competition in this association, amateurs will be individuals who compete in basketball solely for the pleasure, physical, mental, or social benefit derived from the game and who have not disqualified themselves by any of the following acts:
  - By competing under an assumed name, being guilty of fraud or extreme unsportsmanlike conduct.
  - By directly or indirectly receiving pay or other remuneration for playing in this or any other basketball organization.
  - By knowingly competing with or against any player under suspension by any metropolitan, state or regional association of the Amateur Basketball Association.
  - By playing college ball or professional basketball during the current year.
2. Players in this league will register on an official team roster designating the team they intend to play for. The roster must be signed by all players to be official.
3. Players desiring to transfer from one team to another must first secure a written release from their team manager. They become free agents then, to sign with any team of their choice. Individuals who make a reasonable request for release may appeal to the league coordinator for a ruling.

4. Players who are released and sign up for another team must sign on that team's roster and attach the release to it. Players can only change teams once. In transferring to another team, a player does not have to repay his player fee.
5. There is a limit of 12 players per roster.
6. Transfers or additions of players to team rosters may be done prior to the 2nd game of the season. Exceptions may be permitted if it is proven that a team is unable to field a legal number of players for a game, but this must be approved by the league coordinator. Teams losing players due to disciplinary action, or with sufficient substitutes, will not be considered under this rule.

### **LIABILITY**

A program of this nature, being one of a recreation nature and those who participate recognizing the hazards attendant to such participation, will in no way hold the Vancouver Parks and Recreation Department, City of Vancouver, Southwest Official Services, the Washington Recreation and Parks Association or the Washington Recreation Basketball Federation liable for any injury that occurs as a result of their participation in this program.

### **CONCUSSIONS**

Injured athletes can exhibit many or just a few of the signs and/or symptoms of a concussion if they have a blow to the head or fall and hit their head on the court. If a player exhibits any signs or symptoms of a concussion, the Responsibility is simple: **remove them from participation.** If officials/staff suspect a player may have a concussion due to the nature of the blow to the head, that athlete will be immediately removed from play for the remainder of the game.

**“When in doubt sit them out.”**

### **PROTESTS & PROCEDURES**

To register a formal protest, the following procedure must be followed or the complaint will not be heard:

1. Notify the game officials and scorekeepers that you will be filing a protest with the basketball coordinator.
2. The team protesting must put their complaint in writing and have it in the Sports Office at the Firstenburg Community Center or [demetrius.brooks@cityofvancouver.us](mailto:demetrius.brooks@cityofvancouver.us) within 24 hours. Protest involving players' ineligibility must be filed within 24 hours.
3. The protest will be read by the basketball coordinator and a final decision will be made after all research has been done, including getting all sides of the story from staff, officials, spectators and players.
4. Protests can only be made on misinterpreted rules and players' ineligibility, **and not judgment calls made by the officials.**

## **ELIGIBILITY**

1. Those participating in the Adult Leagues must be 18 and out of high school and cannot be playing college ball, semi-professional or professional basketball any time during this season. (Exceptions will be made for those players 17 years of age and graduated from high school with parent permission.)
2. **UNIFORMS:** All players on a team must wear the same colored jersey/t-shirt. All jerseys must have 6 inch numbers (or larger) on the back. Taped numbers are not acceptable. Numbers cannot be duplicated. No switching or sharing uniforms. A technical will be given to each player that enters the game without proper uniform- two points will be awarded to the opposing team. Players do not sit out, nor does this count towards bonus disqualification or ball possession. (\*If a number is written on the jersey with a pen, it must be legible and 6 inches high.) **A player will be granted one game to play without a number, if this happens again, the player CANNOT play without a number.**
3. If a team makes it to the play-offs, the players will only be eligible to play if they've played in at least 50% of the league games for the season.

In determining the play-offs, if two teams have an equal amount of wins, the standings will be determined by the head-to-head game.

## **LEAGUE REPRESENTATIVES**

1. Each team has a designated manager, who will act as spokesman for said team.
2. Managers only, or their personally appointed substitutes, will be recognized as representatives of their teams at basketball meetings.

## **SCHEDULING FOR LEAGUE PLAY**

1. Schedules will be posted on the website. [Vancouver Parks & Rec Sports](#).
  - a. League single elimination tournament will be seeded by standings of the league. Actual format will be determined by number of teams registered however. If there is a tie in the win/loss record, the number of points a team wins by will be in effect to select top seeded teams.

## **TIME OF GAMES, PLAYING TIME AND SCORING**

1. **The games will consist of four, 10 minute quarters – 8 minutes running clock / last 2 minutes of second and fourth quarter using a stop clock, 1 minute between quarters, and 3 minutes and 30 seconds between halves. Time-outs will be 30 seconds, two time-outs per half. If the team which calls the time out is ready to play ball, then the game will continue.**
2. All games will begin according to the schedule. Even if there is only one referee present, the games will start on time. Teams must be warmed and ready to play at the time indicated on the schedule.

3. **Warm-up time:** the pre-game is 5 minutes (best case scenario), so right when the game ends (prior to you) you need to be out on the court shooting. Hold basketballs while the game prior to you- is in progress. Get your line-up ready to go & fill out and turn in to the scorekeeper's desk.
4. If a time-out is called after a free throw situation is called, the clock will resume once the ball is back in "live play" after the time-out and after the free-throws.
5. **No timeouts will be allotted in the final 5 minutes of a game where there is a scoring differential of 20 or more points.**
6. **An overtime period of 2 minutes –stop clock will be played in case of a tie score at the end of the regular game. One time-out is added. There will be only one overtime period played. If the game is still tied, there will be a 1 minute sudden death play-off with a jump ball to start- first to score wins.**
7. When subbing in, please report to the score table so that the referee sees you. Do not enter the court until the referee waves you in.
8. Players in this league get 5 fouls, all calls will stand.
9. There is no longer a mercy rule: clock will run and stop normally regardless of the score. Timeouts will be removed the final 5 minutes of a 20 point scoring differential.
10. **FREE THROWS:**
  - a. **On a free throw, players may get into rebounding position, after the release of the ball; they do not have to wait for it to touch the rim. However, the players not in the free throw area, the outside players, must hold until the ball hits the rim or goes through the hoop.**

### **FORFEITURES**

1. In cases of forfeiture, the team forfeiting receives a loss and the opposing team receives a winning score of 4-0 (a point for each quarter). The gym supervisor will make every attempt to have a league team that's either already played or is waiting to play, to "fill in" so that the team that showed up, has a chance to get a game in, even though they've "won" already. (\*If a team is not available, the existing team may split up and play one another) Referees will ref the game as if it was a regular league game. If the league coordinator is not made aware of a possible "no show" prior to league game day, the forfeited team may not be invited back for future league.
2. **Any team which cannot field four eligible players at the scheduled game time may begin with 3 players. If after 10 minutes, there still isn't a fourth player, the team will forfeit the game. NOTE: If a team is able to field the game with 4 players and one of the players, during the game, fouls out or receives a technical and it's not in the first quarter, the game is forfeited. If a technical foul happens in the first quarter, there's a possibility that a late 4<sup>th</sup> player could arrive, so the game is not forfeited until the first quarter has ended. \*\*Rule of thumb: you can only play with 3 players in the first quarter. If at any time you are down to 3 players after the first quarter, the game is forfeited.**

3. Games can start with 3 players for the first 10 minutes (see above) and finish with four. A late (5<sup>th</sup>) player may enter the game at a dead ball, using the same procedure as a sub-in. A game is forfeited if only three players are eligible to continue playing after the first 10 minutes of the game. We require that the referees stay and help orchestrate an “informal” non-league game with the players available so that everyone still gets some “running” time.
4. If a team is absent for two games without a justifiable reason, the team may be dropped from the league, and does not receive a refund of any kind. If a team drops out of the league, the team automatically forfeits all its games for the season and does not receive a refund of any kind.
5. Teams using non-registered persons (those who are not officially on the team roster) will:
  - i. 1<sup>st</sup> offense: forfeit game in which individual played.
  - ii. 2<sup>nd</sup> offense: be dropped from the league.
6. Teams using non-registered persons during post-season play will be dropped out of the playoffs and/or tournament completely and may be suspended from future Vancouver Parks and Recreation Leagues.
7. It is the responsibility of each coach to check their team’s roster and make sure each player has signed the roster, making them official players in the league.
8. Individuals who play under an assumed name will be dropped from the league and the team will forfeit games in which they played.

## **PLAYER CONDUCT/ POWER OF OFFICIALS**

### **FOUL AND TECHNICALS**

In order to keep the lines of communication open between the teams and the referees, we have implemented a new policy that the team manager (or a spokesperson from the team, if the team manager is absent, but only one person per game) is the only player that may bring concerns/challenges/issues to the referee during timeouts, half time etc. The team manager must introduce himself/herself as the team manager to the referees prior to the start of the game. If players have concerns, they must voice them to the team manager, and then the team manager may approach the referee at the appropriate time. Any questions call or email [demetrius.brooks@cityofvancouver.us](mailto:demetrius.brooks@cityofvancouver.us) or 360- 487-7014.

1. This new policy was not implemented to argue a call or question a non-call. This needs to be done in a professional manner. The conversation needs to be quick. If the referee gives an explanation, your job is done. The philosophy is to enjoy the competitive spirit and camaraderie of a fun game in a structured league.

An example of this would be: “Can you please watch #34; he’s getting a little physical on the boards.”

All players and coaches are required to know and adhere to the players’ code of conduct.

**ZERO TOLERANCE POLICIES:** The Firstenburg Community Center’s goal is to serve all groups of people. Adult basketball league games are played in a family environment. Children are present up on the track and on the climbing wall where they are able to hear and see what is happening in the gymnasium. **The scorekeeper/gym supervisor/referee has the right to call a technical foul on a player for foul language, abusive behavior etc. resulting in two points awarded to the opponents. These do not count as personal fouls or team fouls. The**

**possession of the ball does not change. Profanity directed at an official is still a technical and may result in dismissal from the game and building.**

1. **PERSONAL FOULS & T'S ADDED TO DISQUALIFY PLAYERS:** Personal fouls and technicals are combined for purposes of disqualifying a player. Five fouls will disqualify a player. (*Technical's for uniforms are not counted.*) A flagrant foul dismisses the player from the gym and the facility.
2. **ONE & ONE FOUL SHOT BONUS:** Shooting one and one is in effect on the seventh foul of the half. On the tenth foul of the half, it becomes two shots. All personal fouls, technicals and flagrant fouls are combined to reach the bonus (*except technical's given for uniform violations*).  
**THREE POINT FREE THROWS:** Three free throws will be given to the 3-point shooter fouled on an unsuccessful attempt.
3. **TECHNICAL FOULS:** Two points and possession of the ball will be awarded to the opponents, not free-throw attempts. The player receiving the technical must sit out a minimum of 5 minutes, which can carry over into the next half or the next scheduled game. If a player becomes belligerent while on the bench, either the officials or the scorekeepers can give him/her a second technical and dismiss them from the game and the building. If a player does not leave, 911 will be called. He/She will also not be illegible to play in the next scheduled game. --A team is allowed two conduct technical/flagrant fouls per game. On the third conduct technical/flagrant foul, that team automatically forfeits the game.  
**SUB-IN TECHNICALS:** Players not following the proper sub-in procedure can result in a technical foul.
4. **FLAGRANT FOULS:** Flagrant fouls (not to be confused with intentional fouls) will be the same as a technical foul- two points and possession of the ball will be awarded to the opponents, not free-throw attempts. The player must leave the game and leave the facility within 2 minutes.
5. **SECOND CONDUCT TECHNICALS PER PLAYER:** The player must leave the game and the facility and sit out his next scheduled game. The player has 2 minutes to leave the facility. If **PLAYER DOES NOT LEAVE** – the game will stop and the team will have only 2 minutes to remove the player from the facility. If not completed within the two minutes, the game will be forfeited.
6. **PLAYER'S TECHNICAL LIMIT PER SEASON:** A player is allowed two conduct technicals/flagrant fouls throughout the season. On the third, the individual is suspended from the league for the remainder of the season and may be suspended from future leagues.
7. **SECOND EJECTION FROM GAME PER TEAM:** Any team that has two or more players ejected from the same game will forfeit that game. This can also result in expulsion of that team from the league at the discretion of the league coordinator.
8. **THREE TECHNICALS IN A GAME PER TEAM:** Any team receiving three technical's in the game (does not have to be on the same player) will forfeit the game.
9. **DUNKING/HANGING ON THE RIM:** Dunking and/or hanging on the rim will NOT be allowed at ANY time. Not before, during or after a game. Individuals breaking this rule will receive a misconduct technical – that's **TWO POINTS** and they will **SIT OUT A**

MINIMUM OF 5 MINUTES. If it's after their game – they sit out a minimum of 5 minutes the first half of their next scheduled game. If it happens more than once, a player will be asked to leave the gym and the facility.

10. UNIFORM TECHNICALS: At the start of the game – two points are awarded to the opponents for each player not in uniform. Players do not sit out, nor does this count towards bonus disqualification or ball possession.
11. *UNIFORMS: All players on a team must wear the same colored jersey. All jerseys must have numbers, taped numbers are not acceptable. No switching or sharing uniforms. A technical will be given to each player that enters the game without proper uniform-two points will be awarded to the opposing team.*

**Duplicate numbers are not allowed – consequences are:**

2 points awarded to the opposing team for each player in a duplicate number.

If duplicate numbers are in the game, each time a foul is called on that number, all players with that number will be given the foul. For example: If there are three #10's in the game and one of the players gets a foul, all players with the #10 will receive the same foul in the books.

12. EJECTION OF PLAYERS: The officials and scorekeepers have the right to eject a player, a coach or a spectator from the game or gym, for any offense they deem warrants such a response. If it is a player or a coach, the team has 2 minutes to remove him/her from the facility or they forfeit. Personal threats made to the referees, staff or other players are not allowed. First occurrence, the player will be asked to leave the facility. If they do not leave the facility in a timely manner, 911 will be contacted. Second occurrence, the player will be suspended from the league and future leagues.
13. PROTESTING A CALL MADE BY THE REF OR A STAFF PERSON: Protesting a policy of any kind needs to be done in writing and sent to Demetrius Brooks, [demetrius.brooks@cityofvancouver.us](mailto:demetrius.brooks@cityofvancouver.us) within 24 hours. If it can't be done by e-mail, it can be dropped off for Demetrius Brooks at the Firstenburg Community Center. Protests can only be made on misinterpreted rules and players' ineligibility, and not judgment calls made by the officials.

**The following is a list of required technical fouls, ejections(s) and suspensions the referees, by contract agree to call these and are not personal in nature.**

- **A dangerous or intentional foul to an opponent**
- **Fighting or threatening to fight**
- **Spiking/Slamming the basketball, or aggressively throwing basketball at referee or another player**
- **The use of profanity**
- **Running/walking in an aggressive/overtly threatening manner at a referee to protest.**
- **Debasing, baiting, taunting or excessive verbal abuse about an official or player.**
- **Talking to the referees in a derogatory manner at any time is disallowed**

If you have an issue with a referee, do not settle it at that time. Call the Programmer's voicemail (360) 487-7014 and voice your complaint without penalty. Players have no right to settle issues immediately.

## UNIFORMS

1. Numbers are required on the back of jerseys – 6” numbers are recommended. All players on a team must wear the same colored jersey/reversible. No taped numbers will be allowed. A technical foul will be called on each player who enters the game without a proper uniform. No switching or sharing uniforms. Players may not have “duplicate” numbers. If duplicate numbers are in the game, each time a foul is called on that number, all players with that number will be given the foul. If both teams arrive in reversible jerseys, the HOME team will decide if they wear dark or light.
2. If two teams have the same colored uniforms, a “flip” of a coin will take place to determine which team will wear the pinnies or jerseys, supplied by the scorekeepers. Subsequently, no uniform technical foul will be called because a team has to use these pinnies or jerseys.
3. Team’s can also flip a coin in the “play-off” situation to determine who the home team is if not otherwise stated.

## SUPPLEMENTAL INFORMATION

1. Watches and jewelry (this includes wedding bands) are prohibited. Players will receive a technical foul if they wear jewelry during a game.
2. Supplements to the regulations governing the play in this program may be issued by the basketball coordinator as they are needed.
3. NO SPORT DRINK OR FOOD IN THE GYMNASIUM, plastic water bottles are OK.
4. **For your safety and quality of your recreational experience, one non-participating PARENT must remain in the bleachers with children (under the age of 11) at all times. Children will not be allowed to play with basketballs etc. in the bleachers.**
5. **Teams waiting for their game are not allowed to bounce their basketballs on the sidelines during a game.**
- 6.

HIGH SCHOOL RULES APPLY IN ALL  
AREAS NOT MENTIONED IN THIS BOOKLET  
OR ADDITIONAL CITY LEAGUE RULES.