



121 Lamon St. Fayetteville NC 28301
433-1547

ADULT BASKETBALL
LOCAL LEAGUE RULES AND REGULATIONS

The current issue of the National Federation of High Schools Rule Book will be used other than the exceptions listed in this publication. Fayetteville-Cumberland Parks and Recreation (FCPR) as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These rules are available at the recreation centers, administration office, coaches meetings and on the web at fcpr.us

1:00 **AGE REQUIREMENTS**

1:01 Minimum age will be 18 years old, as of April 1st of the current playing season

2:00 **PLAYER ELIGIBILITY**

2:01 A player must sign an individual player registration form before he is eligible to participate in the adult basketball league. Once he has initiated the contract, he can play only for that particular team. Team coaches are responsible to see that all player registration forms are turned into the FCPR office prior to the opening game of the season (which includes practice games scheduled by FCPR.) Failure to have all player registration forms on file with FCPR prior to this time will result in a forfeit of that game and all future games until requirement is met.

Church League: the Pastor or Associate Pastor must sign the team rosters. All players must attend the church they are playing for. Two churches may combine to form a single team. All players must have a written release from their church Pastor before they become eligible.

2:02 An individual can play in only one league at any time.

3:00 **ROSTERS AND REGISTRATION REQUIREMENTS**

3:01 The **minimum** number of players on a **roster** will be **7**.
The **maximum** number of players on a **roster** will be **12**

3:02 No player will be allowed to participate in a game or practice without a signed registration form.
PENALTY: Forfeiture of all games in which the player participated

- 3:03 A team roster (including registration forms) must be turned in to FCPR on the date designated by the athletic staff.
- 3:04 Additions to the roster must include a registration form. Coaches are required to submit an updated roster whenever they add or drop a player.
- 3:05 No player may be added to the team roster after ½ of the team's games have been played.

4:00 EQUIPMENT

- 4:01 Matching jerseys with numbers are required.
- 4:02 Basketball shoes must be worn. **Shorts with pockets are not permitted.**
No street shoes will be allowed on the floor.
- 4:03 Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- 4:04 The warm-up and game balls will be provide by FCPR. No outside or personal basketballs will be allowed in the gym.

5:00 COACHES

**ALL COACHES MUST COMPLETE A REGISTRATION FORM.
THIS FORM IS TO BE TURNED IN WITH THE TEAM ROSTER.**

- 5:01 A maximum of 3 coaches will be allowed per team. Only these 3 coaches will be allowed in the bench area.
- 5:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by the Recreation Department.
- 5:03 Coaches must set good examples of sportsmanship.
- 5:04 All coaches must attend an orientation and rules clinic.

6:00 SPORTSMANSHIP

- 6:01 Alcoholic beverages are not allowed on school or recreation property. Smoking and/or the use of any tobacco product is not allowed on school property or inside any recreation facility.
- 6:02 A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.

- 6:03 Any player or coach who is ejected from a game will be suspended for at least 10 days. The suspension could be longer depending upon the severity of the infraction. ***A player or coach who is ejected from a game must leave the recreation premises immediately. Failure to comply will result in a longer suspension.***
- 6:04 If a player or coach is ejected from a game, he/she must schedule an appointment with FCPR during normal operating hours (8am-5pm, Mon.-Fri.) and view the sportsmanship video before being eligible again. *Suspended players and coaches will not be allowed on any recreation premises until the suspension is completed.*
- 6:05 Fighting and/or unsportsmanlike conduct **WILL NOT** be tolerated before, during, or after the game. If a player, coach, or spectator pushes, shoves, attempts to strike or strikes a member of the other team or any recreation personnel, he/she shall be ejected and suspended for a minimum of 180 days.
- 6:06 *Spectators must sit in the bleachers opposite of the team benches and display good sportsmanship. Unruly spectators will be asked to leave the recreation premises.*
- Please do not argue with the officials.
 - Please do not communicate threats to the officials.
 - Please do not use profanity towards the officials.
 - Please do not display unsportsmanlike conduct.
 - Please do not enter the playing area in a hostile manner.
 - Please do not consume alcoholic beverages at recreation sites.
 - Please do not bring any weapons to recreation sites.
 - Please do not create a hostile environment.
 - Please do not generate ill will amongst the spectators.
 - Please do not forget this is an amateur program.

EXPECTATION OF PLAYERS

- Players will respect an official's decision.
- Players will not discuss with an official the decision reached by the official.
- Players will not use rough tactics in the game
- Players will not lay a hand on, push, shove, strike, or threaten to strike an official, staff, player or spectator. PENALTY: see rule 6:05.
- Players will not verbally abuse any official for any decision or judgment.
- Alcoholic beverages, loud music and loitering will not be allowed at any time on FCPR or school properties being used by participants of any recreation program, to include all parking lots. (REF: City Ordinance 21-34.1, adopted June 22, 1970 as amended.) PENALTY: suspension for the remainder of the season

For any violation of the above: gym supervisor must submit a written report to FCPR by 5:00 p.m. the following workday.

- 6:07 Profanity: zero tolerance. Anyone using profanity will be ejected and suspended for a minimum of 10 days.

7:00 POSTPONED GAMES/INCLEMENT WEATHER

7:01 In case of inclement weather, coaches, and players should call the following number for a decision as to whether or not the game will be played:

306-7325

If no cancellation is listed, teams must report to the gymnasium.

7:02 Make-up games will be scheduled by FCPR.

8:00 COMPLAINTS/INELIGIBLE PLAYERS/FORFEITS

8:01 Complaints concerning officials, supervisors, and other aspects of the program must be by the head coach in **writing** at anytime after a game has been played. Provision for questioning rulings by the officials is provided in the National Federation of State High Schools Basketball Handbook.

8:02 Requests for determining eligibility of a player can be made at any point during the season by head coaches. The protesting team will have until 5:00 p.m. the following workday to submit in writing their protest to FCPR. When requesting the inquiry, coaches must give players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates. If anyone protests an ineligible player, it shall be the responsibility of the person filing the protest to prove conclusively the ineligibility of the player. If proven ineligible, the coach will be suspended and subject to the Code of Conduct penalties.

8:03 Protests of officials decisions will not be allowed.

8:04 A team will forfeit their game if not ready to play within 10 minutes after the scheduled starting time for the first game of the day at that gym. All other games will begin at scheduled game time or immediately after the 5-minute warm-up period if the preceding game exceeds game time. A team will forfeit if not ready to play at that time.

8:05 If a team forfeits 2 games during the regular season, they will be dropped from the league and any tournament play. Players on teams that drop out of the league will not be allowed to play on other teams. **There will be no refunds**

9:00 PLAYING RULES

9:01 Timing rules:

- Games will consist of 2 halves.
- Each half will be 20 minutes with a running clock (until the last 2 minutes of each half.)
- Half time will be 5 minutes.
- Overtime will be 3-minute periods with a regulation clock.

9:02 THE CLOCK WILL RUN DURING A FREE THROW ATTEMPT UNLESS:

1) The free throw is attempted in the last 2 minutes of the second and fourth quarters;

2) The free throw is attempted after a time-out;

NOTE: In the above situations, the clock will not be restarted until the ball is put back into play after the conclusion of the free throw attempts.

9:03 **FREE THROWS / BONUS**

Beginning with a team's 7th foul in each half and for the 8th and 9th foul, the bonus is awarded only if the 1st free throw is successful. Beginning with a team's 10th foul in each half the bonus is awarded whether or not the 1st free throw is successful.

9:04 A team must begin a game with 5 players. A team can continue with less than 5 as long as the official believes the team has an opportunity to remain competitive. (Failure to comply - forfeit).

9:05 Each team will be allowed 4 time-outs per game. All time-outs will be 1 minute.

9:06 Line up sheets will be provided to each coach. They must be turned into the official scorer 10 minutes prior to game time.

9:07 Teams will be given 10 minutes to warm up before each game. For the first game of the day the official warm up time starts ten 10 minutes prior to scheduled game time. No team will be forced to start prior to scheduled game time

9:08 **45+ League Rules:**

- Games will consist of (4) four quarters.
- One (1) minute between quarters
- Each quarter will be 10 minutes with a running clock (stopping the last 2 minutes of the game.)
- Half time will be 5 minutes.
- Overtime will be 3-minute periods with a regulation clock.
- Time outs: 3 full
- When a team is up by 10 the clock will run.
- Subs report in between the team benches and scores table, only.

9:00 REGULAR SEASON CHAMPION / TIE-BREAKERS / TOURNAMENTS

9:01 Regular season champion will be determined by won/loss records.

9:02 Tie-Breaker Procedure – 2 teams tied.

1. If there are 2 teams tied for first, the tie is broken using head to head during the regular season.
2. If still tied, the team that gave up the fewest runs during their head to head games will be the league winner.
3. If still tied, the team that gave up the fewest runs in all games during the regular season will be the league winner.
4. If still tied, a draw will be held.

9:03 Tie-Breaker Procedure - 3 or more teams tied.

1. If there are more than 2 teams tied for first, the tie is broken using head to head during the regular season.
2. If still tied, the team that gave up the fewest runs during their head to head games will be the league winner.
3. If still tied, the team that gave up the fewest runs in all games during the regular season will be the league winner.
4. If still tied, a draw will be held.

9:04 Play-off games will not be played to decide a tie-breaker.

9:05 Post season tournaments may be played on Saturdays. These tournaments are not part of the registration entry fee. They are double elimination tournaments, they are optional and no team is required to participate.