



Vision – “We Create Community Through People, Parks and Programs.”

## **Sunrise Adult Basketball Rules and Regulations**

### **I. Objectives:**

The objectives of the Sunrise Adult Basketball League shall be to promote and conduct a positive leisure-time activity that encourages fitness, healthy competition, and an atmosphere conducive for fun and fellowship in the form of competitive basketball for players and spectators.

### **II. Rules:**

All games in the Sunrise Recreation and Park District’s Adult Basketball League shall be governed by the current N.C.A.A. Basketball Rules except as specified herein.

### **III. Player Code of Conduct:**

- 1) All players, managers, coaches and spectators shall abide by the Sunrise Player Code of Conduct. It will be the manager’s responsibility to see that all players on his/her team are aware of and abide by the Code of Conduct. (Refer to attached copy.)
- 2) No player shall push, strike, or threaten to strike an official, gym supervisor, spectator or any other player. The officials are required to immediately suspend any violator from further play and if the charge is found to be substantiated the player will be suspended from participating in the Sunrise Adult Basketball Program for a minimum period of one calendar year from the time of the violation.
- 3) **Any player who receives two (2) technical fouls in one game will be immediately suspended from further play and will not be allowed to participate in his/her team’s next game.**
- 4) Any player who accumulates four (4) technical fouls in one season will be suspended from participating in the Sunrise Adult Basketball League for a period of one year from the time of the violation.
- 5) **No Technical Fouls Will Be Shot. Two (2) points will automatically be awarded instead of shooting a free shot on a technical foul, and possession will go to the team that was awarded the points.**
- 6) Any foul meant to do bodily harm shall result in immediate removal from the game and two (2) foul shots awarded to the player who was fouled.

### **IV. Uniforms and Equipment:**

- 1) All teams must have uniforms; **uniforms shall consist of matching shirts or jerseys with large permanent numerals on both front and back.** All players will be required to wear gym shoes. Each player is required to have alternate-colored numbered team jerseys (light and dark) at each game.
- 2) Each team must provide it’s own practice balls and towels. The District shall provide the game ball. The players cannot use the game-ball for warm-ups.

## V. Length of Games:

- 1) Games will consist of two (2) twenty (20) minute halves.  
The last one (1) minute will be stopped time in the 1<sup>st</sup> half and the last two (2) minutes will be stopped time in the 2<sup>nd</sup> half (**unless a team is ahead by 20 plus points which will use a running clock**).
- 2) Games ending in a tie shall be decided by a three-minute overtime period. If a tie still exists, play shall resume with a jump ball; the first team to score shall be declared the winner.
- 3) All games shall start as per official schedule.
- 4) The Sunrise District shall reserve the right to reschedule any game because of emergencies.
- 5) There are no provisions to make-up postponed games. If a team cannot field a team when scheduled to play, they cannot postpone the game and make it up at a later date.

## VI. Forfeited Games:

- 1) Teams failing to appear with four (4) players at game time shall forfeit the game.
- 2) Teams forfeiting two successive games shall be dropped from the league.
- 3) Any team using unregistered or ineligible players shall forfeit game in which such players participated.

## VII. Specific Rules:

- 1) **A team may start a game with four (4) players, and may finish with no fewer than four (4) players.**
- 2) A five (5) foul rule will be in effect in the Sunrise League.
- 3) Teams will be allowed three (3) one minute time outs per game [no more than two (2) may be used in each half].
- 4) Teams are allowed a 10-minute grace period to provide five players to begin the game. The game clock will begin 5 minutes into the grace period. Teams in need of the grace period will lose one (1) of its three "time outs" for the first 5 minutes of the grace period, and the other two (2) "time outs" if they go beyond the first 5 minutes of the grace period.

## VIII. Protests:

- 1) All protests must be made in writing and filed in the Recreation District Office, 7801 Auburn Blvd., within twenty-four (24) hours after the protested game has been played. If the following day is a holiday or weekend, the time limit shall be the day after such holiday or weekend.
- 2) Any protest filed after the twenty-four (24) hour limit shall no be accepted.
- 3) A deposit of \$5.00 must accompany all protests. The five (\$5) dollars shall be returned only if the protest is accepted.
- 4) All protests must be declared immediately following the point in question and recorded in the official scorebook. Protests should include all the facts pertaining to the point in question (specific rule(s)).
- 5) Only protests regarding misinterpretation of rules shall be reviewed.
- 6) Protests regarding players playing under assumed names and players who are not yet eighteen (18) years of age shall be settled on the spot, with the five (\$5) dollars deposited with the scorekeeper and identification being produced.
- 7) Judgment decisions by the officials cannot be protested.

**IX. Release and Addition of Players:**

- 1) No players may be added during the last three (3) weeks of league play.
- 2) A player desiring release to play with another team must secure a written release from the manager of his/her team and must remain out of play for seven (7) days after the date of his release being filed in the Recreation Office before he/she will be eligible to play with any other team.
- 3) All releases and additions to rosters shall be considered as filed at the time and date they are received in the Recreation Office. Entries mailed shall be considered filed at the time and date post marked on envelope.
- 4) A released player, who plays with another team, shall not be eligible to play with his/her original team during the current season.

**X. Officials:**

- 1) Officials assigned to games shall have complete charge of the gymnasium and games. They shall have the authority to banish players, managers, or spectators from the game, the player's bench, and the gymnasium for misconduct, delay of game, or for any other reason deemed necessary for the good of the game.
- 2) Officials will submit a report to the League Director within 24 hours after any game in which a protest is filed or when it has become necessary to banish players from a game. Any player who continues to direct remarks toward the officials or opposing players after being banished from a game shall be suspended from further play in the league for such length of time as determined by league officials. (League Officials shall include the League Coordinator, League Director/Recreation Services Manager, and or the Superintendent of Recreation.)

**XI. Gym Supervisors/League Director**

- 1) It will be the Gym Supervisor/League Director's responsibility to enforce all rules of proper conduct and operation of the gyms and leagues as stipulated by Sunrise Recreation and Park District.
- 2) The Gym Supervisor/League Director is responsible in assisting the officials in any manner necessary to maintain control of the game and conduct of the players.

**XII. Responsibilities of Managers:**

- 1) It shall be the responsibility of the managers to have their players conduct themselves so that they will be a credit to the League.
- 2) The managers of the teams not playing shall see that their players are kept off the court while a game is in progress.
- 3) The Park District does not permit smoking inside park facilities.
- 4) Consumption of any alcoholic beverages on Park District premises before, during, or after the game is prohibited.
- 5) Team managers are responsible for having their players know and understand the Adult Basketball Rules and Regulations.

### **XIII. Registration:**

- 1) All players must personally sign a Player Athletic Contract, which is available at the first league game.
- 2) Any player who registers to play with more than one team in any one division in this league shall forfeit his right to play in this league.
- 3) Teams using unregistered or ineligible players shall forfeit a game in which such players took part provided a written protest is received in the District Office no later than 24 hours after such game has been played.
- 4) Each team will be able to carry a maximum of twelve (12) players on their roster at any one time.
- 5) Any and all league entry fees must be paid prior to the first league game. Any team failing to do so will be suspended from the league.

### **XIV. Priority For League Entry:**

- 1) In each season teams with 100% residents will have first priority, regardless of whether or not they have participated in the previous season.
- 2) The Sunrise Recreation and Park District shall have the final authority regarding a player and/or team eligibility.
- 3) Only individuals 18 years of age and older will be permitted to play. A player must show a driver's license or a picture ID upon request by the officials or Recreation Staff. If a player does not produce such identification, the game will be forfeited to the opposing team immediately.
- 4) A player must have participated in at least three (3) league games to be eligible for play-offs and post-season tournaments.
- 5) Players listed on high school, Junior college, college/university, metro or semi-pro roster during the current season shall not be eligible to participate in the Sunrise League.