

2020 'R' Recreation Co-Ed BASKETBALL LEAGUE RULES AND REGULATIONS



It is the responsibility of each team captain or coach to familiarize their team with the following league rules. These rules will be enforced beginning with the first league game.

1) ROSTER

- a. Every player must complete an individual liability waiver prior to playing in any game.
- b. A player must be listed on the official team roster prior to playing in a game.
- c. A player can only be rostered on and play for one team.
- d. Players may not be added to the roster after February 2.
- e. Rosters may include up to ten players.
- f. A 'pick-up player' may play with the approval from the opposing team's captain.

2) PLAYER ELIGIBILITY

- a. Players must be 18 years of age.
- b. Anyone who has graduated from high school at the age of 17 will also be allowed to participate.
- c. Players who have participated in or are currently participating on a varsity high school or collegiate team for the 2019-2020 season will not be eligible to play (this includes college red-shirt players).
- d. A player who is not on an official roster and has not signed an individual liability waiver will not be eligible to play.

3) UNIFORM

- a. All teams will have matching jerseys of the same color with a contrasting permanent colored number on the back of the jersey. The number must be plainly visible to the officials. If there is no number on the jersey the gym supervisor will assign a number to be written on the shirt or arm with a sharpie marker.
- b. Clean, non-marking gym shoes must be carried into the gym. Hard-soled shoes, socks only and barefoot will not be allowed.

4) THE GAME

- a. Games will be 5on5 , WHSAA rules and R Rec rules will apply:
 1. League games will have stopped clock for dead ball situations (free throws, time outs)
 2. Two 20-minute halves will be played
 3. The last 2 minutes of each half the clock will be stopped. The stopped clock will be waived if the point differential is 20 points or more
 4. Half time will be five minutes in length
 5. If game is tied at the end of regulation there will be a three minute overtime
 6. If game is still tied a stopped clock *sudden death* overtime period will be played
 7. Each team is allowed two one-minute time-outs per half
 8. Teams must have four players to start the game (may not have more guys than girls)
 9. Teams will be given a five minute grace period to field four players. After five minutes the game will be forfeited. No exceptions!
 10. A team that forfeits two games during the season will not be allowed to play in the league tournament
- b. Teams must have a minimum of two girls on the court at all times. Failure to field a minimum of two female players will result in a forfeit.

- c. Specific offensive and defensive rules apply. General basketball rules will be in play with the exception of the following specific co-ed rules:
1. Males can not leave their feet when guarding a female
 2. Males can not block a female shot
 3. Zone defense is not allowed
 4. Double-teaming is not allowed in any circumstance.
- d. Substitutions may enter the game on a dead ball situation (free throws, time outs, violations) Substitutions must notify the score table and be beckoned in by officials before entering.
- e. Players will be allowed 5 fouls per game. The one-and-one (bonus) free throw will be shot on the 7th team foul of each half. Two free throws will be awarded after the 10th team foul.
- f. 'R' Recreation will provide the game officials and score keepers.
- g. Teams must furnish their own basketballs.
- h. Teams should be prepared to assist with the refereeing or scorekeeping if requested.

5) CONDUCT

Players & Spectators

- a. Team captains will be responsible for the conduct of their players before, during and after the games. There will be no arguing with officials or disputing their decisions. Unsportsmanlike conduct, unnecessary roughness, abusive language, or any other such misconduct will not be tolerated. Players will immediately be asked to leave the gym.
- b. A zero tolerance policy for any unsportsmanlike conduct listed in item 'a' will be enforced. All players involved will be suspended from the league. NO EXCEPTIONS!
- c. Team captains will be responsible for the conduct of their spectators (over the age of 12).
- d. Casual profanity is prohibited.
- e. If a player or spectator is ejected from the game, the individual is required to give the Gym Supervisor their name. Refusal by a captain, player or spectator to give proper names will result in immediate suspension and the game becomes an immediate forfeit.
- f. Smoking or alcoholic beverages are not permitted on the CWC campus at any time.
- g. If a player or spectator is impaired they will be asked to leave the game and facility by the official or Gym Supervisor.

Technical Fouls

- a. Abusive or inappropriate language used by any player either on the court or on the bench will be treated as a technical foul. Continued abusive language will mean a second technical foul and ejection from the gym. If a player refuses to leave the gym, the game will be forfeited.
- b. Any player who receives two (2) conduct related technical fouls during one game will be ejected from the game, gym and campus. Conduct related technical fouls can be assessed before, during and after a game. Any player ejected from a game, whether or not he receives 2 technical fouls, will automatically be suspended for the next game. Any player ejected from two games will be suspended for the remainder of the season.
- c. Any player who accumulates three (3) conduct related technical fouls during the course of the season will be suspended for the remainder of the season.
- d. Conduct related technical foul(s) given to the bench will be assessed to the captain/coach and be counted towards their limit of three technical fouls for the season.
- e. If a captain/coach has been warned about the behavior of spectators, technical foul(s) may be assessed to the captain/coach if the problem is not corrected.
- f. Technical fouls will count towards the five foul per player limit and as a team foul.
- g. Technical fouls will be two free-throws plus possession of the ball.

The penalty for any player or team disregarding any section(s) of Rule 5 will include ejection from the game, suspension, forfeit of game and/or dismissal from the league.

6) DUNKING

Dunking the ball during the games, warm-up or half time **will not** be permitted and a technical foul will be assessed to the player. This technical foul will not count as a conduct related foul and therefore does not count toward the players' cumulative total. However, persistent dunking of the basketball during warm-up, half-time or game play shall be considered conduct related and may result in a conduct technical foul and/or ejection from the game.

7) CHILDREN

In accordance with the Central Wyoming College safety policy, **there will be no children under the age of 12 allowed in the gym during league play.** We will be running two courts and there is not enough space to have children a safe distance from the court. This policy will be strictly enforced. Please help us out!

8) OFFICIALS

- a. Officials do not handle the ball on back court violations
- b. Teams may substitute only on an official's whistle
- c. The designated team captain only may address the officials

9) FINAL STANDINGS

- a. Seeding for the tournament will be based on win-loss record at the end of the regular season
- b. If there is a tie, then head-to-head records will be used
- c. If there is a tie then the point differential for head-to-head games will be used

'R' Recreation reserves the right to modify these rules if deemed necessary for the integrity of the program and safety of the participants at any time.

'R' Recreation and Central Wyoming College will not be responsible for loss of property or injury suffered by any player or team during the time they play in the Adult Basketball League.

Due to the excellent cooperation with Central Wyoming College in the use of their facilities, we request that all respect be given to school regulations and facilities so that this program may continue for the enjoyment of the people involved.