



## **Adult Basketball League Rules**

(Revised 3/7/2023)

### **LEAGUE AUTHORITY**

1. The Ottawa Recreation Commission, its staff, and its agents will not be responsible for any injuries or accidents incurred by players or spectators. The ORC will not be responsible for lost or stolen items.
2. The ORC reserves the right to cancel and reschedule games as is necessary to accommodate gym space, field space, other programs, and for inclement weather.
3. Team Managers will be contacted with any cancellation and rescheduling information. It will also be posted on the website, [www.orcks.recdesk.org](http://www.orcks.recdesk.org). It is the team manager's responsibility to notify all other team members.
4. The operation of this league will be fully governed by the policies and regulations set forth by the Ottawa Recreation Commission staff.
5. The Ottawa Recreation Commission reserves the right to forfeit any game or match in which an infraction of league rules has been committed.
6. The Ottawa Recreation Commission reserves the right to remove any player from competition for directing harmful and abusive language or other inappropriate action towards officials, facility supervisors, ORC staff, and/or individuals of the opposing teams. All ORC personnel have the authority to evict players from the game and/or bench.
7. No alcoholic beverages or tobacco products will be allowed at the Goppert Building, USD 290 schools, Forest Park, Orlis Cox or any other facilities that the ORC may use.
8. Teams must have the registration form and fee turned in by the registration deadline in order to be placed in the league. Failure to comply will result in being removed from the schedule.
9. Once the schedule is made teams may ask to reschedule a game due to conflict. However once the League games start the schedule is final. (The ORC will TRY to accommodate requests however we might not be able to due to circumstances.)

### **ROSTERS**

1. All players must be 18 years or older.
2. The team roster must be turned in prior to the first game.
  - a. Roster is listed on the registration form. Roster additions may be made in person or by emailing [pwhaler@orcks.org](mailto:pwhaler@orcks.org)
3. A player not on the roster will be considered ineligible.
4. Additional players must be added to the roster before playing a league game.
5. Ineligible players used in games subject the team to forfeit games in which they have participated.
6. All players must play in half (3) of the team's games in the regular season in order to be eligible for the League Tournament. Any player who does not meet this requirement will be considered an ineligible player and subject the team to forfeit the tournament game(s).
7. A player may only be on one roster within a league.
8. It is recommended that basketball teams have a minimum of 6 players on their roster.
9. Players wishing to switch teams must first get approval from the Recreation Supervisor in charge of the adult basketball program. Upon approval, the player must sign his/her new team roster prior to the 3rd game of the season. To be eligible for post-season play, a player must be legally registered with a team and must play in a minimum of 3 regular season games with that team.
10. Roster fraud will result in forfeit and/or suspension.
  - a. Players participating without having signed a team roster are considered ineligible and will be considered ineligible until either process is completed.

- b. Upon protest, any team that uses an ineligible player will be subject to forfeiture of any game that the ineligible player has played.
- c. Any team that puts an ineligible player on the score sheet will be subject to an administrative technical foul or suspension at the discretion of the Recreation Supervisor in charge of the Adult Basketball program.

## **PLAYING RULES**

1. The National Federation Basketball Rules will be observed with the following adaptations.
2. All players must wear athletic shoes with smooth, rubber soles.
3. Teams must have (4) players to start the game and continue a game. (See exception in Rule 12)
4. GAME TIME IS FORFEIT TIME: If a team has less than the (4) player minimum, the game clock will start with a 10 minute grace period. After 10 minutes the game will be called a forfeit. If the fourth player arrives during the grace period, the game will begin with the time remaining on the clock.
  - a. Forfeits will be scored 20-0.
5. League tie-breakers will be settled in the order of 1.) head-to-head matchup, 2.) points allowed, 3.) points scored.
6. The game will consist of two 20-minute halves with a continuous running clock. Each team will be given 2 time-outs per half.
  - a. Half time will be three (3 minutes) long.
  - b. Clock will stop on timeouts.
7. During the last 2 minutes of the game (not the half) the clock will stop on all whistles unless a team is ahead by 20 or more points.
  - a. The clock will NOT stop the last (2) minutes of the second half if a team leads by 20 or more points.
8. Each team will receive one – one minute time out per overtime period. Time outs from regulation time will not carry over to overtime.
9. Overtime – three minutes will be placed on the clock for overtime, with the clock stopping on all whistles during the last 2 minutes. A game will continue until a winner is decided in all playoff and tournament games.
10. Mercy Rule – The game will be terminated by Mercy Rule if the following conditions are met:
  - a. If a team is ahead by:
    - i. 40 points with 7 minutes or less remaining
    - ii. 30 points with 5 minutes or less remaining
    - iii. 25 points with 3 minutes or less remaining
11. Substitutions – All players entering a game must go to the scores table and wait for the referee to motion you in at the appropriate time.
12. Upon the commission of (5) fouls, a player is out of the game. When a team has only (5) players for the entire game and one or more players foul out, the team may continue with four or three players until the opposing team compiles a (20) point or more advantage. At that time the game will end. A team may not compete with 2 players.
13. Each team must have matching color jerseys with numbers on the back. **Duplicated numbers are not allowed.** If a player begins play without a number on their jersey that is visible and/or has a duplicated number, a technical foul will be assessed.
  - a. This penalty will be strictly enforced prior to the game, with no time coming off the clock
14. Ejections: Players will be ejected from the game for any unsportsmanlike conduct or altercation that occurs.
15. DUNKING is not allowed during any ORC contest or in any pre-game or post-game play.

## **FORFEITS**

1. A first game forfeit will be a \$10 fee and a second game forfeit will result in a \$20 fee. Fees must be paid prior to the next game played. If a team has forfeited a total of 3 games, they will be dropped from the league without being refunded. If a team notifies the ORC office 48 hours prior to the day of the game, it will not count towards the forfeit total and forfeit fees will not be assessed.

## CONDUCT

### 1. NO TOLERANCE POLICY

- a. During the game a player may receive a warning for their 1st offense subject to the discretion of the officials and staff, & depending on the severity of the offense.
  - b. Any player receiving a technical foul or a flagrant foul is suspended for the entire game and will be asked to leave the Ottawa Recreation Commission League Premises. The player will also be subject to a \$25 fine before they will be allowed to play again
  - c. A player receiving a technical foul during the game could be suspended the following (1) game depending on the severity of the offense.
  - d. A player receiving a 2nd technical or flagrant foul during the season will be suspended for the remainder of the season.
  - e. Any team receiving 3 total technical fouls will be suspended for the remainder of the season.
  - f. Suspensions are left to the discretion of the ORC staff. All decisions are final.
2. Any player or coach who verbally or physically threatens a referee, scorekeeper, or supervisor by using obscene language or repeatedly arguing and complaining with the referee, etc. will be ejected from the game and is subject to a suspension from the basketball program for the season or longer. Also, the offender must apply for reinstatement to the basketball program. All team managers will be held responsible for their players.
  3. Fighting is expressly forbidden. Spectators involved in fighting will be asked to leave the gym and could result in being barred from the gym for the remainder of the season.
  4. Anyone sitting with a team is considered part of the team, and can be issued a technical foul.
    - a. The team manager will be assessed the technical foul(s) in this situation.
    - b. Non-team members shall not be allowed on the bench.
    - c. All bench personnel shall be listed on the official roster.
    - d. For the purpose of this rule, there are no coaches in Adult Basketball. However, there are team managers who are listed on the official roster and are eligible for play in the league.
    - e. Children are not allowed on team benches.
  5. It is required that players remove all hats, rags, & jewelry (rings, necklaces, earrings, beads in hair, fit-bits, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate.
  6. No tobacco, alcohol or controlled substances are allowed in the facility. Violation of this rule will result in the team being ejected from the league. Managers will be held responsible for their players.
  7. All rule violations and judgment decisions made by the game officials will be final.
  8. Technical fouls and suspensions cannot be protested. All decisions are final.
  9. Team managers are responsible for the conduct of their fans/spectators in attendance.
  - 10. Any fan or spectator who comes out of the stands onto the court to confront a game official or ORC staff shall be immediately ejected from the facility. This includes before, during, and after a game. This rule will be strictly enforced.**

## MISCELLANEOUS

1. Any rule not covered in these rules will be left to the discretion of the Recreation Supervisor in charge of the program.

