



City League Basketball RULES AND REGULATIONS

GAME RULES

- All games will be played under NCAA rules.
- No player is allowed to wear jewelry during play.
- Due to the potential for damage to school property, dunking is not permitted. A technical foul will be called against any player that dunks and teams are liable for damage to backboards. The player will be suspended from the next game and may be suspended from the league.
- Any player dunking during warm-ups will be suspended that night!

TIMES

- Games will start at the time shown on schedule or immediately after the prior game. Game times are 6:30 , 7:40 and 8:50 PM.
- A maximum of ten minutes will be allowed for warm-up time. Warm-up time will be reduced if games are running late.
- Please be available at least 15 minutes before your scheduled time. Games will be forfeited five minutes after your scheduled starting time.
- Games will consist of (2) 20 min. halves with stop time for all divisions. The clock will not stop after a basket.
- There is no 35-second clock and teams are allowed (3) 1-minute time-outs per game.
- Half-time is 5 min. maximum.
- In the second half, if margin of score is greater than 25 pts., the clock will run for the remainder of the game.
- Overtime will consist of 3 min. periods to settle a tie in regulation time. Overtime periods begin with a jump ball.

TEAM REQUIREMENTS

- Team members must wear the same color of shirt with visible numbers.
- Players must be at least 18, out of high school, and cannot be a member of a college basketball team.
- League administration reserves the right to reclassify teams in order to promote equal competition. Teams that finish in the top 3 of the league standings or win the division may be re-classified the following year. If teams cannot compete at the next level, they may appeal to be re-classified the following year. A team with 3 or more returning players is considered to be the same team as the previous year. League administration will make the final decision on the appeal.
- A player who turns 30 or 40 yrs. old in 2012 is eligible to play in that division. *This age rule will not apply for the Adult Grand Am Tournament.*
- All players must be listed on the team roster. Substitutes are not permitted.
- Teams are subject to being checked for age & identification. ID's must be available at all times.
- Teams playing with illegal players will forfeit their game.
- **The last day to make roster changes is 5:00 PM on Jan. 18th. Roster change requests must be made via e-mail to Darryl Marek dmarek@centercourtfitnessclub.com or Mike Orr morr@centercourtfitnessclub.com . Please include the name and info for the player(s) your are adding and the players(s) you are replacing.**
- A player may be on more than one roster, but not in the same division. Schedules may not accommodate players playing on more than one team.

- No ex-college players allowed in Rec. division(s), unless they are age 45 or over and have written approval by the league supervisor.
- Teams may play with 4 players. Teams with less than 4 players must forfeit.
- Teams must start play on time if they have 4 players available, but players may enter the game late as long as they are on the roster.

FOULS

- When playing short with 4 or 5 players only, players are permitted to stay in the game after their 5th foul, but the 6th foul will be an intentional foul resulting in 2 shots and the ball out of bounds.
- When a technical foul occurs, a player must sit for 10 minutes of the game.
- Players sitting for a technical foul cannot re-enter the game, even if a team is short players.
- If the player commits a second technical foul in that game, the player is ejected from the game and suspended from the next 3 games. Players ejected from a game must leave the building immediately! Failure to do so will result in suspension from the league and a forfeit will be assessed to the team.
- Technical fouls will be reviewed by the league supervisor and, if necessary, CCFC administration to determine if a player should be suspended from the league.
- Any player that receives 3 technical fouls during the season will be suspended from the league for the remainder of the season.
- Any players initiating a fight with another player, making contact with an official, or threatening a player or official will be suspended from league indefinitely.
- Any player suspended from the league must apply for re-instatement for future seasons.

CONDUCT AND INTERACTION WITH OFFICIALS AND SITE SUPERVISORS

- The coach/manager (identified at the start of the game) will be the only team spokesperson on all matters. This privilege is given only for clarification of a call or situation that occurs.
- At no time shall the coach/manager interrupt play, use unsportsmanlike conduct toward officials, use profanity, or badger the officials. (Any other player abusing this rule shall be given a warning or technical foul at the discretion of the official.)
- Players who have consumed alcoholic beverages before playing will be required to leave. Failure to do so will result in a forfeit.
- Teams must show respect to all fellow players, referees and workers in this league. League directors reserve the right to eject any player, or team that is disrupting the league. In such case, there will be no refund of fees.

GYM LOCATIONS

<u>Court</u>	<u>School</u>	<u>Address</u>	<u>Note</u>
1	Red River High School (main gym)	17 th Ave. S. & S. 20 th St.	Park in the west parking lot. Use southwest school entrance.
2	Red River High School (main gym)		
3	Red River High School (old gym)		
4 & 5	Central High School (main gym)	115 5 th St. N.	Downtown parking. Please use 5 th St. entrance.
6	Valley Middle School	2100 5 th Ave. N.	Please use main entrance.
7 & 8	South Middle School	1999 47 th Ave. S.	Please use gym entrance.

Locker rooms will not be available.

*To ensure future use of the gyms available in Grand Forks,
please keep them clean, do not damage property, and treat tournament workers, officials, and players with respect.
Thank you and have fun!*