

# Del Norte County Recreation

## Adult Basketball League Rules & Regulations

### GENERAL RULES:

1. Teams shall be limited to a maximum of fifteen (15) players on the team roster.
2. No additional players shall be added to the team roster after the first month of league is complete, unless the team roster falls below eight (8) players. Every participant is allowed to switch teams once. Any player must play in a minimum of 3 games with a team to be eligible for playoffs with that specified team. **NO EXCEPTIONS!!!!**(any player/ team breaking this rule is subject to forfeit)
3. The National High School Basketball Rules & Regulations shall govern all plays with the exception of any local rule.
4. A team or player which is ejected from the league or voluntarily drops-out of the league shall forfeit their remaining games and their entry fee (sponsorship fee).
5. Forfeit time is game time(5 minute grace period will be given).
6. Teams may start the game with 4 players. **NOT 3**
7. The official score shall be the score in the scorebook.
8. After the league schedule has been completed **NO GAMES WILL BE RESCHEDULED**. The only way any games will be rescheduled is if the county has to reschedule games due to but not limited to: Gym conflicts, staffing issues, natural disasters. **NO GAMES WILL BE RESCHEDULED DUE TO TEAMS BEING SHORT PLAYERS.**
9. **TIME FACTORS:**
  - 8 Minute quarters
  - 5 Minute Halftime
  - 3 minutes for 1<sup>st</sup> overtime
  - 2 minutes for 2<sup>nd</sup> overtime
  - Sudden Death for 3rd overtime(Unless in Playoff Game)
  - 5 time-outs per game per team
  - 1 extra time-out per overtime period

### CONDUCT

1. The Recreation Department reserves the right to excuse individuals from further play: Any player, coach or team for misconduct and/or manners

unbecoming to the league. This decision is final and protests will not be allowed.

2. There will be absolutely no grasping (“popping”) the rim before games or at any intermission. Player who commit this violation shall be suspended from the following quarter.
3. All players, coaches, and spectators are to abide by conduct guide-lines as set forth in the Recreation Department’s “Player Code of Conduct”.
4. Any player or coach receiving a technical foul for misconduct will be assessed one of the below penalties:

1<sup>st</sup> Technical Foul (during the season) - \$10

2<sup>nd</sup> Technical Foul (during the season) - \$15

3<sup>rd</sup> Technical Foul (during the season) - \$20

Any player or coach receiving two (2) technical fouls in the same game will be automatically ejected from that game. Any player ejected from a game must sit out his or her next game also.

4. A total of three (3) technical fouls for player misconduct in one game by a team will result in forfeiture of that game.
5. There will be no profanity used toward any player, coach, referee, spectator or employee of the Recreation Department. Any person that commits this infraction may be asked to leave the facility or will be assessed the proper penalty if it is committed by a participant.

## **PROTESTS:**

1. All protests must be made at the time of the situation which is being protested. Protest based on a judgment call will not be allowed.
2. All protests must be made in writing or email ([kim.nguyen@co.del-norte.ca.us](mailto:kim.nguyen@co.del-norte.ca.us)). All protests must be submitted to the Recreation Department Office by 5:00 p.m. the next business day.
3. The Recreation Department Coordinators will have final say in any and all protests.