



# Cabot Parks & Recreation

## ADULT BASKETBALL RULES AND REGULATIONS

All games will be played in accordance with the current NCAA rules, with the addition of the following:

### Eligibility

- a. Players in CPR Adult Leagues must be eighteen (18) years of age or older.
- b. All players must carry a current picture ID with them at all times during all league games.
- c. Players will not be allowed to play on more than one team in the same league during a season. If a player's name is found on two teams, the player shall belong to the team they play for first.

### Rosters

- a. Each team will be allowed a maximum of 12 players on the roster.
- b. **Final rosters must be turned in prior to the third game of the season. Rosters must be turned in to the PD's Office before the first game. Note: If rosters are not turned in prior to the start of the season, the result will be a forfeit of the current game and any future games until a roster is submitted.**
- c. There will be no roster changes allowed for any reason after the final roster has been submitted.

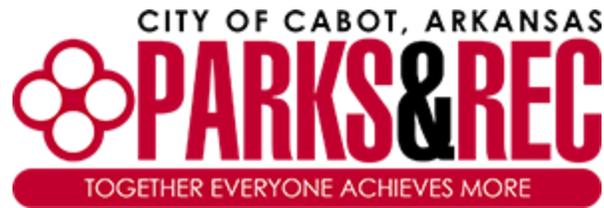
### Equipment/Uniforms

- a. Players on each team must wear jerseys that are identical in the base color of the jersey and must have a six (6) inch number on the back. Numbers must be permanently affixed to the jersey, not taped or pinned to the jersey. Numbers that are hand written in pencil, marker or any type of ink pen will not be allowed. **EACH PLAYER MUST WEAR THE SAME COLOR SHIRT AS HIS TEAMMATES WITH A NON-DUPLICATING PERMANENT NUMBER ON IT (NO TAPE). ANY PLAYER NOT COMPLYING WITH THE SHIRT RULE WILL NOT BE ALLOWED TO PLAY.**
- b. We strongly encourage all teams to have alternate jerseys available in the event that two teams playing each other have the same jersey color.
- c. The City of Cabot Parks and Recreation Department reserves the right to approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities.
- d. Players must wear shoes that are designed for indoor court surfaces. No turf shoes or other black-soled shoes will be allowed. Players may not play barefooted or in stocking feet.
- e. Referees may ban any equipment that they deem as unsafe or illegal.
- f. No jewelry may be worn at any time during the game.



### General Playing Rules

- a. Line-ups must be turned in to the Scorekeeper at least 10 minutes prior to game time. Line-ups must indicate last name, first name initial and the jersey number.
- b. A total of two (2) time-outs per half will be allowed per game for a total of four (4).
- c. **Game Time is Forfeit Time.** All players must be on the court and ready to play at game time or the game will be declared a forfeit. Players in the bleachers, parking lot or outside are not eligible.
- d. Teams **MAY NOT** use a time out to delay the start of a game.
- e. If a team forfeits three (3) league games due to lack of players at the start of a regularly scheduled game, the team will be dropped from the league with no refund of entry fee and all teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit. Make-up games scheduled on days other than the original night will not apply.
- f. Teams must start a game with four (4) players (no exceptions) but may finish with fewer players (down to 1).
- g. **No Dunking during warm-ups!** Dunking will be allowed during games.
- h. **No hanging on the rim at any time!** Players guilty of hanging on the rim before, during or at half time will be assessed a Flagrant Technical Foul. Players/teams will be financially responsible for any and all damages to rims/goals damaged by players hanging on the rim.
- i. **Penalties Resulting in Ejection**
  1. Anyone who is assessed the following shall be ejected:
    - a. **Foul language, no exceptions PERIOD!**
    - b. Any flagrant foul.
    - c. One "direct" technical fouls.
    - d. Two indirect technical fouls.
    - e. Bullying officials.
    - f. Any flagrant foul.
- j. **Blood Rule** – a player, coach or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. If medical care or treatment is administered in a reasonable length of time, the individual will not have to leave the game. The length of time considered reasonable is left to the official's judgment. Uniform rule violations will not be enforced if a uniform change is required. However, players should be prepared with a like colored T-shirt or jersey on stand by. The official shall:
  - Stop the game and allow treatment if injured person would affect the continuation of play.
  - Immediately call a coach or other authorized person to the injured player.
  - Apply the rules of the game regarding substitutions, re-entry, and short-handed player if necessary.



### Time Allotment

- a. An official game shall consist of two 20-minute halves with a running clock. The running clock will stop for all time-outs. Whistles will stop the clock only in the final 2 minutes of the 2<sup>nd</sup> half.
- b. A three - (3) minute half time will be observed.
- c. All substitutions must check in at the scorer's table and wait for an official to allow them to enter the game.
- d. Overtime – Any game ending in a tie will be continued with a two (2) minute overtime. One additional time-out will be awarded per team, per overtime. The running clock stops only for time-outs and during the last minute of the overtime. If still tied after the first overtime, the game will end in a tie.
- e. **20 Point Rule** – If a team is ahead by twenty or more points going into the last two minutes of the game, the clock will remain running until the team behind gets back inside the twenty (20) point mark.

### Tie-Breaker Procedure

- a. In case of a tie at the conclusion of the season, the following tiebreaker procedures will be used to determine places:
  - Head to Head
  - Points Allowed
  - Point Differential
  - Points Scored
  - As a last resort, a one game playoff will be held to determine the final standings.

### Conduct/Discipline Policy

- a. **Any Player, coach or manager ejected from any league game will be suspended for a minimum one (1) league game.** Suspensions may be longer if the Program Director deems it necessary. If a player is ejected twice in one season, they will be suspended for the rest of the year.
- b. Players, coaches or managers who have been ejected/suspended must leave the facility and grounds immediately or the team will forfeit the game and must not return until the completion of the suspension.
- c. Suspensions will carry over from season to season. Example: A player suspended for the final game of the season will also be suspended for the first game of the next season.
- d. Physical violence especially attacks on a game or tournament official immediately before, during or after a game or fights/confrontations between players/teams will result in an immediate one (1) year suspension and/or banishment from any City of Cabot league play.
- e. The officials have the authority to remove a player, coach, manager or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. This shall include, but is not limited to, profanity, threats of any kind toward the officials or scorekeeper, fighting (before, during or after the game), any intoxicated condition detected by the officials before or during the game or any flagrant foul as determined by the officials.



- f. The City of Cabot prohibits the use of alcohol & Tobacco in its facilities or in the parking lot. Smoking is prohibited in any City of Cabot Facility.
- g. ***Any player/coach/fan that is ejected from a game for foul language more than once will be banned for Community center for one (1) year. No refunds, no tolerance.***
- h. If a player is assessed 2 technical fouls (for misconduct) in the same game, he is ejected for the remainder of the game and automatically suspended for the next game.  
If a player is assessed 4 technical fouls (for misconduct) in the season, he will be suspended for the season.  
If a team is assessed 4 technical fouls (for misconduct) during the season, entire team will be suspended, the entry fee will be forfeited, the team will be dropped from the schedule, and those players may not be added to any other roster(s).

**The City of Cabot Parks and Recreation Department reserves the right to add, delete or amend the rules and regulations at any time for the betterment of the program.**