

City of Fridley Parks and Recreation - (763) 572-3570

League Coordinator: Brice Richter – (763) 572-3539

## **Adult Basketball League**

**(Ages 18+ ONLY)**

Games are scheduled at the Fridley Middle School Gyms

6100 Moore Lake Dr W, Fridley, MN 55432

### *League Information*

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1. **Manager's Pre-Game Meeting**

Managers are to meet with the referees at mid-court five minutes before the game starts to go over any necessary information.

2. **Balls**

Fridley Rec. Dept. will provide game balls. Teams will provide their own practice/warm-up balls.

3. **Scorekeeper**

A scorekeeper will be provided for all games. Please give the scorekeeper a complete line-up (first & last name), along with uniform numbers, at least five minutes prior to game time.

4. **Uniforms**

All teams must supply and wear jerseys that are similar in color and differently numbered. Numbers must be permanently affixed and at least 6" high. Numbers applied with permanent marker are acceptable. Penalty: player (s) in violation will receive one technical foul to begin the game with. Opposing team shoots free throws before the game starts.

5. **Shoes**

All players must wear tennis shoes while on the gymnasium floor.

6. **Protests**

a) Protests based on official's judgment, misinterpretation or misapplication of a rule will not be allowed.

**The official's decision is final.**

b) Protests involving player eligibility are allowed. Contact league manager to protest player eligibility.

7. **Postponed Games**

Games postponed due to weather conditions will be rescheduled by the Recreation Department. Managers will be notified of the make-up time and date.

8. **Rescheduling Games**

Teams are required to show up for every game on the regular season schedule. Games will not be rescheduled if a team misses a game.

9. **Forfeits**

Any team who forfeits a game will be subject to removal from the league forfeiting any fees paid.

## 11. **Rosters**

Teams will have a 12-player limit. Teams may add players to their rosters until January 19<sup>th</sup>. If you would like to make any changes after the January 19<sup>th</sup> cutoff, you will need to contact your league Coordinator to ensure that player is eligible to play.

## 12. **Awards**

The league champions will be awarded T-shirts (maximum 12)

## *Playing Rules*

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Games will abide by **National Federation of State High School Association Basketball Rules** with the following modifications:

### 1. **Playing Time**

- a) Halves will be 22 minutes in length with the **final minute of the first and second halves is stop time**. There will be no stop time if the point differential is more than 20 points.
- b) Half-time will be four (4) minutes.
- c) Overtime - A two-minute running time will be played with stop time the last 30 seconds. If the score is still tied after the overtime period, the first team to score a point (free throw included) will be the winner. Both overtime situations will begin with a jump ball without teams switching ends.

### 2. **Time-Outs**

Each team is allowed three (3) time-outs per game, one minute in length.

### 3. **Players**

During league play, each team must have at least 4 players to start the game, or it will result in a forfeit. Teams must have AT LEAST 3 players to finish a league game. For play-offs games, each team, must have 5 players to begin play, and must have at least 4 players to finish. A five-minute grace period will be allowed from the scheduled start of the game, unless announced by the City of Fridley Parks and Recreation Department due to weather or other circumstances. Please notify the Recreation office in advance if you know that your team will be forfeiting a game so the other team can be notified.

### 4. **Player Eligibility**

The Fridley Recreation Department will enforce the eligibility requirements of basketball participation with the following procedure:

- a. All players must be 18 or more years of age.
- b. Players may only participate on one team in the Thursday Fridley Basketball program. Officials aware of a team picking up a player from another team to start the game will call the game immediately – the League Coordinator will handle all other protests.
- c. A team using a suspended ball player in a game faces forfeiture of that game.

- d. If a team or any player thereof is found in violation a second time, the team will be immediately removed from the league with all fees forfeited.
- e. Any team protesting the eligibility of an opponent will be required to follow the official protest procedure as established by the Fridley Recreation Department. Contact league director for more information.
- f. A team that has been removed from the league due to an eligibility violation shall not be allowed to file a protest on any other team.
- g. A player must play in two regular season games to be eligible in the playoffs.

5. **Free Throws**

A bonus free throw shall be awarded on each common foul (except player-control) on 7th, 8th, 9th team foul if first is good. Two free throws will be awarded beginning with the 10th team foul and on all shooting fouls. Players are allowed to move into the lane as soon the ball has been released.

6. **Fouls**

A player will foul out with five fouls.

7. **Substitutions**

Free substitutions on time outs, fouls, and violations.

8. **Technical Fouls**

All technical fouls will result in two (2) free throws plus the ball out of bounds at center court. Two technical fouls by the same player during a game will result in that player being ejected from the game. In accordance with the sportsmanship policy, the player will automatically be suspended a minimum of one (1) additional game. Technical fouls count towards the player's total fouls and the team fouls. **NOTE: A player receiving 3 technical fouls during the season will be suspended for one game. If a player receives a 4th technical foul, he will be suspended for the remainder of the season.**

9. **Dunking**

Any player dunking, attempting to dunk, or grasping the net or rim will be ejected from the game and shall be suspended from his team's next scheduled game. The basket will be disallowed (if applicable), and the opposing team will be awarded two (2) free throws and the ball out of bounds.

**ANY PLAYER DAMAGING A RIM OR BACKBOARD SHALL BE IMMEDIATELY REMOVED FROM THE LEAGUE. THE TEAM WILL BE SUSPENDED FROM ANY FRIDLEY ATHLETIC LEAGUE UNTIL DAMAGES ARE PAID IN FULL.**

***Sportsmanship*** \_\_\_\_\_

The Fridley Parks & Recreation Department is attempting to maintain a high level of sportsmanship in the athletic program operated by the City. Therefore, a policy for dealing with cases of unsportsmanlike conduct has been instituted.

- 1. Any player, coach or manager ejected from a game for an unsportsmanlike act shall face a minimum suspension of 1 game. *Also, a player that receives 3 technical fouls in the same season will face a minimum*

*suspension of one game.* A player that receives 4 technical fouls in the same season will be suspended for the remainder of the season. A team using a suspended ball player in a game faces forfeiture of that game.

2. Any player, coach or manager exhibiting unsportsmanlike conduct toward the game official or opposing team/team member at or after the conclusion of a ball game, shall face a minimum suspension of one game.
3. Any player, coach or manager ejected from a second game during the year for unsportsmanlike conduct shall be prohibited from participating for the remainder of the season. *Also, a player that receives 4 technical fouls in the same season will be suspended for the remainder of the season.*
4. After your game has been completed, pick up trash and gear in the area around your bench.

**Any individual striking or threatening a game official or anyone else will be suspended indefinitely from participation in athletic programs operated by the City of Fridley Recreation Department.**

**Inclement Weather**

In case of inclement weather, managers should call our "HOTLINE" at 763-572-3578 after 4:00 p.m. to see if games will be held. When in doubt, always call prior to your scheduled game.

**PARTICIPANT NAME** \_\_\_\_\_

**PARTICIPANT SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_