

Charlottesville Parks and Recreation

Adult Basketball Rules and Regulations

The Adult Basketball Program shall be governed by the rules in this packet. Any rule or regulation not covered will be governed by the VHSL Basketball Rulebook and left to the discretion of Charlottesville Parks and Recreation Department.

TEAMS, COURT & EQUIPMENT

Section 1 Teams

- A. Teams are made up of five (5) players. A minimum of 4 players are required to start and finish a game.
- B. Co-Rec teams are required to have a minimum of 2 males and 2 females on the court at all times.

Section 2 Equipment

- A. Teams are provided 10 numbered-jerseys that will be used for games.
- B. A standard basketball size 29.5 shall be used.
- C. Players are required to wear closed-toe, closed-heel non-marking athletic shoes.
- D. The following are not permitted to be worn by participants: Jewelry, hard-hair control devices, tied bandanas, jeans, and hard casts/braces.

Section 2 Timing

- A. There will be two (2) halves played. The playing time per half is 20 minutes.
- B. There shall be three (3) minutes between halves.
- C. The clock will run continuously throughout the game except the last two (2) minutes of each half. The clock will then be stopped at each dead ball situation according to the National Federation rules.
- D. Each team shall receive two (2) 60-second timeouts per half. Timeouts do not roll over from the first half to the second half.

Section 3 Overtime

- A. Regular season games, which are tied at the end of regulation time, will resume with a 3-minute overtime period. The clock will stop during dead ball situations through all of the overtime period. If the game is still tied at the end of the 3-minute period, the game will end in a tie. Playoff games will continue with overtime periods until a winner is declared.
- B. Each team will be granted one time-out per overtime period. Time-outs do not carry over from regulation time or previous over-time periods.
- C. Each overtime will start with a jump ball.

Section 4 Eligibility

- A. Teams are permitted to have up to 20 players on their roster. Rosters must be emailed to Chris Carr (carrc@charlottesville.org) once they are registered.
- B. Players are permitted to play for a maximum of one team per day.
- C. Participants are not permitted to play in multiple skill levels (Competitive/Recreational) for the same league (Monday/Tuesday or Wednesday/Thursday). Players may play in multiple skill levels if they participate in a Men's & Co-Rec. Example: A player can play for a competitive league on Monday Men and a Recreational League on Wednesday Co-Rec. However, they would not be able to play for a Competitive team on Monday Men's and a Recreational team on Tuesday Men's.
- D. Players cannot switch from one team to another that play on the same day unless that player or coach removes the player from the original team.
- E. Players must be 16 years of age prior to participating in their first game. All players below the age of 18 must have a parent's written permission. This must be turned in prior to participation.
- F. Coaches are required to add players to their roster prior to participating in games. Player additions are done through email.

- G. Players can be replaced up until the last two games of the regular season. No roster changes will be allowed after that point or during league playoffs.
- H. During the final two weeks of the regular season and throughout the playoffs, each team's players will be checked against their online roster prior to the start of the game.
- I. Failure to follow eligibility guidelines may result in a forfeiture of affected games.

Section 14 Forfeits & Defaults

- A. Teams are required to start and end a game with a minimum of 4 players.
- B. Teams that are unable to attend a scheduled competition must inform the Athletics Office at 434-970-3271 or email the Athletics Program Manager by 4:00 pm of the day of the scheduled game to declare a default (10:00 am on weekends).
- C. Defaults that are not communicated through the Athletics Office will be counted as forfeits for any team not in attendance for their regularly scheduled game.
- D. If a team defaults three (3) times over a season, they will be removed from the league. A forfeit counts as two (2) defaults. A team that defaults once and forfeits once will be removed from the league.
- E. There is a five minute grace period. If a team does not have the required players once the grace period is over, the game is ruled a forfeit.
- F. Teams that forfeit 3 matches will be removed from the league. If a team fails to notify the office by 4:00 pm the day of the game that they will not have enough to participate the forfeit will count as two strikes (forfeits) against that team.

Section 15 Protests

- A. There are two types of protests. All protests are handled on-site.
 - a. *Rule Enforcement:* The coach may protest an official's enforcement of a rule. The protest must be stated by the coach before the ball next becomes live following the official's call. The protest shall be made to the official and decided on by the on-site supervisor. If the decision is reversed, then the correct enforcement shall be applied. If the decision stands, the protesting team shall be charged a time-out. If the team is out of time-outs, an indirect technical will be issued to the coach.
 - b. *Player Eligibility:* The coach may protest a player's eligibility. This must be completed before the beginning of the second half or before the end of the half of which the player arrives to the game. If the player is in-fact ineligible, the game will end in a forfeit and that player/coach are immediately suspended. If the player is eligible, the protesting team shall be charged a time-out. If the team is out of time-outs, an indirect technical will be issued to the coach.

Section 16 Scheduling

- A. The Athletics' office takes scheduling preferences into account when the schedule is created. It is possible you may be scheduled outside of one of your preferences.
- B. As a general rule, the Athletics Office does not take reschedule requests for games. However, these are taken on a case-by-case basis. All requests are required to be submitted at least one week ahead of the scheduled game time.

Section 17 Playoffs

- A. The top 4 teams from each league are eligible for the playoffs.
- B. Standings are determined by:
 - a. Winning Percentage
 - b. Head-to-Head Competitions
 - c. Total Points Against
 - d. Head-to-Head Point Differential
 - e. Forfeits

f. Coin Flip

Section 18 Inclement Weather

- A. The inclement weather hotline is 434-970-3593.

Section 19 Alcoholic Beverages

- A. Possession and consumption of alcoholic beverages are prohibited anywhere in the vicinity of scheduled league games and on public property.

Section 20 Sportsmanship and Player Conduct

The purpose of City of Charlottesville adult sports leagues is to provide residents and non-residents the opportunity to participate in a safe and enjoyable environment. We recognize that competition is inherent in all sports but believe sportsmanship and fair play are of primary value in recreation sports. Therefore, the following Code of Conduct has been developed. Unless otherwise stated, this code of conduct applies to participants, coaches, and spectators at the facility including outside the playing field. Under the Code of Conduct, coaches or team representatives are required to be responsible for the conduct of their players during the game.

Section I.

- A.) No participant, Team Manager or Spectator Shall: Verbally argue or visually demonstrate, in a disrespectful manner, disagreement with a league official's decision. Includes slamming/deliberately slamming the ball.
- B.) No participant, Team Manager or Spectator Shall: Use rough or aggressive playing tactics
- C.) No participant, Team Manager or Spectator Shall: Use profane language at any time
- D.) No participant, Team Manager or Spectator Shall: Harass, heckle, insult, jeer or use verbal tactics to embarrass or insult a league official, employee or other participant at any time before, during or after a game. This includes prolonging the game intentionally
- E.) No Team shall: Use an ineligible player
- F.) Other non-violent acts deemed detrimental to the game

Penalties for Section I Violations

- 1. Automatic one week suspension will be imposed for each individual violation of Section I.
- 2. Penalty is doubled when it is the second Conduct Code violation in a one year period
- 3. A third violation will result in suspension for the rest of the season.

Section II

- A) No participant, Team Manager or Spectator Shall: Use profane, obscene or vulgar language or gestures **directed towards** participants, spectators, umpires or league officials in any manner at any time
- B) No participant, Team Manager or Spectator Shall: Be intoxicated- before, during, or after a game

Penalties for Section II Violations

- 1. Automatic two weeks suspension will be imposed for each violation
- 2. Participant, Team Manager or Spectator will be suspended for one (1) year for second violation

Section III

- A. No participant, Team Manager or Spectator Shall: Cause or intend to cause physical contact with an official or player or staff member at any time (e.g. tripping, striking of any sort, kicking, pushing, shoving or any other form of physical contact)
- B. No participant, Team Manager or Spectator Shall: Express malicious Verbal threats or use racial or sexually discriminatory comments directed at any player, spectator or umpire, or league official or words that could lead to physical violence

Penalties for Section III Violations:

- 1. Automatic 6 week suspension and depending on the severity one (1) year or more

2. If a second violation occurs, that individual will be banned from participating or coaching in the Charlottesville Adult Basketball League.

General rules regarding ejections/suspensions:

- A.) The umpire and/or field monitor have the authority to remove a player, coach or spectator from a game and/or forfeit the game due to unsportsmanlike conduct
- B.) Players, coaches, and spectators are subject to ejection before, during or after a game for unsportsmanlike conduct. If an incident pertaining to the sport occurs on City Park property, action will be taken accordingly.
- C.) If a player, coach, or spectator is ejected from a game, that person must vacate the premises immediately.
- D.) If an individual is suspended, he/she will be ineligible to play or participate on ANY team for the duration of the suspension.
- E.) Individuals that have been issued a suspension will not be permitted at the game facility during this suspension. In the event said individual deviates from this ruling, it will constitute a forfeit and the opposing team will receive credit for a win.
- F.) **Any player, coach, or manager ejected from a game must meet with the Athletic Manager prior to playing any further games**
- G.) If a player or coach is ejected from their last regular season or playoff game, the suspension will carry over to next season.
- H.) Charlottesville Parks and Recreation reserves the right to suspend individuals for more than what is listed if deemed necessary.
- I.) **Any and all punishments handed out by the City of Charlottesville Parks and Recreation dept. are final with no subject for an appeal**