

OREM RECREATION DEPARTMENT

Spring Adult Basketball League Rules 2023

TEAM RULES

Rosters:

1. Teams may have as many players as needed to fill their team roster.
2. A player is not eligible to play until he has signed the team roster (white form).
3. **All rosters must be turned into the scorekeeper by your second game.**
4. Teams may add players to your roster at the gym with the supervisor or contact **Sean Broderick (801-229-7167)**. snbroderick@orem.org and I will add them to the master that I keep in my office. **The last day to add players is Saturday, May 6, 2023.**
5. One week prior to the post season tournament coaches will receive a copy of your final roster so coaches will know who is eligible for tournament play.
6. Once a player has played in an official league game, he is frozen on that team and **CANNOT PLAY FOR ANY OTHER TEAM IN THAT DIVISION**. All pre-season, regular season and post season games are considered official league games.
7. No roster will be permitted to include more than three (3) professional players or university varsity lettermen.
8. Line-ups must be turned into the scorekeeper before game time. Notify the timer of substitutions.

Eligibility:

9. Coaches are responsible to have their players read and understand the "League Rules" and the "Code of Conduct". Your team will be held accountable for the information contained therein.
10. Each team member must have similar color jerseys, with no duplicate numbers. Numbers must be silk screened, heat pressed on, or marked on. Players who don't have a jersey with a number will not be allowed to play. Teams must have numbered jerseys by **Monday, April 10, 2023**. A player must be on the final roster to be eligible for post season play.
11. All rosters must be turned into the scorekeeper at the game site by **YOUR SECOND GAME**. Rosters must be completed with printed names, addresses, and signatures for all players. All new players must sign the Roster form before playing. **Players can be added/dropped though Saturday, May 6, 2023 at your game by the Gym Supervisor, or call me at 801-229-7167, or email me at snbroderick@orem.org**
12. **Rosters will be frozen after that date.** A player must be on the roster to play in the post season tournament. NO Players may be added during the tournament, even if players are injured, move, etc.

Protest:

13. Due to the recreational aspects of the league, protests are discouraged and should be the exception rather than the rule. Judgment calls are not eligible for protest.
14. Protests regarding an illegal player:
 - a. Must be reported to the site supervisor in charge by the captain/manager of the protesting team when the infraction occurs.
 - b. The supervisor will stop the clock and notify the opposing coach that the game is under protest.
 - c. The supervisor will check the roster and the protest will be handled at that time.
 - i. 1st offense: Penalty = player leaves the game, the game continues
 - ii. 2nd offense: Penalty =the game is a forfeit
 - iii. 3rd offense: Penalty = tournament play, automatic forfeit for each offense
15. During tournament play, all protests will be handled at the gym by the supervisor. All tournament protests must be made to the gym supervisor when the infraction occurs.
16. If a league question (not an official rule) arises at the gym, the supervisor, and game officials will meet and come to a decision. When the decision has been reached it will stand.

School Rules:

17. No food or drink will be allowed in the gym by players or spectators. A water bottle for the players would be the only exception.
18. *****No dunking or hanging on the rim (this includes any appearance that may look like dunking) before, during or after a game. Any player doing so will be suspended for the remainder of the current game and the next game. The basket will not count and the other team will get the ball at half court. Any player responsible for damage will be charged. Remember dunking is a technical foul. During tournament play the player dunking will be suspended for the remainder of the tournament. *****
19. Any children attending basketball games must have appropriate supervision. Players are not considered appropriate supervisors. Unsupervised children may result in the program losing its privilege of using the school facility. If children are running around unsupervised:
 - a. First time is a warning
 - b. Second time will result in player taking his kids and leaving the gym.

Team Standings:

20. Standings will be emailed to each coach on a weekly basis. Division standings will be computed on a win/loss system. The team with the highest win/loss percentage will be the division champion. If there is a tie for first/second place, the tie will be broken by: (1) head to head competition, (2) point differential, (3) coin toss.

GAME RULES

Rules of Play:

21. The league will be governed by the National Federation of State High School Association Rules, with the following exceptions:
22. Playing time shall be two 20 minute running halves. Regulation playing time shall be in effect the last two minutes of the second half. This means the clock will stop on whistles. **EXCEPTION: If a team is up by 16 points or more at the two minute mark, of the second half, the clock will continue to run for the remaining two minutes of the game (even if the lead is reduced to less than 16 points). Because at the two minute mark the lead was 16 points or greater.**
23. There will be a 3 minute rest period between halves. If the game goes into overtime there will be a 1 minute rest period prior to the start of the overtime period. Overtime period is 3 minutes. Clock will stop the last two minutes in overtime.
24. Teams are allowed two time outs per half. One time out will be allowed for each overtime period. Timeouts cannot be carried over.
25. Players: Substitutions need to check in at the score table and players need to wait to be waived in by an official.

26. Games will be played at:

- | | | |
|--------------------------------|---------------------------|-----------------|
| a. Orem Fitness Center | 5:45, 6:45, 7:45, 8:45 pm | 575 W Center St |
| b. Canyon View Jr. High | 5:45, 6:45, 7:45, | 950 N 700 E |
| c. Lakeridge Jr. High | 5:45, 6:45, 7:45 pm | 951 W 400 W |

Forfeits:

27. Game time is forfeit time. A 10-minute leeway will be allowed for the first game of the night. The game clock will start promptly at game time. A 5-minute leeway will be allowed for the remaining games of that night. The postponement of games will not be considered. All games will be played as scheduled.
28. Play may begin with four players. If a team starts with four players and a player fouls out, the game will continue. If another player fouls out, leaving only 2 players, the game will be over.
29. **Any team forfeiting more than two (2) games during the season will be suspended from post season tournament play. There are NO REFUNDS!**

Technical Fouls:

30. **Technical Fouls**—specifically unsportsmanlike conduct and profanity will not be tolerated. A player, coach, sponsor, spectator, or team receiving a technical foul will be subject to the following penalties:

1st Technical Foul- Player must sit for 5 minutes of game time. After the 5 minutes are up, player may go back in.

2nd Technical Foul- (in the same game) is an ejection from that game and must leave the gym immediately. The ejected player will also sit the following game.

Next Ejection: will result in removal from the league.

******If an ejection occurs, the offender must leave the gym quickly (one minute). “Out of Sight, Out of Sound.” The offending player must sit the next game. If the next game is a Forfeit (this does not count as a game sat), the player must sit the next game played. *****NEW THIS SEASON. If a player is ejected from the game, the team captain will also be removed from the game. *******

Spectators:

31. Spectators are welcome and encouraged to attend games. The Recreation Department reminds all spectators and players that we are guests of the schools so it is important that we be respectful of their property. Teams are responsible for conduct of their spectators. Any spectator that becomes obnoxious, uncontrollable, uses abusive or vulgar language will be subject to the “Code of Conduct” (see Code of Conduct on last page) the same as players. Failure to abide by the “Code of Conduct” may result in forfeiture for the spectator’s team. Any damage done by a team or its spectators will be paid for by the said team.

The Recreation Department reserves the right to make all final decisions and subsequent penalties regarding violation occurring during the basketball program.

City of Orem Recreation Department

CODE OF CONDUCT

The City of Orem Recreation Department has established a Code of Conduct which applies to all persons participating in any way in any Orem City Recreation Department programs or facilities. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

General:

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees
2. Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere strictly to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. No smoking, drinking, or being under the influence of alcohol or drugs will be allowed in the facilities or on playing fields.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated. Bullying is a form of harassment which is also prohibited.
6. Foul, abusive, profane, or vulgar language is prohibited and will not be tolerated.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids (to learn fundamentals, techniques, sportsmanship, teamwork, and have fun); they are not for adults! Therefore, **all** kids deserve a right to fairness at all times.
9. Conduct yourself in a manner that would be an example and a role model to youth under your direction or in the vicinity.
10. Coaches agree to support and work with assigned team throughout the designated season, and agree to hold regular practices (at least once a week) and show up to scheduled games.
11. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
12. Promote team work, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.

Anyone who does not comply with this policy, or who conducts himself or herself in any unbecoming manner, will be subject to disciplinary action including (but not limited to) verbal or written warning, being asked to vacate the premises, suspension, or expulsion from the program, class, facility, or field and associated privileges will be terminated without refund. Financial restitution may be required when appropriate. Criminal violations will be prosecuted to the fullest extent of the law.