



City of Arlington Parks and Recreation Adult Sport Rules: Basketball

General Information

- **Game Schedules** are available at www.teamsideline/arlington.com
- **Contact:** 817-459-5463
- Adult Sports Rainout Line 817-462-3471; updated by 3:30pm each day
 - If games have been canceled due to weather problems, it is your responsibility to contact the Sports Office for your newly rescheduled game time and date. All efforts will be made to reschedule games for the same day of the week as your regular games. No refunds will be made except when leagues are filled or are cancelled by the Parks & Recreation Department, nor will refunds be given once schedules are posted or after registration day. Be prepared to play rain-out games whenever or wherever scheduled.
- The City of Arlington 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 and 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 and reserves the right to remove teams from play for failure to complete financial obligations, failure to notify League administrators of intent to forfeit games, un-sportsmanship actions displayed during play, roster violations, and/or any other actions deemed detrimental to the league and reserves the right to combine or open leagues to allow more teams to register and to avoid canceling leagues.
- The Parks and Recreation Department routinely takes photos and/or video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facility, you are granting the City of Arlington and its agents the right to use and publish your image or your minor children's image, and that no monetary remuneration will be given.

Eligibility & Rosters

- It is the team captain's responsibility to submit a completed roster and all players must sign the roster to play.
- Players must be 18 years of age or older prior to the start of league play and all players must carry a current picture I.D. with them during league games to be considered an eligible player. Minors are subject to approval with a Minor Consent Form.
- 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 must be turned into the Athletic Office or to the scorekeeper prior to the first game. If rosters are not turned in prior to the start of the first game, the result will be a forfeit of the first league game and all future games until a roster is submitted. All information on the roster form must be complete for the player listed to be considered part of the team.
- Roster changes will be allowed until the 3rd week of play. After that, no roster changes will be allowed. Any team caught playing an individual who is not on their roster will forfeit all games in which the illegal player played if the opposing team protests.
- Teams who have won their division 3 consecutive seasons must move to the next level of play if available.
- All league teams will be allowed to have a maximum number of 13 players.

Equipment & Uniforms

- Referees may ban any equipment that they deem as unsafe or illegal and jewelry may not be worn at any time during the game.
- Players must wear shoes that are designed for their sports and playing surface. For indoor courts, no turf shoes or other black-soled shoes will be allowed. Players may not play in slides, metal cleats, barefooted or in socks
- If two teams playing each other have the same jersey color, the Home Team will be responsible for changing colors in case of conflict.
- No electronic devices are allowed on the field/court of play (headphones, tablets, go pro, etc.)

Awards

- League awards will be given out to first place teams

Conduct & Discipline

- **Removal:** At the discretion of the officials or staff, a player or coach may be removed from the game for minor infractions. Note: Removals will require the player/coach to leave the facility/park within 30 seconds, but no additional team penalties, or suspensions will be issued.
- **Ejections:** At the discretion of the referee or staff, a player, coach, or spectator may be ejected from the game for any unsportsmanlike conduct (to include the consumption of alcohol). Note: Players, coaches or spectators who have been ejected or suspended must leave the facility and grounds immediately (within 30 seconds) and not return to any Arlington Adult League until the completion of the suspension.



- **Protests** based upon player eligibility will be allowed before the game and rules interpretations will be allowed during the game
 - **Player Eligibility Protests** must be executed in the following manner: Notify the official verbally before the game begins that the match/game is under protest. The match will not be played, player eligibility will be verified at that time for all players on both teams and a result will be determined. If all players are eligible, the team that protested will receive a loss. If any player is found to be an illegal/ineligible player, that team will receive a loss. If both teams have ineligible players, it will be ruled a double forfeit.
 - **Rule Interpretations Protest** must be executed in the following manner: Notify the scorekeeper immediately after the play/call to make a note on the score sheet as to what rule interpretation is being protested. Notify the officials that the game is being played under protest and the game will continue. The League Administrator or his/her designee will rule on all protests after the game.

Game Structure

- All games will be played in accordance of the current National Collegiate Athletic Association rules with the addition of the following:
- **Standings and Playoffs:** Playoffs will be awarded to the top teams depending on the number of teams in that league. If the league has less than 4 teams, the top 2 teams advance; if 3-5 teams, top 3 teams advance; if 6+ teams, top 4 advance
- **Tiebreakers:** All tie breaker situations will be resolved in the following manner:
 - Winning percentage
 - Head-to-head
 - Head-to-head Differential
 - Total Points/Runs For
 - Total Points/Runs Against
 - Total Points/Runs Differential
- **Forfeits:** If a team forfeits two league games during the season the team will be dropped from the league with no refund of entry fees. 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 to the number of forfeits.
- **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 (official's judgment), the individual will not have to leave the game. Uniform rule violations will not be enforced if a uniform change is required. The official shall stop the game and allow treatment if injured person would affect the continuation of play. The official will immediately call a coach or other authorized person to assist the injured player. The rules of the game regarding substitutions, re-entry, and short-handed player will apply, if necessary.

Playing Rules

- **Rosters & Lineups** must be legibly filled out listing each player and be turned into the scorekeeper at least two minutes prior to scheduled game time (line-ups must indicate last name, first name and the jersey number).
- **Start Time:** All games will start at scheduled game time and if team(s) are not ready to play at the scheduled game time the clock will be started. An official game can be started with one team having 4 players and another team having 5 players. If the game reaches halftime and the 5th player has not arrived, the game will be ruled a forfeit. (5th player must arrive before half time starts). If the late team acquires five players before halftime the game will continue from that point. A double forfeit will be ruled if the clock reaches 15:00 and neither team has five players. No timeouts may be used prior to the start of the official game.
- **Warm Up:** three minutes, starting from the end of the previous game.
- **Game Time:** two 20-minute halves with a running clock and the running clock will stop for all timeouts. The clock will stop after each whistle in the final 2 minutes of regulation play. Halftime will be four minutes in duration. There is no shot clock.
- **Timeouts:** Each team is allotted four 30 second timeouts to be used anytime during the game. Teams may not move the throw-in spot as the result of a timeout as per N.C.A.A. rules.
- **Overtime:** One additional timeout will be awarded per team in each overtime and the clock stops only for timeouts and for all whistles during the last two minutes of each overtime.
 - **1st Overtime:** 3 minutes
 - **2nd Overtime:** 2 minutes
 - **3rd or More Overtime:** 1 minute
- **20 Point Rule:** If a team is ahead by 20 or more points the clock will remain running until the team behind gets back inside the twenty-point mark. With Less than 3 minutes to play, any team with a lead of 20 or more points will be declared the winner and the game will be stopped.



- **30 Point Rule:** If a team is ahead by 30 or more points the clock will remain running until the team behind gets back inside the thirty-point mark. With Less than 5 minutes to play, any team with a lead of 30 or more points will be declared the winner and the game will be stopped.
- **5 Second Closely Guarded Violation:** A closely guarded situation occurs when a player in control of the ball in his/her team's frontcourt, is continuously guarded by any opponent who is within six feet of the player who is holding or dribbling the ball. The distance must be measured from the forward foot/feet of the defender to the forward foot/feet of the ball handler. A closely guarded count must be terminated when the offensive player in control of the ball gets his/her head and shoulders past the defensive player.
- **Substitutions** must check in at the scorer's table and wait for an official to allow them to enter the game.
- **Dunking** will be allowed during games but NOT during warm-ups. No hanging on the rim at any time and will result in an unsportsmanlike conduct technical foul. Teams will be financially responsible for any and all damages to rims/goals damaged by players hanging on the rim.
- **Penalties Resulting in Ejection:** Anyone who is assessed the following shall be ejected:
 - Two unsportsmanlike conduct technical fouls.
 - Two technical fouls of any kind.
 - Any flagrant foul, personal or technical.
 - Five personal fouls.
- **Team Fouls:** Teams will shoot the one and one bonus after the seventh team foul in a half. After a team commits ten team fouls in a half, the offended team will be given a two free throw shot bonus. Each player has 5 fouls.
- **Technical Fouls**
 - Technical fouls are given to players that commit any type of behavior of the following:
 - unsportsmanlike plays
 - extensively arguing or cursing at opposing players and referees.
 - Delayed of game
 - Two technical fouls to an individual player or coach with a single game warrants ejection from the rest of the game.
 - If a team receives 3 technical fouls during the game, it will result in a forfeit.
- **Rosters:** No Rec A or Rec B league players may be on a Rec C league or Rec D Team. Rec B Teams may carry only 4 Rec A roster players on their team roster. No Rec C or D players may participate in any other division.
- **Jerseys:** Players on each team must wear jerseys that are identical in the base color of the jersey and must have a six-inch number on the back and a four-inch number on the front. Numbers must be permanently affixed to the jersey, not taped, or pinned to the jersey. Numbers that are handwritten in marker or any type of ink pen are allowed if the number is legible. Jersey numerals are required to be one- or two-digit whole numerals. Fractions and decimals numerals are not allowed. After the first week of play, players not attired as described above will not be allowed to participate.