

CO-ED ADULT 5-ON-5 BASKETBALL LEAGUE

Rules & Regulations

Watford City Recreation & Rough Rider Center

A. LEAGUE STRUCTURE

1. **Players can only appear on one team roster.** No player is eligible to play until they are signed up on a roster. If a team uses a non-registered player, the game will be a forfeit. Contact Krystal at krystalw@roughridercenter.com with any questions.
2. **Teams must have shirts or jerseys of like colors. The team listed first on the schedule will wear white and the team listed second will wear dark.**
3. **No alcoholic beverage or smoking allowed during the league. Please clean up your team area prior to leaving the facility (pickup and place garbage, etc. in proper trash cans).**
4. Rough Rider Center or Watford City Park District will not be held liable for injuries that occurred during the activity.
5. **Children must be supervised!** Please keep children seated a safe distance away from the playing area. Children must remain on the court their adult is playing on.

B. THE PLAY

1. Each team must have a minimum of 4 players for the game to be "official." Players on a team must be on the roster, you must have 4 players or more on a roster.
2. Rock, paper, scissor to determine who gets ball to start. Winner of rock, paper, scissors get choice of ball first in the first half or second half.
3. Jump balls go to the defense.
4. Free throws are worth one point and all baskets inside the 3pt arc are worth 2 point. Shots behind the arc are 3 points.
5. During free throws, players may enter the lane after release. Except for the free thrower, who must wait until the ball touches the rim, backboard or the free throw ends.
6. **Score will be kept by each team; Each team is responsible for providing a score keeper for each game.** Scores at the conclusion of the game will be reported to the Recreation Staff supervising the league. Captains must address any score disputes right away. Once scores are turned in at the end of the night, they are final.
7. Substitutions are allowed on a dead ball or after a made basket.
8. **FOULS:** Teams will be required to call their own fouls; captains will be responsible for their teams and ensure that the recreational aspect of this league is of utmost importance. Recreation staff will be monitoring and able to address issues. Play outside the rules and integrity of the game will not be tolerated and teams not abiding by this will be asked to leave.
 - a) For shooting fouls, it will be handled in the following manner: -When the basket is made – count the basket and player receives 1 free throw attempt. On regular shooting fouls when the basket is not made, the offensive player will get two free throws.
 - b) For non-shooting fouls, the offensive team will gain possession near half court.

- c) In the final two minutes of the final half and all of overtime, all non-shooting fouls will be awarded one-and-one and all shooting fouls if no points were scored will receive two-shot free throws. If points were scored, then just one-shot free throw.
- 9. Flagrant, Technical, Intentional, Unsportsmanlike, or Misconduct Fouls will result in the dismissal of the offending player for the game and for the night. ANYONE INVOLVED IN PUNCHING OR FIGHTING WILL BE EJECTED FROM THE LEAGUE. THE ONSITE STAFF HAS FINAL DISCRETION ON WHAT CONSTITUTES A FLAGRANT OR TECHNICAL FOUL. ACCESS TO CAMERAS ARE AVAILABLE.
- 10. Movement or jump assisted blocked shots on a female by a male will result in an automatic 2 points (goaltending). The only way a female's shot can be blocked by a male is standing in a set position, arms up before the female even began the initial part of the shooting motion.
- 11. All steals are legal.
- 12. A men's or women's basketball can be used. Both teams will agree upon what ball is used before the game begins. If an agreement cannot be made, a women's ball will be used in the first half and a men's ball in the second half.

C. THE TIME

- 1. **Game Start Time:** Teams will be allowed a 2-minute grace period once the official game start has passed for four players to show in order to start the game. After the 2-minute grace period, the game clock will begin and forfeit time will be in effect.
- 2. **Forfeit Time:** If a team does not have enough players to start a game after the 2-minute grace period, the clock for the first half will begin at that time. Once a team has enough players, the game can then begin. However, for each minute that has gone off the clock prior to a team having enough players, the opposing team will be awarded four points. If a team does not have enough players 10-minutes into the game, the game will be declared a forfeit. (Must have 4 players on the court) Any team that has 3 unannounced forfeits may be dropped from the league and all players would be ineligible to be picked up by another team or play in any tournament games.
- 3. **Game Duration:** We will play 20-minute running clock halves. Clock will not stop except for time outs. Overtime will consist of 3-minute running clock. If still tied after overtime, sudden death free throws will be administered. Both teams will alternate shooting free-throws. First to miss loses, however if the first team to shoot misses then the other team has to make the free throw to win. If both teams miss their first free throw, the next made free throw wins. Everyone on your team has to shoot a free-throw before someone can shoot again.
- 4. **Time Outs:** Each team can call one one-minute time out per half.

D. DEBATES

- 1. **The TEAM CAPTAIN** is expected to represent his/her team in all conversations with the Supervisor. Only the captain has the right to approach the Supervisor for any reason. If there is a dispute which needs to be resolved, the Supervisor's decision is final. Once play resumes after a disagreement, the problem is considered a dead issue. During any protest, time on the game clock shall continue to run.
- 2. **All team members are required to read through and understand these rules.**

3. The captains are responsible for understanding and communicating game rules if there is a debate, settling disputes, and recording final scores of each game. If any player is disrespectful to our Supervisor, they may be suspended for the game, the night or the league.

F. OTHER REGULATIONS

1. A player **must** leave the game if they incur an abrasion with flowing blood. Once the flow has stopped and there is no chance of blood contacting other players, the player with the abrasion may reenter the game.
2. Players that are injured should be tended to immediately and if needed, taken off the court to be tended to. Injuries do not stop the clock. If an injury consumes a significant amount of game time, the league supervisor has the discretion to add up to but not to exceed 3 minutes to the end of the game to make up for that time.

G. TOURNAMNET FORMAT

1. The end of league tournament will consist of a seeded single elimination tournament.
2. **Seeding:** Seeding will be based on end of season record. In the event of a tie, the following tiebreaker rules will apply in this order:
 - a. Head-to-Head
 - b. Point Differential
 - c. Coin Flip