NORWALK PARK & REC. ADULT BASKETBALL LEAGUE RULES 2025-26

***IMPORTANT** We all love our kids, but this is your one night that they are not to be a distraction. In the past, we have tried to loosen up regarding children attending adult leagues. Unfortunately, this has been severely abused. Children must be 14 years of age to be in the gymnasium during adult leagues outside of lap babies. If fussiness occurs, please head out to the lobby as to not distract players and referees. There are no exceptions. CAPTAINS, PLEASE INFORM YOUR PLAYERS!!*

ELIGIBILITY:

1. All players must be out of high school.

2. Any player quitting or leaving a team for any reason, must be released by his team before joining another. To join another team, you must first have permission from the league director.

3. All paperwork and fees must be paid before any player is to participate. Furthermore, all fees must be turned into the Norwalk Rec.

4. Team sponsors in the City Basketball League reserve the right to request the return of their uniforms if a team member quits to join another team. Once this request is made, the player must either return the uniform or reimburse the sponsor for its purchase cost. Any player who refuses will not be permitted to participate in any Norwalk Park & Rec. sponsored program.

5. Persons found falsifying their address will result in forfeited games and team fines and suspensions. It is the captain's responsibility to validate his players' addresses. All rosters must be updated, including addresses. This is the captain's responsibility.

6. Each player may play on multiple teams. However, they may only be on 1 team on any given night.

7. After the teams have been divided and schedules set, any player added to a team must receive permission from the League Director. This is to prevent a team from adding "A" caliber players in lower divisions.

PLAYING RULES:

1. This year's league will be played under high school rules with a few exceptions.

2. Only players on the roster and the coach are allowed on the bench.

3. All technical fouls will result in a two-shot foul and possession of the ball.

4. A team must have 4 players to start a game, but can finish with any amount, to the referee's discretion. There will be a 5-minute warm up period and 3-minute half time. If a team has less than 4 players at game time, the opposing team has the option of taking the forfeit, or wait up to 10 minutes, with the clock running.

5. A team that forfeits will pay a $50 fine before their next game. After 2 forfeits, teams may be removed from the league.

6. 1 + 1 will be in effect on and after the 7th team foul per half. Two shots will be awarded on and after the 10th team foul of the half.

7. Playing time will be two twenty-minute halves. The clock will not stop except for time-outs, the last two minutes of the game and at the ref's discretion. If there is a 15-pt. lead at the 2-minute mark (or any time after), the clock will continue to run. Once at 15, the score must get under 10 to stop on all whistles.

8. Each team will be allowed 3-time outs per game. There is one time out per team in overtime, no carryovers. Only 1 overtime will be played. If the teams are tied at the end of OT, the game will be considered a tie. OT will start with a jump ball and will be 2 minutes. Foul situation carries over from the 2nd half.

9. If the team that calls the time out has possession of the ball, after a made basket, they will have the option of taking the ball out at half or full court.

10. Any unnecessary attempts to delay the action will result in a technical foul. This does not apply to situations where teams are using legal means to run out the clock.

11. All players must wear the same color jerseys or t-shirts to be eligible to participate. Two performers may not wear the same number. Tape is not an acceptable means to provide a number. A two-shot foul will be enforced, at the beginning of the game, for any player that does not have a valid number. Players who arrive late (without a valid number), technical fouls will only apply if they enter the game. Possession of the ball will be awarded to the non-violating team.

12. No jewelry will be allowed. Players found wearing jewelry will result in a team time-out. This includes all watches, necklaces, earrings etc. Wedding bands, medical alert bracelets/necklaces (must be covered with tape) are the only exceptions.

13. No headcover allowed. This includes hats, bandanas etc. Sweat band is not considered headcover.

14. Early called game – The official has the authority to call a game, under the following conditions: The game is UNDER 2 MINUTES TO PLAY, and the trailing team is down by more than 20 points and/or has either verbally told the official to call the game and/or the trailing team is making little to no effort to compete.

15. All off ball fouls under 2 minutes will result in a (1) shot foul-shot and possession of the ball at point of interruption.

COED: Court play must consist of three women and two men, or three men and two women. A team may play with as few as four players. <u>However, at no time may the number of male players on the court exceed the number of female players by more than one player</u>. **Males may not block a female short nor steal the ball unless the female has the ball in the key.**

RULES OF CONDUCT:

1. Any harassment of officials, or league offices or Rec. Staff will result in an automatic suspension from all leagues.

2. Anyone receiving 2 unsportsmanlike technical fouls will be automatically ejected from the game. Anyone ejected will sit a minimum of 1 game and pay a $20 fine. ANY SUSPENDED PLAYER MUST MEET WITH THE LEAGUE DIRECTOR TO BE REINSTATED.

3. All unsportsmanlike technicals will result in 2 shots and the ball. If a player receives 3 in one season, that player will be suspended for the remainder of the season. Unsportsmanlike technicals include dunking in pre-game, swearing, complaining, taunting, spiking the ball etc.

4. When a player is ejected, he has 3 minutes to leave the facility, or his team will forfeit.

5. **If a player is ejected 2 times in a season (or 3 technicals as indicated above), he is suspended indefinitely from all programs**. A player may be suspended after the 1st ejection based on severity.

6. Any damage done to Park & Rec facilities will be paid for by the individual responsible.

7. A player that dunks the basketball and hangs on the rim (without protecting himself) could be held liable for any damage to the rim and/or backboard.

FACILITY RULES:

1. No smoking or **vaping** in any city buildings. Violators will be asked to leave the premises.

2. No profanity or fighting.

3. Street shoes will not be allowed on the gym surface. Carry in a clean change of shoes.

4. No alcoholic beverages on the premises.

League Director: Payton Shober 419-663-6775 ext. 1026