

Norfolk Parks and Recreation Department

Adult Basketball League Rules

INTRODUCTION

The City of Norfolk Parks and Recreation welcomes your team to our program. Please review the enclosed rules and materials with your team.

The Norfolk Recreation Department reserves the right to make changes to this document as necessary during the course of the season. Captain will be notified of any changes.

If you have any questions, please feel free to email Recreation Coordinator Ron LaMie. rlamie@norfolkne.gov.

LIABILITY STATEMENT

The City of Norfolk requires a “**Participant Release**” document to be signed before participation in a city-sponsored or co-sponsored activity. The document will be available for all team members to sign on the first night of games. All team members must fill out the waiver form before they are allowed to participate.

ELIGIBILITY

1. All players must be 16 years of age prior to the start of league play.
2. No player currently competing in that sport in junior college, college, or professional team will be allowed to participate.
3. All team fees must be paid online on Active Net before participating in the league.
4. The league will be capped at the first 10 teams to submit a complete roster (at least 4 players) and PAY. If you have not paid, you are not guaranteed a spot in the league.

CONDUCT

1. Unsportsmanlike conduct, disrespect, vulgarity, or profanity will not be tolerated.
2. Players removed from the game because of these issues will receive an automatic one (1) game suspension. The Recreation Coordinator depending on the severity of the offense may give a longer suspension.
3. It is unacceptable to not show up for your required game time, teams that do not show up face future expulsion from Norfolk Recreation Adult Sports Leagues.
4. If you cannot make a game for any reason, you must let the Recreation Coordinator at least 24 hours in advance. Failure to do so can result in team suspension or termination.

The City of Norfolk and Norfolk School District encourage no children at adult basketball games. If a child/ren does have to be present, an adult must supervise them at all times. All children must remain in the gym. If supervision is not provided, a team player will need to sit with the child/ren and the team will play short if necessary. If the game has to stop to manage children, we have the right to ask the parents to take their children out of the facility.

ROSTER/ROSTER CHANGES

1. Roster changes can be made up to the fourth game of the season (December 21), by contacting the Recreation Coordinator.
2. If a player is not listed on the roster by week four, or has not filled out a waiver they will not be allowed to participate.
3. If a person is on two or more rosters in the league, the player will be assigned to the first team they played for.
4. League managers may request to see the current roster of any other team in their league during regular business hours. A protest of player eligibility must be brought to the Recreation Coordinator's attention on the next business day.

COST

1. Teams will have to pay the league fee of \$150 to be guaranteed a spot.

DATE/TIME/LOCATION

1. All games will be played on Wednesday nights at Norfolk High School.
2. We will use the main court basketball court and the side basketball court.
3. Games will be played at 7 and 8 P.M. Teams will play one game a night.
4. Games will be played on Nov. 30, Dec. 7, 14, and 21 (no games on Dec 28). Jan. 4, 11, 18, and 25. Feb. 8, 15, and 22. Mar. 1, 8, 15, and 22.
5. Mid-season tournament is on February 1. End of year tournament is on March 29.

FACILITIES/EQUIPMENT

It is imperative that all participants show respect and take care of all school facilities and equipment. The following guidelines must be observed:

1. ***CLEATED OR BLACK-SOLED SHOES WILL NOT BE ALLOWED.*** Change into your game shoes at the gym so the courts will remain in good shape all evening.
2. Participants without the proper gym shoes will be asked to leave or sit out. You must have proper shoes to participate.
3. There is no smoking, food, or drink allowed in the school facilities by participants or their supporters.
4. Basketballs and other equipment needed will be provided by the city.

CANCELLATIONS/POSTPONEMENTS

1. If inclement weather occurs during the day, captains will be contacted via text, email, and the Parks and Recreations Facebook page for any cancelations.
2. If a team does not show up and the Recreation Coordinator was given no notice about the absence, that team will forfeit those games. In no way will those games be made up in any way!

TOURNAMENT CHAMPIONS

1. Tournament seeding will be done by a blind draw.
2. Records will not matter during the regular season.
3. Mid-Season awards are still to be determined for first and second place.
4. End-of-the-year tournament awards are still to be determined for first and second place.

NORFOLK ADULT BASKETBALL LEAGUE PLAYING RULES:

OFFICIATING: All games are self-officiated by the teams playing on the court.

1. The designated home team will get the ball first to start the game. The team starts from the top of the three-point line on whatever basket they choose. The guest team will start with the ball at the beginning of the second half. (Scorekeepers will let the teams know who is Home and who is Guest).
2. Teams on the court will now be responsible for calling their own fouls. There will be no designed ref on the floor.
3. Any non-shooting foul is called, the team will then get a new possession on the top of the three-point line.
4. A pass must be made from the top of the three-point line after a foul is called.
5. If a shooting foul is called, that player will get one shot from the free throw line. If a free throw is made it is worth two points, and a miss is worth zero. If there is a shooting foul on a three-point attempt, a free throw made is worth three points.
6. No rebounding allowed on the free throw attempts. Whether it is a make or miss the defensive team will receive the ball out of bounce going the other way.
7. 1 and 1 free throws will be in effect in the last two minutes of the second half for shooting and non-shooting fouls. This rule will only come into effect if the game is within 10 points. These free throws will be worth one point each and teams will be allowed to rebound like normal.

SCORING: Small scoreboards will be available on the sidelines. The city will provide staff members to help monitor the time and score for the games. Please be aware, if the city cannot provide staff during any evening, extra team members will be asked to help score the games. Scoring will be done regularly with two and three-point baskets.

GAME LENGTH: Two 22-minute halves. Running clock for both halves. The clock will only stop for time-outs and an injury. There will also be a 5-minute half-time. Once the second half is over, the game is over unless there is a tie.

OVERTIME: If a game is tied at the end of the second half, the game will be stopped. The team that has possession of the ball will start at the top of the three-point line. A pass must be made. Last team to score wins.

TIMEOUTS: Two 30-second time-outs per half. Timeouts do not carry over from half or overtime. Timeouts can be called by anyone on the court during an offensive possession.

ROSTERS: Team Captains must fill out a roster card before the season begins. Any of the players on the roster can play. Max of ten or a minimum of five players can be on a roster.

UNIFORMS/EQUIPMENT: Team must have similarly colored shirts or jerseys when playing. If teams are too close in the same jersey or shirt colors, adult jerseys will be provided by the city. Twelve basketballs are also available for team use; outside basketballs can be brought in for the games if both teams agree to use them.

FORFEITS: Teams can play with four players in a game if both teams agree to go forward. Teams cannot play with less than four players, those games will be forfeited.

SUBSTITUTES: Subs will be allowed into the game only on dead-ball situations.

COURT CONDUCT: Poor conduct will not be tolerated. Players and teams are subject to suspension by the Recreation Coordinator. Please play respectfully and remember this is a fun rec league during the winter months.