

ROCHESTER PARK AND RECREATION DEPARTMENT  
201 4<sup>TH</sup> ST SE – ROOM 150  
ROCHESTER, MN. 55904  
(507) 328-2525

**ADULT BASKETBALL LEAGUE**

**PARTICIPATION RULES**

1. Recreation Division players must be 18 years of age.
2. Every player must be on a team roster in all leagues, and must sign waiver of liability.
3. Players are only permitted to play on one team per night.
4. Players and spectators will be supervised by the Park and Recreation Department employees who are authorized to maintain order.
5. No smoking or use of tobacco products will be allowed in District 535, RCTC, or City of Rochester facilities or grounds.
6. Children must be supervised by an adult.

**ADULT BASKETBALL LEAGUE GAME RULES**

1. At least five players must be present to begin a game. If a team is not present at the starting time for their game, a forfeit will be given to the opposing team providing they have enough players to start the game. Otherwise, it will be a double forfeit.
2. Players may not wear jewelry.
3. Playing Time – Game will consist of two 20-minute running-time halves and 3 minute half-time. The final 1 minute of each half will be stop time.
4. Overtime shall be 2 minutes running time, and 1 minute stop time, or if the team calls a time-out, the clock will stop. After 1<sup>st</sup> overtime the 2<sup>nd</sup> overtime is first to score sudden death.
5. Three time-outs per game.
6. A jump ball will be held to begin the game or for extra periods. In all other jump ball situations, the teams will alternate taking the ball out-of-bounds for a throw-in.
7. Players will shoot the bonus on the 7<sup>th</sup> foul team foul. Double bonus on the 10<sup>th</sup> team foul.
8. An individual fouled in the act of shooting a three point shot will be awarded three free throws.
9. Any manager or player ejected from a game must leave the playing area immediately and will not be eligible for his or her next game; a second ejection during the same season will result in suspension from league participation for the remainder of that season.
10. A single flagrant or 2 technical fouls will result in a player ejection.
  - a. According to the NFHS rules book a flagrant foul: “may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking and kneeling. If technical, it involves dead-ball contact or noncontact at any time which is extreme or persistent, vulgar or abusive -conduct. Fighting is a flagrant act.”

- b. According to the NFHS rules book a player technical foul includes (but is not limited to):
    - i. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
    - ii. Using profane or inappropriate language or obscene gestures.
    - iii. Baiting or taunting an opponent.
    - iv. Faking being fouled, knowingly attempting a free throw or accepting a foul to which the player was not entitled.
    - v. Use alcohol, or any form of tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion of the contest.
    - vi. Leave the playing court for an unauthorized reason to demonstrate resentment, disgust or intimidation.
11. Technical fouls will count towards an individual's personal foul total.
  12. All technical fouls carry a penalty of two free throws. Possession of the ball will be awarded to the offended player's team.
  13. Leagues will be using the 19 feet, 9 inches line (high school line) for three point scores.
  14. No dunking or hanging on the rims is allowed at any time (except for the Thursday Night Men's Blue League).
  15. No one can step in the lane on foul shots until the shooter releases the ball (2014-2015 H.S. rule change).
  16. Leagues will not be enforcing/using the Restricted Arc (under the basket) as a means to determine block/charge calls.
  17. With the exception/clarification of the above rules, all games will be played in accordance with the National Federation Basketball Rules (high school Edition).

#### **BLOOD/OPEN WOUND STATEMENT**

Aggressive treatment of open wounds or skin lesions should be followed. In particular, whenever an athletics participant suffers a laceration or wound oozing or bleeding occurs, the contest must be stopped at the earliest possible time, and the athlete must leave the field of play and may not re-enter until; (1) the bleeding has stopped and (2) the injury is covered. It is highly recommended that all teams have first aid kit at their disposal.

#### **PROFANITY**

Any profanity used towards the referee, scorekeeper or supervisor will result in a technical foul (two shots); second offense - player or players and manager will be ejected from the game and the playing area. Third offense – three game suspension and player or manager are not allowed in the gym.

Any player or manager swearing at a missed shot, pass or violation will result in awarding one point towards the opposing team, play will continue.

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