

WEST DES MOINES PARKS AND RECREATION  
222-3444

# ADULT BASKETBALL LEAGUE RULES

## A. ELIGIBILITY

1. All players must be 18 and out of high school.
2. No player is allowed to play on more than one team within the same league in West Des Moines during the same season. Violation will result in individual suspension and/or game or match forfeiture.
3. ~~To be eligible~~ To be eligible to play in any game a player's name and signature must appear on the official team roster or an Add-A-Player form before game time. If the player does not reside within the West Des Moines City boundaries, the \$6.00 non-resident fee must also be paid. Only a check or correct change will be accepted at school sites.
4. A legal picture I.D. is required of all players at all games.
5. See G. Roster Protest

## B. THE GAME

1. Official high school rules will apply with the below listed exceptions.
2. The clock will be a running clock.
  - a. The game will consist of two (2) twenty-minute halves.
  - b. The clock will stop the last two minutes of each half for everything.
3. Each team will be allowed two time-outs per half. Time-outs can not be carried over from 1st to 2nd half, but can be carried over into overtime. During each extra period, each team is allowed one extra time-out.
4. The Recreation Department will furnish the game ball.
5. There will be a five-minute break between halves.
6. Score keeper not required to keep track of individual points.
7. **Game time is forfeit time.**
8. Managers must record ALL team members' first and last names and numbers onto the game score sheet prior to game time. If a player reports to the scorekeeper after the game starts and is not listed on the score sheet, the team will be assessed a technical foul.
9. Substitutions can only be made during a dead ball. Scorekeeper must be notified of all substitutions prior to them entering game.
10. The manager is responsible for his teams actions and is the only one permitted to talk to the officials during the game.
11. If during a game pushing and shoving or other excessive physical contact persists beyond a normal level and the official feels that it is to either or both teams benefit or safety, he has the authority to call the game a forfeit or double forfeit at that point.
12. Spectators are welcome at the games but must conduct themselves accordingly. Managers will be held responsible for the conduct of their spectators. Children are to be kept in the stands. If a parent allows their children to run about the gym and/or the school building, they will be asked to leave.
13. No profanity by teams or spectators will be allowed/automatic technical foul. Penalty: See Section K. #5 and #6.
14. No beer or alcoholic beverages are allowed in any school facility.
15. No food/drink or shoes leaving marks on the floor allowed in any gyms.
16. Dunking, **during game time only**, is allowed in designated gyms only. Dunking, attempting to dunk or hanging on the rim in any non-designated gym before, during or after games in any gym is not permitted at any time. Penalty and exceptions: See Section L., 12 & L., 12a.
17. 3 point lines will be used in gyms where available.

### C. FORFEITURE

1. A game is forfeited if adequate team members do not show at the scheduled game time. Game time is forfeit time. If an entire team "no shows" without notifying the Recreation Office and/or the opposing Manager before the game, the team is automatically out of the league with no refund.
2. If your team forfeits a game without notifying the Recreation Office 24 hours before game time you will need to pay **\$20** before you will be allowed to play in the next game. The second forfeit will cost **\$40**. More than two forfeits in one season will result in immediate release from the league with no refund of any fees. ***All forfeit fees collected will be donated to WDM Human Services.***
3. Teams may start with 4 players. When the 5th player arrives he/she may be inserted immediately into the lineup. If, after the start of a game, because of injury or disqualification, a team has fewer than 4 eligible players, they may continue play.
4. Score for a forfeited game will be 2-0 unless the team forfeited to is ahead during game, then the score will stand.

### D. OVERTIME

1. If the game ends in a tie, a two (2) minute overtime shall be played with a continuous clock, except the last one (1) minute. Repeat if still tied after 1<sup>st</sup> overtime.
2. If game is tied after 2nd overtime, the game will be finished by "sudden death" ..... first team to score wins.
3. During each extra period, each team is allowed one extra time-out. Time-outs can be carried over into overtime, but can not be carried over from 1st to 2nd half.
4. Jump ball at 1/2 court.

### E. UNIFORMS

1. All team members at the start of the season must have the same identical color and style of shirt. Reversible jerseys are recommended. Any questionable shirts must be approved by the Sports Supervisor or Coordinator prior to game time. Score keepers or Officials may not allow questionable shirts.
2. Permanent numbers must be printed on both the front and back of the shirt and be visible to the official scorekeeper.
3. Numbers 1 & 2 by themselves are illegal, as well as digits higher than 5.
4. Duplicate numbers will not be permitted.
5. No switching of shirts between players during a game is allowed.
6. When both teams have same colored jerseys in a game; the visiting team must wear mesh pull-overs provided by the Department.
7. No shoes leaving marks on the floor will be permitted in gym

### F. GAME PROTESTS

1. All protests must be stated clearly and definitively by the manager to referee and the score keeper at the first dead ball following the infraction.
2. If no decision can be reached in (1) above, the protesting team manager must submit in writing the protest and deliver to the West Des Moines Recreation Office within 24 (working) hours of the game. All protests must be accompanied by a \$20 protest fee which will be fully refunded if the protest is upheld. Protests will be decided upon by a Protest Committee consisting of a Referee not doing this game, Sports Supervisor, and one of the following three (Player Representative, Sports Coordinator or Scorekeeper).
3. Protests will be accepted regarding rule interpretation only. Judgment calls are not open to protest.
4. Protests will be considered only when the play in question had a "Significant Effect" on the outcome of the game.

## **G. ROSTER PROTEST**

1. If a team or the Dept has a question about a player's eligibility, the following procedures must be followed:
  - a. Player must be protested upon recognition and before the game ends by opposing team.
  - b. Notify official, opposing team manager and scorekeeper of protest.
  - c. Player in question must produce a legal picture I.D. to the Official and the score keeper and must sign and print his/her name on score sheet.
  - d. No I.D. ----- No Play.
  - e. Game will resume if I.D. matches score sheet.
  - f. Score sheet will be turned into Recreation Office. If their name does not appear on roster, if they use another players name or if signatures do not match, team will forfeit this game and any other games (that were won) in which the player participated.
  - g. No fee charged for a roster protest.

## **H. WEATHER**

1. In the event of adverse or questionable weather conditions all managers and players must please call **222-3500** for a recording. **If the recording is not updated, games will be held as scheduled.** Please do not call until after 5:00 pm during the week or after 11:00 am. on Sundays. The Department will not call the managers.

## **I. AWARDS / STANDINGS**

1. Team trophies will be awarded to the first and second place teams in the league. 1st place plaque will be awarded to Tournament Champion (if applies to your league - See Rule K., 1.).
2. League Champion t-shirts will be awarded to all rostered players of team finishing 1<sup>st</sup> in league.
3. All games will count toward league standings. Current standings can be found on WDM City Website at [www.wdm-ia.com](http://www.wdm-ia.com). Go to Parks & Recreation & then Adult Sports Info.
4. Tie-breaker - In the event of identical records:
  - a. Head to head competition.
  - b. Highest point differential in head to head games.
  - c. Most total points throughout entire season.
5. Game Scores and Standings will be posted at [www.wdm-ia.com](http://www.wdm-ia.com). Go to Parks & Rec., then Adult Sports Info.

## **J. BLOOD RULE**

1. A player who is bleeding, has an open wound, or has excessive amount of blood on his uniform must leave the game and may not return prior to the first opportunity for such player to re-enter. Player will be allowed to switch jerseys with another player or change to different jersey (this new jersey does not have to match existing jersey color or style) without penalty under these circumstances.

## **K. LEAGUE TOURNAMENT**

1. A League Tournament will be held only for leagues who did not receive 10 league games due to low or high registration in their specific league. Not every League will have a League Tournament. A large majority of money budgeted for awards will go toward League 1<sup>st</sup> and 2<sup>nd</sup> place finishers (See Rule II. and I. 2.) and a small plaque will go to League Tourney winners. Please do not over emphasize the importance of League Tourneys. Scheduling some leagues with Tourneys allows the Department flexibility to accept the proper levels of teams in the appropriate leagues without being handcuffed to a certain # of teams in each league.

## **L. FOULS AND PENALTIES**

1. Common (non-shooting) fouls will be shot beginning with the seventh team foul of the half.
2. Bonus free throws will be one and one. Beginning with the 10th team foul, it will be 2 shots.
3. Players will not be allowed to enter free throw lane during a free throw attempt until basketball leaves free throwers fingertips.
4. During free throws only 2 offensive and 4 defensive players (3 on each side) will be allowed on the free throw lane. **No player(s) may occupy lane spaces nearest the basket.** Players must stand between the blocks on the lane, not on them as in college. Other players not on free throw lane will not be allowed to move once ball is handed to shooter and must be behind free throw line extended and beyond 3 point line.

## L. FOULS AND PENALTIES (cont.)

5. A technical foul is a personal foul.
6. If a player is tagged with one (1) technical foul in one game, that player will have to sit out one (1) minute of game time (after all technical fouls are shot) before returning to the game, including any overtime game. \*Exception - dunking the ball.
7. Two (2) technical fouls in one (1) game and the player is out of that game and the next game as well.
8. Should a player accumulate four (4) technical fouls over any part of a season, they will be given a two (2) game suspension. Should a fifth (5th) technical be received after the player returns, the player will be suspended for the remainder of the current basketball season.
9. Should a team accumulate three (3) technical fouls in one (1) game, the team shall forfeit that game if they win. If team loses, or is losing at the time, the score will remain.
10. Should a team accumulate seven (7) technical fouls over any part of a season, the team will be removed from the league at the Department's discretion.
11. Non-Conduct related technical fouls WILL NOT apply toward accumulated team technical totals; i.e. Technical foul issued for illegal substitutions.
12. **Dunking will be allowed in designated gyms only. Designated gyms this year are Valley Fieldhouse and Valley Southwoods Center Court. Dunking will only be allowed during actual game. It will not be allowed before or after any game and following penalties will apply.** In any non-designated gym, if a ball is dunked, attempted to be dunked, or hanging on the rim at any time, whether before, during or after a game the player will be charged with one (1) technical foul, ejected from the game and suspended for the next game. Second offense - ejected from league for entire season. Any basket made in the attempt to dunk will be disallowed. This penalty will also be applied in designated gyms if it occurs before or after game.
  - a. Exception: A player may grasp the basket in any gym to prevent injury.
13. Any team member ejected from two (2) different games during a season will be suspended for the remainder of that season.
14. ***Baiting or Taunting an opponent is an unsportsmanlike foul. The Department disapproves of any form of taunting which is intended to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.***

## M. RULES OF CONDUCT

1. The City reserves the right through its representatives to control all activities and to eject any person(s) from the Facility who deviates from the rules and regulations of said facility or league, deviates from Department Rules of Conduct which can be viewed at <http://www.wdm.iowa.gov/government/parks-recreation/adult-sports/basketball> or poses a threat to the safety of self or others. In such case, there will be no refund of user fees or deposits.
2. Each manager will be held responsible for the conduct of his/her team players and is responsible to see that all rules are observed. The manager must maintain complete control of him/herself and team members at all times; this includes before, during or after a game and any other time involved with the Basketball program. The key to a successful program is in the hands of the manager and, in turn, his/her players. Good leadership will ensure a good program.
3. Officials/Parks & Rec. Staff and their decisions will be respected and not interfered with at any time. Unsportsmanlike conduct, disrespect, vulgarity, profanity **or taunting** of players, officials or Parks & Rec. staff will not be tolerated at any time. Any manager or player removed from a game will receive an automatic one (1) game suspension to be served in the next consecutive game. A longer suspension may be given by the Sports Supervisor, depending on the severity of the offense. Any player or manager that is ejected from a game must leave the gym.
4. A game will be forfeited in the event a team fails to respect the officials authority or decisions; one warning will be given prior to such action. If a team receives a forfeit win or a forfeit loss, this will count as a game played.
5. In any discussion with an official, only the manager will be permitted to enter the discussion.
  - a. Unsportsmanlike conduct will not be tolerated.
  - b. Threatening of an official will have an automatic 1 year suspension. Personal harassment of officials (referees, scorekeeper, supervisors, directors) may be cause for either the team or individual to be suspended from league or Tournament play. A player does not have to be in the game for this rule to be in effect. He/she could be a spectator of a team. Teams are responsible for their own spectators.
6. Any manager or player that is involved in a fight or making physical contact with a referee, staff or another player shall be suspended from ALL West Des Moines Parks and Recreation Department Adult Sports Leagues and Tournaments for one (1) calendar year.