

# Adult Basketball

## Guide Book

### 2016-2017

Salt Lake County Parks & Recreation



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**Salt Lake County Sports Office # 385-468-1670**  
**5201 South Murray Park Lane**  
**[www.recreation.slco.org/sportsoffice/](http://www.recreation.slco.org/sportsoffice/)**

### **Points of Interest:**

- New rule from the NFHS rule book: **9-1-4g**: A player occupying a marked lane space...may enter the lane on the release of the ball by the free throw shooter.
- Revised Rule from the NFHS rule book: **10-6-12 NEW**: The following acts constitute a foul when committed against a ball handler/dribbler:
  - a. Placing two hands on the player.
  - b. Placing an extended arm bar on the player.
  - c. Placing and keeping a hand on the player.
  - d. Contacting the player more than once with the same hand or alternating hands.

## **I. PHILOSOPHY**

The Salt Lake County Recreational Adult Basketball Program is intended to provide participants with an opportunity to play basketball in an organized, competitive, and recreational environment.

One of the goals of the program is to promote the ideals of sportsmanship and physical fitness to all participants, regardless of sex, race, creed or color. More important than any game are the participants and their needs. The adult Basketball Program strives to bring area residents closer together through their common interests in sportsmanship, cooperation and appreciation of the game.

## **II. SPORTSMANSHIP**

A good portion of this manual is devoted to this topic, primarily out of necessity. The desire to win often produces a style of play contrary to the principles of sportsmanship and fair play. Salt Lake County Recreation cannot and will not tolerate such a style that ignores good sportsmanship and clean play. Remember: It's only a game.

## **III. PROGRAM ADMINISTRATION**

A. The leagues will be known as the Salt Lake County Sports Leagues.

B. The Salt Lake County Sports Staff will determine the placement of teams:

1. Any open spots cannot be sold, bartered or traded. Any vacated spots will be filled at the discretion of the Salt Lake County Sports staff.

a. Mandatory condition to secure your spot for placement is FULL payment of fees or enrollment of the payment plan with down payment paid on or before deadline.

## IV. DIVISIONS

### A. Men's League

1. Competitive Leagues– A competitive league may have as many former college players as they want. No players currently playing with a college team may play in the leagues.
2. Semi-Competitive Leagues- Teams are allowed no more than 2 college players per team in this division unless the former college player is over the age of 35.
3. Recreational Leagues- Teams cannot have any college letterman in this division unless the former college player is over the age of 35.
4. 30+ Leagues- Players must have turned 30 years or older before they may participant. Proof of age must be provided to the scorekeeper. If a player is 29yrs old but will turn 30yrs during the season, that player may be added to the roster following the roster rules but, they may not play in any games until they have officially turned 30 years old.
5. “Corporate” Leagues- All players must be employed by an individual or business sponsoring the team, and must work at least 32 hours per week for said employer. Corporate League teams must have their roster signed by a Human Resource or Personnel representative from their company, verifying employment of all rostered players. Please refer to page 10 for complete rules for the Corporate league.

### B. Women's Leagues

1. Leagues are divided into *Competitive*, *Semi-Competitive* and *Recreational*. In the Recreational division, teams may only have one player that has earned a college letter and is under the age of 30.
2. Players must play in 1 regular season game to be eligible to play in any post-season tournament.

## V. ROSTERS

- A. All rosters *must* be completed and signed by team manager and turned in to the official league supervisor *PRIOR TO* the start of the first league game.

For rosters to be valid, the manager must have all information filled out, including name, signature, address, zip code, and telephone number of each team player.

1. Because of legal requirements, everyone must sign the roster before playing in any game.
2. The league supervisor has the right to request identification of players from any team to ensure eligibility.

*Penalty: If the player is found to be ineligible, the game will be a forfeit. If the player does not have identification with him/her, it will be the player's responsibility to provide and show identification to the league supervisor on the day of the game. If the player is unable to do so, he/she must provide identification before his/her next game.*

3. An unrostered player may not play under the name of a rostered player.

*Penalty: When a player is caught playing under an assumed name, the acting manager and the illegal player will be suspended from any league in which they participate, and that game declared a forfeit.*

*First offense - 2 games*

*Second offense - Remainder of the season*

- B. Teams may carry a maximum of 20 players on their roster. If a team wants to add an additional player, another player must be dropped to keep the maximum number of 20.
- C. If a player on the roster is suspended for any reason his/her spot on the roster cannot be replaced. If a player is suspended at the end of the season, they will serve a two game suspension at the beginning of the next league in which they play.
- D. It is the responsibility of the team manager to keep his/her roster current. These changes must be transacted between manager and league *supervisor* only. *Do not call the county sports office regarding roster changes.* Obtain the name and contact information from your league supervisor at the beginning of league play. If you don't have the number the sports office can provide it for you.
- E. The official roster shall be kept by the league supervisor in which the team participates.
- F. The deadline for adding players to the roster is halfway through the season.
- G. Each team will have one emergency add to use one time for one player to the roster. This can be done day of game, even after the roster is frozen. (Exception: No new players are allowed to play in the tournament play unless Rule H is followed below).
- H. Players must play in at least 2 round robin league games to be eligible to play in any post-season tournament.

## VI. PLAYER ELIGIBILITY

- A. All players in the adult programs must be at least 16 years old to participate. Young men and women under 18 will be required to have their parents or legal guardian complete and sign a Player Consent Form, available from the league supervisor.
- B. It is the player's responsibility to produce photo ID to the league supervisor, if requested, on the day of the game. The player has until the following game to show proof of ID. If the player fails to, the game will be declared a forfeit.

C. A player may only play on one team per league.

## VII. RULES AND GUIDELINES

A. All games will be supervised by Salt Lake County Parks & Recreation personnel and governed by current Utah High School Rules, with the exceptions listed in this section.

1. All leagues will play two 16-minute halves, with a 3-minute overtime when necessary. *If necessary, a second overtime will be 2-minutes. If both overtime period end in a tie, the game will go to sudden death where the first team to score a point wins the game.*
2. The clock will stop only during:
  - a. Timeouts
  - b. Shooting Fouls
  - c. All whistles during last minute of each half.
  - d. All whistles during the last minute of overtime.
  - e. Unusually long delay in game (injury, officials timeout, unplayable ball, etc).
3. Mercy Rule- If a team is up by 20 or more points the clock will no longer stop for any reason (except time outs and injuries). The Mercy Rule will no longer be in effect once the team that is down gets the score **to a 15 point or less difference**.
4. Each team has three full timeouts and two thirty-second timeouts per game. Full timeouts may be used at any time and the thirty second timeouts are to be used one each half, and cannot be carried over from one half to the next. *One timeout will be allotted in the first overtime. No timeouts will be given for the second OT or sudden death.*
5. A team **MUST** have at least four rostered players by game time to avoid a forfeit. A team may play the entire game with four rostered players. Game format will remain the same with the four players.

## 7. Free Throws

- A. Bonus free throws are shot on the seventh team foul in each half. Double bonus is in effect on the tenth team foul in each half.
- B. The maximum players allowed in the key during free throws is two offensive and four defensive players. The minimum is two defensive and no offensive.

8. All technical fouls count as both personal fouls and team fouls.

9. Dunking Rule: Copperview, Franklin Covey, Gene Fullmer, Millcreek, Holladay Lions, Taylorsville, Dimple Dell all allow dunking. All other sites, especially ALL Schools, there is *absolutely NO dunking, attempted dunking, or hanging on the rim* allowed, unless failure to do so would result in injury. This rule also applies during pre-game warm-ups, at halftime, or after the game. A player who dunks after a game will be suspended for the 2 league games. Game suspensions will carry over from season to season.

*Minimum Penalty—Player will be assessed a technical foul and will have to sit out 8 minutes of scheduled game time.*

*Maximum Penalty – Player will be immediately ejected and suspended from a number of games determined by the league supervisor and program manager.*

10. A player causing property damage of any kind at any facility will be liable for repair costs, and may receive a minimum of 2 game suspension and a maximum of a one-year suspension from all County Adult Basketball Leagues.

## B. Blood Rule

1. A player who is bleeding or has an open wound must leave the game until the bleeding is stopped, the wound is completely covered and if necessary the bloody clothing has been replaced. No penalty will be assessed if a replacement jersey does not exactly match the team color, as long as it is similar. Any bleeding or bloody player refusing to leave a game will be ejected.



## VIII. UNIFORMS

- A. As a team, it will be *mandatory* for all players to have matching uniforms. Uniforms will consist of matching color reversible jerseys with at least 6-inch numbers in a contrasting color on the front and back.
- B. Players must have shorts pulled to the waist.
- C. Proper athletic shoes must be worn. No street shoes, sandals of any kind, bare or stocking feet, or cleated shoes allowed. Black-soled shoes that leave noticeable marks on the gym floor are not allowed.
- D. It is suggested that managers bring extra jerseys for team members.

## IX. FORFEIT GAMES

- A. If a team has less than the required four players at game time, the game is a forfeit and will not be played. Players may scrimmage with a 32-minute running clock, but officials are *not* required to officiate and stats will not be recorded.
  - 1. Any misconduct or abusive action by players in a scrimmage will immediately terminate play, and unsportsmanlike conduct may be reported and enforced at the league supervisor's discretion. Only rostered, legal players may participate in a scrimmage.
  - 2. Any team forfeiting three games in a season may be dropped from the league with no refund at the Program Manager's discretion.
  - 3. Out of common courtesy, a team who knows they are going to forfeit is urged to contact their league supervisor or the County Recreation Office so that their opponent can be notified.

## X. CORPORATE LEAGUE SPECIALTY RULES

“Corporate” Leagues- All players must be employed by the business sponsoring the team, and must work at least 32 hours per week for said employer. Corporate League teams must have their roster signed by a Human Resource or Personnel representative from their company, verifying employment of all rostered players.

- A. In corporate leagues where Salt Lake County sponsors a minimum of 2 leagues, one being a competitive or semi competitive league and another a recreation league. Any player playing in the competitive or semi competitive will not be eligible to play in the recreation league
- B. Only two **D1 or D2** college letterman **30 years or younger** per team, will be allowed on the court at the same time.
- C. If a player stops working for a company during the season, for whatever reason, that player cannot continue to play on the team.

NOTE: Businesses that work seasonally and do not operate during winter months MAY be exempt from some of these restrictions.  
The Program Director will determine legality of players in these cases.

PENALTY: Any game in which an ineligible player participates will be declared a forfeit. When an employee is terminated or quits working for the company, they at that time are considered an Ineligible player.

- D. Before a new player is eligible to play, their name must be added to the roster on the Thursday before the next game, **this is to allow for employment verification. (There are NO emergency adds)**
- E. The deadline for adding players to the roster is halfway through the season. In the Corporate League a player may be added if they are a new hire during weeks 8, 9, 10, and 11. After week 11 No one can be added to the roster.

## XI. UNSPORTSMANLIKE CONDUCT

- A. Salt Lake County Recreation Division or the league supervisor has the authority to assess a technical foul, disqualify, suspend or remove any manager, coach, player, spectator or team that behaves in an unsportsmanlike manner before, during or after a game.
- B. The following are included but not limited to in defining unsportsmanlike conduct:

1. Verbal Abuse: No player, manager or team shall verbally abuse, taunt, provoke or disrespectfully address any official, league supervisor, player or spectator before, during or after a game.

*Minimum Penalty: Unsportsmanlike technical foul on a player, coach or manager. Free throws and ball out of bounds will be awarded to the opposing team, and the assessed player must sit out eight minutes.*

*Maximum Penalty: Flagrant technical foul, ejection, and two game suspension.*

2. "F-Word Rule": Any player, coach or bench personnel that say the four letter "F-word" loud enough to be heard by the referee(s), league supervisor and/or game personnel will be issued an 8 minute technical foul.

3. *Racial Slurs or Sexual Harassment WILL NOT be tolerated* from any player, coach or bench personnel.

*Minimum Penalty: Offending person will be ejected from the current game and the next two scheduled games.*

*Maximum Penalty: Suspension from ALL County Adult Sports programs for one year. A lifetime ban may be imposed depending on seriousness of offense.*

4. *Taunting and Trash Talk have no place whatsoever* in a basketball game. Any player, coach or bench personnel participating in such behavior will be ejected from the current game and the *next two* scheduled games. Any referee(s) or game personnel witnessing said behavior will enforce the above penalty.
5. Use of obscene or vulgar gestures, including spitting will carry the same penalty as the "F-word".

6. No Fighting Policy: Salt Lake County Sports strictly prohibits fighting before, during or after a game. The definition of a fight includes, but is not limited to punching, slapping or swinging a fist or open-palmed hand at another player. A punch does not have to land to be considered a fight. At the program administration's discretion, the definition may also include kicking, shoving, throwing an object at another player, or any other violent act. Any fight that occurs outside of the gymnasium (i.e. parking lot or street) and is witnessed by a County employee or representative shall carry the same consequences as if it had occurred in the gym.

*Minimum Penalty:* Suspension from all county Adult Sports programs for one year from the date of the offense.

*Maximum Penalty:* Lifetime suspension from all county Adult Sports programs.

7. Threatening: No player, manager or team shall threaten another player, official, league supervisor or spectator before, during or after a game.

*Minimum Penalty:* Suspension from *all* County Adult Sports programs for one year.

8. Alcohol/Drunkenness: No player shall consume alcohol/tobacco in the facility or on the grounds (i.e. parking lot) of a facility used to host Salt Lake County Recreation programs. A player who, in the opinion of the officials, appears to be intoxicated and displays behavior of someone under the influence of alcohol will be ejected from the game.

*Minimum Penalty:* One game suspension and probation for the remainder of the season.

*Maximum Penalty:* Suspension from all County Adult programs for one year from the date of offense.

C. Once a player has been suspended from play for one year, a second year long suspension *may* result in a lifetime ban from ALL County Adult Sports programs.

1. If a player is ejected and suspended two times in one season he/she will be suspended from all County Adult Sports programs for one year.
2. If a player accumulates three technical fouls in a season he/she *will* be suspended for the remainder of the season or up to one year from the time of the offense.
3. If a player accumulates 5 technical fouls in a season throughout Salt Lake County he/she will be suspended for the remainder of the season or up to one year from the final technical.

#### D. Technical Fouls:

1. If a player receives one unsportsmanlike technical foul, s/he must sit out eight minutes of game time. If a player receives two unsportsmanlike technical fouls in one game, s/he will be immediately ejected from the game and from the facility, and will be suspended for the next two scheduled games.
2. If a player refuses to leave the facility after being ejected, the official will request the scoring table to set and start the clock for two minutes. If the ejected player is still in the gym at the end of the two minutes his/her team will forfeit the game, and the player will be suspended from all County Adult Basketball leagues for one year.

#### E. Flagrant Fouls

1. 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, whether intentional or unintentional. A personal foul involves kicking, kneeling, etc. A technical foul involves dead-ball contact or behavior at any time which is extreme, persistent, vulgar or abusive in nature. Dunking in a “no dunk” gym is also considered a flagrant foul.

*Minimum Penalty:* Immediate ejection from that game (dunking).

*Maximum Penalty:* Immediate ejection from game and suspension from the next two league games.

#### F. Spectator Behavior:

Spectators are expected to behave in a civil manner. Any spectator who engages in unsportsmanlike conduct including, but not limited to verbal abuse, physical abuse of any nature, throwing items on the floor, or any other behavior deemed detrimental to the spirit of the game will be warned by the officials or league supervisor for their first offense. A second offense during the same game will lead to the immediate ejection of offending person from the facility. If a spectator refuses to leave the facility within two minutes then the team with which they are affiliated will forfeit the game. At the league supervisor's discretion, any spectator who is ejected from the facility *may* receive a Season-long suspension and may be banned from the facility.

## XII. PROTESTS

- A. A team has the right to protest a game on the following grounds:
  1. Player eligibility status
  2. Illegal player issues
  3. Interpretation of rules and regulations listed in this manual

- B. A team does NOT have the right to protest a game on the following grounds:
1. Official's judgment calls
  2. Only one official present at game
  3. League supervisor's decisions
- C. Any suspended player has the right to protest suspension, but ignorance of rules is *not* a legitimate defense to overturn a suspension or ban.
- D. Protest Procedure
1. A team wishing to protest a game must notify the league supervisor of their intent to do so before the end of the game. *No protests will be accepted* if the league supervisor is not notified before the end of the game.
  2. A player wishing to protest a suspension or ban must do so within 5 business days of the date of the suspension notice.
  3. A protesting team or player must file a protest form with the County Sports Office either by fax or in person by 5pm the next business day of the protested game. A \$50 Protest Fee must be submitted before the protest will be considered. A hearing will be scheduled with a Board consisting of three to five Salt Lake County personnel, and the Board will make a ruling within 24 hours of the hearing. The \$50 Protest Fee will only be refunded if the protest is upheld; otherwise, it will be retained by the County Sports Office as a processing fee.

### **XIII. LEAGUE WINNERS**

- A. For leagues with no tournament, league winners will be determined by the overall best season record . In leagues with a playoff (tournament), the team who wins the tournament will be considered the league champion.
- B. If there is a tie for first or second place, head-to-head games will be the first tie-breaker. If a forfeit game during the season is involved in leagues where teams play each other more than once and a tie exists, the team with the forfeit will take the lower award.
- C. Any team that forfeits three or more times during a season cannot win any team awards.
- D. Points differential between teams tied will be used if necessary to resolve ties in the standing.

An example of using Points	Differential:
SCORES	DIFFERENTIAL
Team A 55 vs. Team B 47	A+8 B-8
Team A 70 vs. Team C 71	A-1 C+1
Team B 63 vs. Team C 62	B+1 C-1
Team A 52 vs. Team B 54	A-2 B+2
Team A 72 vs. Team C 67	A+5 C-5
Team B 49 vs. Team C 40	B+9 C-9
Point Differential	A+10 B+4 C-14

1<sup>st</sup> Place Team = Team A  
 2<sup>nd</sup> Place Team = Team B

If a tie exists for second place, the same tie-breaking procedure listed above will be used. If any tie still exists after using the Points Differential formula, teams will be declared co-champions or co-runners up.

#### **XIV. AWARDS**

The following awards will be given at the conclusion of all leagues: First place team individual awards, second place team individual awards. Leading scorer award and leading three-point award will also be given.

#### **XV. OFFICIAL AND LEAGUE SUPERVISOR INFORMATION**

- A. Incident reports *must* be filed by both game officials and league supervisors within 24 hours of the occurrence of any of the following incidents:
  1. Fighting, Unsportsmanlike Technical Fouls, Verbal Abuse, Threatening, Obscene or Vulgar Gestures, Racial Slur or Sexual Harassment, and Any Ejections.
- B. In addition to filing a written report, the league supervisor must call and inform a Salt Lake County representative of the incidents the next working day.
- C. The Program Director has the right to uphold or overturn any ejection or suspension, based on information specific to the incident or in the best interest of the Adult Basketball Program.

## Gym Locations:

**Bennion Jr. High** 6200 S. 2700 W.

**Copperview Rec Center** 8446 S. Harrison Street

**Cottonwood Heights Rec Center** 7500 S. 2700 E.

**Dimple Dell Rec Center** 10670 S 1000 E

**Franklin Covey** 2580 S. 2105 W.

**Gene Fullmer Rec Center** 8015 S. 2200 W.

**Holladay-Lions Rec Center** 1661 E Murray-Holladay Road

**J.L. Sorenson Rec Center** 5350 W. Herriman Main St.

**Joel P. Jensen** 8105 S. 3200 W.

**Millcreek Community Center** 2266 E. Evergreen Ave.

**Northwest Rec Center** 1255 W. Clark Ave.

**South Jordan Middle School** 10245 S. 2700 W.

**Taylorsville Rec Center** 4948 S. 2700 W.

