



City of Ames Parks and Recreation Department  
**ADULT BASKETBALL RULES/PROCEDURES**  
**LEAGUES WITH OFFICIALS**

The City of Ames Parks and Recreation Department will follow the rules of the **National Federation of High School Associations (NFHS)** with the following exceptions and inclusions:

1. Managers must legibly record ALL team members' first and last names and jersey numbers onto the score sheet prior to game time. If a player enters the game and is not listed, the team will be assessed a technical foul.
2. A team must have at least four players to start play.
3. Forfeit Time: If a team does not have enough players to start a game at the scheduled time, the clock for the first quarter will begin at that time. Once a team has enough players, the game can then begin. However, for each minute that has gone off the clock prior to a team having enough players, the opposing team will be awarded four points. If a team does not have enough players at the end of the first quarter, the game will be declared a forfeit. (Must be 4 players on the court)
4. A game will consist of four, 10-minute quarters.
5. The clock will run continuously, except for time-outs, injuries, 1-minute quarter breaks and a 3-minute half-time break. The clock will stop during any dead ball/foul situation during the last minute of play in each quarter unless a team is ahead by 15 or more points. The clock will be stopped for any dead ball situations during the last four minutes of the game (last quarter) unless a team is ahead by 15 or more points.
6. Each team will be allowed two (2), one-minute timeouts per game.
7. Overtime Periods: The first overtime is three minutes with a one-minute stop clock. Overtime number two is two minutes with a one-minute stop clock. The third overtime will result in 4 players from each team shooting 2 free throws. The team with the most made free throws wins. If additional overtime is needed the 4 players will shoot from the 3 point line.
8. Each team will be allowed one timeout per overtime. A coin flip will determine which team has first possession.
9. **First team listed on the schedule will start the game with the ball. Possession will alternate once the game starts.**
10. Over-and-back violations will be enforced from the backcourt free throw line extended (cross court play only).
11. 3-point lines will be used in gyms where available.
12. During free throws, players may enter the lane after release. Except for the free thrower, who must wait until the ball touches the rim, backboard or the free throw ends.
13. Substitutions are allowed at any time as long as no advantage is gained.
14. Teams must have matching colored jerseys or t-shirts that have a screen-printed number on the back. A technical foul (one shot) will be shot at the start of the game for each player in non-compliance. Should both teams be wearing the same colored shirts, the first team listed on the schedule will wear shirts while the other team will wear scrimmage vests. (First two games, no technical foul applied, after that no excuses)
15. Spectators are welcome at the games but must conduct themselves accordingly. Managers will be held responsible for the conduct of their spectators. Please be sure children are supervised while you are playing.
16. SPORTSMANSHIP RATING: To ensure an enjoyable playing environment, team sportsmanship will be monitored. Teams will be given a sportsmanship rating by the officials and Site Supervisor for each game. All teams will begin each game with a "2" rating. Based on your behavior, you will stay at a 2 or reduced to a "1" or a "0".

Teams must average a score of 1.75 or better in order to participate in the end of season tournament. All teams will begin each game with a 2 rating. Based on your behavior, you will stay at a 2 or reduced to a 1 or a 0

Any team receiving a “0” rating will be subject to the following:

- 1<sup>st</sup> “0” rating = warning
- 2<sup>nd</sup> “0” rating = 1 game forfeit
- 3<sup>rd</sup> “0” rating = dropped from league with no refunds

### **GAME CONDUCT, POLICIES, AND PROCEDURES**

17. Absolutely no dunking will be allowed during pre-game, game time or post-game. Penalty is a two shot rules technical foul. After a team is warned for dunking, if someone on that teams dunks again the technical foul becomes a game misconduct technical foul. The player then sits the remainder of that quarter and the next full quarter. Players will be held responsible for any facility damage that occurs.
18. Excessive profanity by teams or spectators will result in a game misconduct technical foul. (warning first)
19. Any player that is charged with his/her first misconduct technical foul in a game must sit the remainder of that quarter as well as the next full quarter. A technical in the 3<sup>rd</sup> or 4<sup>th</sup> quarter, will result in the player being done for the rest of the game, including any overtimes. The penalties will not carry-over to the next game.
20. Players will be ejected from the game after receiving two misconduct technical fouls in a game. All players ejected will be suspended for a minimum of two additional games.
21. Any player charged with a flagrant technical foul will be ejected from the game immediately.
22. All ejected players must leave the gymnasium immediately. (Play will not resume until ejected player has left the gym.)
23. If during a game, pushing, shoving, trash talking or physical contact becomes excessive and jeopardizes players’ safety or the integrity of the game, the officials or site supervisor has the authority to declare the game a forfeit or double forfeit at that point.
24. Any player receiving three (3) game misconduct technical fouls during the season will be suspended for the remainder of the season.
25. Any team who is assessed three misconduct technical fouls for player conduct in one game will forfeit that game and play will be suspended after the three player technicals are called.
26. A team receiving six (6) game misconduct technical fouls during the season will be removed from the league.

### **NOTES AND EXPLANATIONS**

A game misconduct technical foul is any non-rules technical foul. It is applied to both the player total and his team total.

Rules technical fouls are technical fouls that Ames Parks and Recreation have created to create a more enjoyable and safer league. Rules technical fouls do not count towards the player total or team total. There are no rules technical fouls listed in NFHS rule book.

Intentional Technical – 2 shots and ball (called when a player tries to commit a foul in order to keep the clock from advancing)

Flagrant Technical – 2 shots and ball (called for excessive behavior or unsportsmanlike conduct which can happen both during live game action or a dead ball)

### **MISCELLANEOUS INFORMATION**

1. Change into game shoes at the gym courts, so gym courts will remain in good shape all evening.
2. Stay out of all areas other than the gymnasium and locker rooms.