

CITY OF LAKE OSWEGO PARKS & RECREATION DEPARTMENT
ADULT BASKETBALL LEAGUE
Local League Rules
2022

This is a **RECREATIONAL** league. We have developed a few distinctive rules and guidelines for our Adult Basketball League. Please consider the following rules and regulations in addition to our team & player eligibility guidelines to determine if this league meets your needs.

Rules Governing Play:

The play will be governed by the 2021-2022 National Federation of State High School's Association Rules with the following additions, exceptions and clarifications:

Divisions: Men's (ages 18+)

1. ROSTERS

A. Teams can be formed within the following guidelines:

- 8-player minimum; 18-player maximum
- Players must be ages 18 or older & out of high school
- Can women play in the Adult League? Yes.
 - i. Teams can have up to a maximum of two women on their rosters.
- Players may only be on one team roster per division and are not allowed to change teams during the season.
- Teams may include a maximum of one (1) person who acts as a non-playing coach on their roster. This person must be registered and officially on the roster. This person counts as part of the 18-player maximum roster limit. Team managers must to register the non-playing coach with the league administrator at 503-534-5283 and pay a \$20 admin fee. A reversible jersey is not part of this fee.
- To be considered a 'resident' for participation in sports leagues, a player must fit into one of the following categories:
 - i. An individual who rents or owns property inside the incorporated city limits of Lake Oswego.
 - ii. An individual who lives within the Lake Oswego School District boundaries
 - iii. An individual who owns a business inside the incorporated city limits of Lake Oswego.
 - iv. An individual employed within the incorporated city limits of Lake Oswego or within Lake Oswego School District boundaries

A note about the honor system: *In striving to simplify the registration process, we are not requiring proof-of-residency or proof-of-employment for players who reside or are employed within corporate city limits of Lake Oswego or within the Lake Oswego School District boundaries. Managers will be responsible for the authenticity of their submitted team roster. Teams found with a player claiming falsified residency will forfeit all games in which that player was listed on the team roster and jeopardize the team's participation in the league. Managers must be willing to collect and provide player proof-of-residency upon request from the Recreation Staff or another manager.*

B. Space is Limited:

In the event that we have more teams than we have space for in a specific division, the team with the most 'resident points' will be given preference. **Fully registered** returning teams will be given preference over new teams.

Teams considered for entry into the league must have completed the registration process by the deadline, January 30th. Players on a team roster by January 30th will be tallied as follows:

- Fully registered returning teams will be given preference over new teams.
- 1 point will be given for each player residing within corporate city limits of Lake Oswego or paying property taxes to City of Lake Oswego
- ½ point will be given to players who reside within Lake Oswego School District boundaries
- ¼ point will be given to players who are employed within corporate city limits of Lake Oswego or within the Lake Oswego School District boundaries.

C. **Adding Players:**

- **By January 30th, team rosters must have a minimum of 8 players fully registered.**
In order to meet this deadline added players must be **fully registered**. See below for fully registered definition.

- *Added players are not on the official team roster until the steps above are completed. They will be eligible to play once they have been added to the roster and the updated roster is at the league venues. **Allow a minimum of one week for processing once player is fully registered to the time they are officially on the roster and eligible to play.***

- **Final Roster add/drop deadline: March 20.**

2. **Game Times and Forfeits**

- A. League games consist of two 25-minute running time halves with a five-minute half-time period.
- B. When there is a score spread of **15** or less points with **three (3) minutes or less** remaining in the game, the clock becomes a stopped clock. Any time the score differential goes above 15 points, the clock returns to running time.
- C. Timeouts during regulation play: Three 60-second time-outs and one 30 second time-out may be charged to each team during a regulation game. Unused time-outs accumulate and may be used at any time.
- D. Per NFHS rules, overtime periods will consist of four (4) minutes, stopped clock. There will be a one-minute intermission before each overtime period. A maximum of three (3) overtime periods will be allowed. If the score is tied at the end of the 3rd overtime period, it remains a tie. Each team is entitled to one additional 60-second time-out during each overtime period.
- E. Official scorekeepers and timekeepers are provided by the Parks & Recreation Department.
- F. The officials shall forfeit the game if a team is not ready to play five minutes after they call for play to begin (teams need a minimum of four players). The officials shall start the game clock at 25 minutes. Teams will be assessed a two-point technical and give up possession of the ball if they show up late. If at the end of 5 minutes that has ticked off the clock a team is not ready to play (less than 4 players) the game will be forfeited.
- G. Games will begin when officials call for start of play even if a team only has four players. (The 5-minute grace period is not to be used to wait for a fifth player to show). If four players are not present at the end of five minutes, the game is forfeited to the opposing team. If both teams fail to have four players present, both teams will forfeit and each will receive a loss in the standings. In the Coed Division, a team must have two (2) male players and two (2) female players to start the game.
- H. There will be no make-up games scheduled for forfeits. We only reschedule games for inclement weather or facility issues.
- I. A team that forfeits a third game during the season will not be eligible to participate in the league tournament (teams forfeiting a third game due to unsporting behavior will be suspended from all league play for the remainder of the season). A free agent list is available at www.lakeoswegosports.com if you do not have enough players and are in danger of forfeiting.

- J. A team that incurs three unsporting technical fouls in one game must forfeit the game at the time of the third technical. Officials or Parks & Recreation staff members have the authority to end a game prior to a third unsporting technical, if they deem necessary.

3. Player Eligibility

- A. Players are required to bring photo ID to games for identification (drivers' license/state ID, military ID, passport or photo credit card are acceptable ID). A team manager, referee or L.O. Parks & Recreation staff may request a roster/ID check to check a players' identification and the team roster for eligibility.
- B. At the time of the request, the team manager must supply the photo ID and jersey number of the person in question to L.O. Parks & Recreation Gym Supervisor. If the person identified with the photo ID is not on the team's official roster provided by the LO Parks & Recreation Department, the player in question is removed from the game and cannot play in the **remainder** of the game.
- C. The game commences/continues as scheduled. The Gym Supervisor informs the team manager that if an ineligible player is discovered the game will be considered a forfeit; then records the name and number of the player on the game result form for documentation. Upon receiving the game report, the Recreation Supervisor &/or League Coordinator determines whether or not the player was eligible. If the team is found to be using an ineligible player, the game in question will be recorded as a forfeit and the team's participation in the league may be jeopardized.

4. Playing Rules

- A. The 2021-2022 National Federation of State High School's Association Rules with additions, exceptions and clarifications stated in the local league rules will govern play.
- B. Each individual player may commit six (personal, flagrant, or technical) fouls in a game before disqualification. After an individual commits their sixth foul of the game they are disqualified and may not participate further.
- C. **Dunking is allowed during the game per NFHS rules. Dunking is only allowed during live-ball play.**
- a. A player shall not grasp either basket (or side baskets), dunk or stuff, or attempt to dunk or stuff a dead ball prior to, during the game, during any intermission or after the game.
 - b. A player is not allowed to hang on the rim after a dunk, unless, in the judgment of the official, the player is doing so for safety and/or to prevent injury.
 - A player can be assessed a technical foul for violation of this rule.
 - On the second offense for a player during the season, that player will serve a minimum of a one-game suspension.

5. Team & Individual Conduct

- A. Referees may call technical fouls at any time before, during and after the game.
- B. A **team** that incurs three (3) unsporting technical fouls in one game must forfeit the game at the time of the third foul. A **roster member** (*player or coach*) charged with two (2) unsporting technical fouls during a scheduled game will automatically be ejected from the game.
 - 1. **All unsporting technical fouls are accumulative for the team. Once a team has accumulated eight (8) unsporting technical fouls (team &/or individual player) the team will be dropped from the league and forfeit fees.**
 - 2. **An individual player who accumulates four (4) unsporting technical fouls will be suspended from the league and forfeit fees.**
- C. A player ejected from a game will automatically receive a minimum one-game suspension from the next scheduled game. (This applies to regular season games and tournament games).
- D. Any player ejected from two games will receive an automatic, minimum suspension from the league for the remainder of the season and tournament. This applies to players in the game and on the bench.
- E. Lake Oswego Parks & Recreation reserves the right to eject or suspend any player, team manager or spectator from the league &/or premises for any single verbal or physical action/threat/behavior or multiple actions/threats/behavior deemed inappropriate for this league.
 - a. Any ejected player, manager or spectator must leave the premises at the time of the ejection and is not allowed on the premises during league activities throughout the suspension.
 - b. All decisions made by Lake Oswego Parks & Recreation personnel are final – no appeals will be considered.
- F. Children of players are not allowed to sit on the bench during game time. They must be supervised by someone at least 12 years of age in the stands and/or hallways. Recreation staff are not available to supervise children in the gyms.
- G. Team Managers are responsible for the conduct of their players and fans.
- H. Managers, players, coaches and fans are expected to help ensure the recreational spirit of this league. Lake Oswego Parks & Recreation reserves the right to require a team manager change for any team.
- I. Referees are responsible for officiating each game and must receive the full cooperation of both managers and players. Managers are expected to assist the referees in controlling players and fans at all times. Failure to comply with this rule may result in forfeiture and league suspension.
- J. Alcoholic beverages, smoking, &/or vaping are not allowed at on Lake Oswego School District campuses or L.O. Parks & Recreation facilities. Team members, spectators or anyone associated with a team are not to consume any alcohol before, during or after any game at any game site.
- K. Refund of registration fees are not given to teams or individuals suspended or dropped from the league. There will be no refund once registration fees have been paid.

6. Rule Interpretations and Protests

- A. All games will be final and there will be no appeal from decisions of the referee.

7. Standings & Scores

- A. Official scorekeepers and timekeepers are provided by Lake Oswego Parks & Recreation.
- B. Scores and standings will be posted on www.lakeoswegosports.com.
- C. For any league record ties within a division the following guidelines will determine final seeding for tournament brackets:
 - 1. Head-to-Head competition
 - 2. Unsporting technical foul total
 - 3. Accumulated Forfeits
 - 4. Total points against
 - 5. Coin Flip/Random Draw

8. Equipment and Uniforms

See NFHS rules book for additional equipment/uniform rules.

- A. All teams must wear the reversible jersey's provided as part of the player fee, unless approved prior to the registration deadline by the League Coordinator
- B. All jerseys must be the same color with 4-inch numbers printed on front *and* 6-inch numbers on back.
- C. All players must have their own uniform shirt – no duplicate numbers/no exchanging shirts during a game.
- D. The team listed first on the master game grid available to staff will be considered the home team. The home team will wear the white side of the reversible jerseys. The staff will inform the teams on-site which side of the reversible jerseys the team will be wearing.
- E. Players will not be allowed to play with shorts that have pockets or belt loops.
- F. Arm sleeves, knee sleeves, lower leg sleeves and tights are permissible but must be black, white, beige or uniform color. They must be the same color for all team members.
- G. Game balls are provided as part of the league fee. Teams may use another basketball other than the one provided if both managers agree and the official approves the ball.

9. Insurance not provided

- A. The City of Lake Oswego does not carry insurance covering injuries for participants in league games or practices offered by Lake Oswego Parks & Recreation Department. The responsibility for obtaining medical insurance is left to the individuals participating in the league. The City of Lake Oswego is not responsible for the loss or damage of personal items while participating in the league activities.

10. Facility Guidelines

- A. Team managers are responsible for the conduct of their players and spectators at the game site. Team managers must assist in monitoring the facility before, during and after the game.
- B. Players and spectators are allowed only in the gymnasium and restrooms.
- C. Smoking &/or vaping is not allowed in school facilities or on school property
- D. Food and beverages are not allowed in the gym.
- E. Alcoholic beverages are not allowed on school property at any time.

www.lakeoswegosports.com