



**City of Lake Oswego
Parks & Recreation Department
2018-2019
HIGH SCHOOL RECREATIONAL BASKETBALL LEAGUE RULES**

Rules Governing Play:

The official rules will be the 2018-19 National Federation of State High Schools Association Rules with the following additions, exceptions, and clarifications:

League Sportsmanship Point System: Each registered teams starts with 15 sportsmanship points and must have at least 1 point remaining to continue regular season play ant to advance to the playoff tournament. See page 6 for more details of the Sportsmanship Point System.

I. Team Formation & Player Eligibility

Players, Student Managers and/or Adult Supervisors form their own team within the guidelines stated below. The league is open to girls and boys in the 9th, 10th, 11th, and 12th grades, *within the following guidelines:*

- A. All participants must currently be a high school student attending a Lake Oswego High School &/or residing within the Lake Oswego 7J School District or City of Lake Oswego boundaries. Non-Lake Oswego School District students (i.e. private and home-schooled) must reside within the City of Lake Oswego boundaries &/or Lake Oswego School District boundaries.
- B. A minimum of 8 eligible players is required and a maximum of 15 players is allowed per roster.
- C. Teams need to be formed to meet the League Divisions by gender & grade levels: Boys 9/10; Boys 11/12; Girls 9-12. Players can play *up* in a higher-grade level division, but cannot play in a younger grade level.
- D. Players who are currently on the roster for their 2018/2019 high school basketball team are not eligible to play on a City League team (Regardless of level: i.e. Varsity, JV, JVII, freshmen).
- E. Players can only play on one team throughout the entire season. Players will not be allowed to change teams at any time throughout the season. The season is defined as the period of time from the player registration deadline (Oct. 26) to the last completed game. This includes playoff/tournament games.
- F. Teams will *not* be allowed to borrow players from other teams.
 1. If the player is registered on another team, the player in question will receive a minimum one game suspension.
- G. **Ineligible Players:** Any team allowing or attempting to allow a player to play who is not eligible and/or not on their official roster or has been suspended will forfeit the game and lose sportsmanship points. The team will forfeit all previous games in which that player participated and may jeopardize their team participation in the league. Official rosters are those approved by the League Administrator. *Players will be required to show their photo ID to Parks & Recreation staff prior to each game.*
 1. If the ineligible player is discovered before the game starts, the team will be assessed an unsporting technical foul and an additional loss of five (5) sportsmanship points.
 - a. If found to be a suspended player they will be ineligible to play the remainder of the season.
 2. Any team forfeiting more than two games during the season will be excluded from the playoff tournament.
- H. **Adding/Dropping Players:** After the player registration deadline of Oct. 26 teams may add players until December 27, by registering and paying the per player fee by calling the P&R registrar at 503-675-2549, **two**

weeks prior to game participation. If you need to drop a player, contact the Basketball Coordinator to drop them and to determine if they are eligible for a partial refund. No refunds after Dec. 27. Added players must be approved through a League Administrator.

- I. **Official Rosters** (*approved by L.O. Parks & Rec. Dept.*) will be handed out with team uniforms. Team Managers/Adult Supervisors must bring their official roster to each game. If players are added to the team roster after the official roster has been distributed, the team manager will receive an updated copy via email to bring to each game.
- J. **Non-playing Student Coaches/Managers** are required to: register with our P&R registrar at 503-675-2549; pay a \$15 program fee (includes team shirt); meet the same deadlines as players; and are included in the maximum of fifteen (15) players allowed per roster. A maximum of two (2) Student Coaches are allowed per team.

II. Adult Team Supervisors

- A. All teams are required to have **three (3)** registered Adult Supervisors (minimum age: 21) with at least one at all league games. Criminal Background Check forms must be completed by Adult Supervisors.
- B. Teams must have a registered Adult Supervisor on the bench, during the entire game. Failure to have the adult supervisor on the bench shall be cause for forfeiture. Non-team members are not allowed to sit on team bench.
- C. Adult Supervisor & Student Manager responsibilities include:
 - Have an Adult Supervisor be present at each scheduled game.
 - If a team manager cannot be present you must appoint a team member as acting manager for that game and report to scorekeeper when presenting your roster.
 - Be responsible for team players at scheduled games.
 - Be responsible for the conduct of the team players *and team spectators* while on school property. (This includes dunking and grasping any basket before, during halftime and after games.)
 - Be responsible for the respectful treatment of: Officials; Parks & Rec. Dept. staff; opponents & their fans; school district staff; school equipment and school property by team players, team parents and fans.
 - Ensure no foods or drinks (except water) are brought into the gym.
 - Encourage and expect good sportsmanship from players and fans. Model good sportsmanship.
 - Report any discipline problems to Parks & Recreation staff and assist staff with managing misconduct at game site.
 - Have copies of player with contact information for all players, emergency contacts and noted medical information during team games.

III. Equipment / Clothing:

- A. Teams/Players are required to wear the High School City League shirts provided as part of the league fee during games.
- B. **Uniforms cannot be decorated (i.e. with paint, markers, etc) or altered in any way (including any cutting of the uniform). Players with decorated or altered uniforms should expect to be considered ineligible to play by the officials and L.O. Parks & Recreation staff.**
- C. If a shirt is worn under the uniform, it must be similar in color.
- D. All players must have their jerseys tucked-in during game play.
- E. **Shorts or pants with pockets or belt loops may not be worn during game play.** Players will not be allowed to play in this case.
- F. Breakaway pants are not allowed in game play.
- G. Jewelry, *of any type* (even if it is taped), is not allowed during city league games.
- H. Hair pieces that are metal, plastic or of a hard material are not allowed
- I. NFHS Rule: Arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible.
- J. NFHS Rule: All headbands, wristbands, sleeves, compression shorts and tights must be black, white, beige or uniform color. **They must be the same color for all team members.**
- K. Lake Oswego Parks & Recreation will provide game balls. Teams may present a basketball to the referees to consider for use as long as both teams agree.
- L. To keep our permit to use L.O. School District gyms, no food or drink will be allowed in the gyms. Water is the only exception.

- M. Any player added after the t-shirt order deadline of 10/26 must wait for their shirt to arrive before they are eligible to play (this can take up to 2 weeks after registering). If a player on the roster is not playing in a game another player on the roster can use their uniform shirt.

IV. The Game:

A. Game Time / Game Clock

1. Games consist of:

- Four (4) twelve minute running-time quarters.
- One-minute intermissions after the first and third quarters.
- Five-minute half-time period.
- If the score differential is within ten points with three (3) minutes *or less* remaining in the game, the clock becomes a stopped clock. Any time the score differential goes above 10 points, the clock returns to running time.
- Three (3) 60 second time-outs may be charged to each team during regulation play. Each team is entitled to one additional 60 second time-out during each extra period. Unused time-outs accumulate and may be used at any time.
- Overtime periods will consist of a 3-minute, stopped clock. 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.

B. Defense

1. Teams may press beyond half-court, **unless they are 15 points or more ahead.**

C. Fielding a Team

1. In order to officially field a team for a scheduled game, the following check list must be complete at game time:

A registered Adult Supervisor must be present and on the bench.

A minimum of 4 players:

- Each on the official team roster
 - With their respective photo IDs,
 - In an official team City League uniform shirt
 - **Ready to step on the court and play.**
 - A team can begin a game and continue to play with 4 players. When a fifth player arrives, the player must enter the game.
- Home team requirement: **Provide a volunteer time keeper for the entire game.**

2. If a team is unable to start at the scheduled time (*less than 4 players or no adult supervisor*), the officials shall put **six (6)** minutes on the clock and start it. If players/adult arrive within six minutes, any expired time will be taken off of the first quarter game clock (12 minutes).

3. Teams will give up six points to the other team and give up possession of the ball if they show up late. If, at the end of **six** minutes, the teams are not able to field a team, the game will be forfeited.

4. If a forfeit occurs in this situation:

- The score will be recorded as a 2-0 in favor of the team present.
- If both teams fail to field a team within 6 minutes of the scheduled game time, the game will be recorded as a forfeit and loss for both teams.
- **Forfeits will not be re-scheduled. Games will not be rescheduled due to lack of players or Adult Supervisor but only for inclement weather or facility issue that causes a game to be cancelled.**
- Officials will not call a forfeited game.
- Both teams can inform the Gym Supervisors on duty if they want to use the gym for an unofficial scrimmage.
- Any team that forfeits more than two games during the season will be excluded from the playoff tournament.

5. Attempting to use an ineligible or suspended player: See IG1

D. Scorekeepers / Timekeepers

1. Official scorekeepers are L.O. Parks & Recreation Department staff.
2. Timekeepers are volunteers provided by the home team.

V. Team &

The NFHS Basketball Rule Book specifically addresses unsporting conduct leading to technical fouls. In addition, the following league policies will be administered. Note: Details on the league's Sportsmanship Point System on page 6.

A. Dunking/Grasping the Basket

1. Dunking will be allowed during the game per NFHS rules.
2. Dunking is only allowed during live-ball play. Attempts at dunking, actual dunking, grasping the basket are not allowed before, during halftime or after the game at any basket within the gym.

Violation of this rule (#2) will result in:

- One game suspension. If violation occurs before the game the suspension will be served for the current game. If violation occurs during halftime the player will be suspended for the remainder of the game. If violation occurs after the game, the suspension will be served for the next scheduled game (regular season or tournament).
- An unsporting technical foul + loss of two sportsmanship points for the team.
- If there is any damage to the basketball hoop or backboard as a result of dunking or grasping the basket the offending team will be assessed the cost of the damages.
- The officials &/or Parks & Recreation staff can assess a *No Dunking/No Grasping Basket* violation Before, during halftime or after a game at any basket in the gym.
- The officials can call a "Goof Ball" technical foul for misuse of dunking during a game.

B. Additional Technical Fouls

1. Uniform Violations:

- In the ref's pregame talk they will remind players no pockets or jewelry and let them know each team will get one additional warning if either is found on a player on the court.
- When warned the player must leave the court.
- After the game starts and a team gets a warning for a uniform violation for a player in the game, the warning will be documented in the score book.
- Any violation after the warning will result in an unsportsmanlike technical foul counted towards the coach/team manager and a loss of 2 sportsmanship points.
- This will be considered a "team technical" and will accumulate towards the team technical total.

2. A player charged with two (2) unsporting technical fouls* during a scheduled game is automatically suspended from the current game and next game. (This applies to regular season games and tournament games). Following ejection the player cannot sit on the bench or remain around the team bench (see C.6.)

3. A team that receives three (3) unsporting technical fouls* in one game must forfeit the game and leave the premises.

4. *Officials may assess unsporting technical fouls for making a mockery of the game (goofball behavior).

5. **All unsporting technical fouls are accumulative for the team. Once a team has accumulated six (6) unsporting technical fouls (team &/or individual player) the team will be dropped from the league and forfeit fees.**

6. **An individual player who accumulates three (3) unsporting technical fouls will be suspended from the league and forfeit fees.**

C. Overall Conduct

1. The officials and /or L.O. Parks & Recreation staff can eject any player, manager, adult supervisor, spectator or team from the premises for any behavior deemed inappropriate or for any threats towards others.

2. Team managers and Adult Supervisors are responsible for the conduct of their players and fans. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.
3. The League Administrator reserves the right to suspend any player, Team Manager, Adult Supervisor, spectator or team from the league &/or premises for any single action/threat or multiple actions/threats deemed inappropriate for this league. No refund of fees will be given to teams or individuals dropping from or suspended from the league.
 - a. Any team dropped or suspended from the league, all prior wins or losses will stand for the purpose of division standings.
4. Teams must have a minimum of one (1) sportsmanship point to continue play during the regular season and at the end of the season to advance to the playoff tournament.
5. Any team that forfeits more than two games during the season will be excluded from the playoff tournament. Forfeits can be assessed for (but not limited to) the following reasons: not fielding a team at game time; not having an adult supervisor present on the bench; ineligible player or receiving three unsporting technical fouls in one game.
6. 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).
 - a. While serving a suspension the player may attend the game but cannot sit on bench, remain around the team bench or serve as the voluntary timekeeper. Player is still subject to loss of sportsmanship points. (see B.2.page 4)
7. **Sportsmanship Point Program:** See page 6 of this document for details.

VI. Facility Use

- A. Players and spectators attending practices and games must enter the facility through the main gym entrance.
- B. Players and spectators are allowed only in the gymnasium and restrooms.
- C. Smoking is not allowed in school facilities and on school property.
- D. Food and beverages are not allowed in the gym at any time-with the exception of water.
- E. Street shoes are not allowed on the gym floor.
- F. No pets allowed inside the school facility.

VII. Rule Interpretations and Protests

- A. There will be no appeal process for decisions made by the referees. All games are considered final unless there is a protest due to a potential ineligible player.
- B. Protest Procedure:
 1. If you decide to file a protest due to a question of player eligibility: Before leaving the gym, the Team Manager or Adult Supervisor must inform the Gym Supervisor of the intent to file a protest and identify the player in question.
 2. A protest must be submitted in writing to the League Administrator by 5:00pm the following weekday.
 3. Protests must include the following information: a) time and location of game; b) player eligibility rule violated; c) name of team and player in question and d) any additional related information.

Tournament Seeding Tie Breakers:

1. Sportsmanship point loss
2. Number of Forfeits
3. Head-to-head competition
4. coin toss (2 teams)/drawing (3 teams)

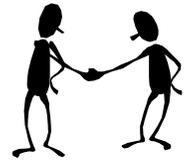
Sportsmanship Point System

Lake Oswego Parks & Recreation – H.S. City League Basketball 2018/2019

Each registered team starts with 15 sportsmanship points.

The points will be assessed following each game by L.O. Parks & Recreation staff.

Teams must have *at least 1 point* to continue regular season play and to advance to the playoff tournament at the end of the season



Teams can lose points for:

- **Pre-Season:**
 - Not meeting form deadlines &/or submitting inappropriate team name(s)---1-5points

- **Unsporting Technical Fouls, Ejections, Flagrant Fouls by Players or Adult Supervisors**
 - Unsporting Technical Foul &/or Flagrant Foul (without ejection) ----- 2 points
 - 2 individual unsporting technical fouls in one game = ejection from game + minimum one game suspension-----4 points + min. one game suspension
 - Automatic ejection for Flagrant foul &/or Referee’s decision-----4 points + min. one game suspension
 - A team that receives three (3) unsporting technical fouls in one game must forfeit the game.

- **Forfeits** -----1-5 points per game
 - Any team that forfeits more than two games is not eligible for the post season tournament
 - -1 for calling ahead at least 48 hours in advance (Tu-F) or by 3pm Thursday for a Sa/Su/Mon game
 - -2 for same day notice (M-F) received before 3:00pm
 - -3 for not finishing a game
 - -4 not enough players or no Adult Supervisor at game time
 - -5 for a no show

- **Ineligible Players**
 - Each player must provide photo ID, be a registered player on the roster and wear the team uniform shirt to be eligible to play.
 - Attempting to use an Ineligible player (found before game time)-----5 points + Unsporting Team Technical Foul
 - Using an Ineligible or suspended player-----7 points + forfeiture of game
 - (counts as a loss and towards accumulation of forfeits)
 - Any team found to attempt or to use an ineligible player will not receive the five (5) extra points for reaching the tournament

- **Pre, During and Post-Game Goof Ball” behavior** -----2 points
 - disrespecting the game, mockery of the game, running up the score
 - conduct detrimental to the game (i.e. disrespectful behavior towards P&R staff)
 - dunking violation before, during halftime or after the game at any basket
 - Disrespectful behavior by players, Adult Supervisor or team’s fans -----1-3 points,
 - Unsportsmanlike use of social media &/or bullying directed towards another team/player---1-3 points

Gym supervisors have the authority to take away sportsmanship points at their discretion

At tournament time, each team will receive 5 additional points for the entire tournament (not per game).

❖ Teams in each division that have not lost any sportsmanship points throughout the season and tournament will be placed in a drawing to win a sportsmanship award for their team.