



Lake Oswego Parks & Recreation  
**HIGH SCHOOL CITY LEAGUE**  
**BASKETBALL RULES 2022/2023**  
*November 29, 2022*

**League Sportsmanship Point System:** Each registered team starts with 15 sportsmanship points and must have at least 1 point remaining to continue regular season play and to advance to the playoff tournament. See page 7 for details.

**Rules Governing Play:**

The official rules will be the 2022/2023 National Federation of State High Schools Association Rules with the following additions, exceptions, and clarifications:

**I. Team Formation & Player Eligibility**

Players, Student Managers and/or Adult Supervisors form their own team within the guidelines stated below.

- A. The league is open to girls and boys in the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades, *within the following guidelines:*
  1. Currently be a high school student attending a Lake Oswego 7J School District High School (LOHS or Lakeridge HS)
  2. Reside within the Lake Oswego School District or City of Lake Oswego boundaries.
  3. Non-resident participating in a LOSD Community School sponsored club sport at a Lake Oswego School District High School (LOHS or Lakeridge HS) during the 2022/23 school year **\*\*\*Must provide verification from program coach or coordinator\*\*\***
- 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 2022/2023 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 once the season begins. The start of the season is defined by the first official City League game regardless of division/team. This includes playoff/tournament games.
- F. Teams will **not** be allowed to borrow players from other teams.
  - If the player is registered on another team, the player in question will receive a minimum one game suspension.
- G. **Adding/Dropping Players:** After the player registration deadline of Nov. 8, teams may add players until December 11 by registering and paying the per player fee by calling the P&R registrar at 503-675-2549. Players registering after the November 8 deadline (“Late Adds”) will be charged \$160 per player (includes a late fee of \$10). **Late adds need to register two weeks prior to game participation.** If you need to drop a player, contact the League Administrator to drop them and to determine if they are eligible for a partial refund between November 8 and November 30. Added players must be approved through a League Administrator.
- H. **Official Rosters:** Team Managers will be able to view their roster of registered players at [www.loparcs.org](http://www.loparcs.org). Once the team manager logs into their account, they can visit the ‘My Account’ option in the top right corner and select ‘Manage Team’ under the *Team Management Services* section. Official rosters are on-site at gyms.
- I. **Non-playing Student Coaches/Managers** will not be allowed during the 2022/23 HS City League Basketball season.

## II. Adult Team Supervisors

- A. All teams are required to have at least **one (1)** registered Adult Supervisor. There is no limit to how many registered Adult Supervisors a team can have. The Adult Supervisor age minimum is 21.
- B. Volunteer Adult Supervisors are registered City Volunteers with the Parks & Recreation Department. There are two required forms:
- Criminal Background/Records Check Form
  - City of L.O. Volunteer Agreement and Release Form

## III. Equipment / Clothing

- A. Players are required to wear the **H.S. School City League shirts** provided as part of the league fee during games.
- Any player added after 10/29 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.
  - **Uniforms cannot be decorated** (i.e. with paint, markers, etc.) **or altered** (including any cutting of the uniform). Players with decorated or altered uniforms are ineligible to play.
  - If a shirt is worn under the uniform, it must be similar in color.
  - All players must have their jerseys tucked-in during game play.
- B. **New this season:** Shorts or pants with pockets, **ARE ALLOWED** during game play. Shorts with snaps or belt loops are not allowed during game play.
- C. Athletic tights, of any length, are allowed within the following parameters:
- They meet the safety rules notes in III. B. above
  - Boys Division: Players, in this Division, wearing athletic tights must wear shorts over the tights.
- D. NFHS Rule: Arm sleeves, knee sleeves, lower leg sleeves, compression shorts and tights are permissible.
- E. 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.**
- F. Jewelry, *of any type* (even if it is taped), will not be allowed during City League games.
- G. Hair pieces that are metal, plastic or of a hard material are not allowed
- H. Game balls provided by Lake Oswego Parks & Recreation.

## IV. The Game

### A. **Game Time / Game Clock**

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.
- **Timeouts:** Each team is allotted three (3) 60 second time-outs during regulation play. **All timeouts will only be awarded when requested by a player on the court.** An additional 60-second time-out will be awarded for each overtime 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 3<sup>rd</sup> overtime period, it remains a tie.

## B. Defense

- Once a team is up by 15 points or more **no back court defense** is allowed.
  - Any player dribbling the ball is allowed to establish themselves in the front court before the defense can apply pressure.
  - Any pass thrown from the back court to the front court can be stolen once the ball crosses the mid-court line.

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

- 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.
  - If a team is unable to start at the scheduled time (*less than 4 players*),
    - the officials shall put **six (6)** minutes on the clock and start it. If players arrive within six minutes, any expired time will be taken off of the first quarter game clock (12 minutes).
    - 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.
  - 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. For cancelled games due to inclement weather or facility issue, LOPR staff will do their best to re-schedule the game.**
    - 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.

## D. Scorekeepers / Timekeepers

- Official scorekeepers are L.O. Parks & Recreation Department staff.

## E. Only registered team members & registered Adult Supervisors are allowed to sit on the team bench

## F. Ineligible Players:

- Any team attempting to allow (discovered before game time) an ineligible or suspended player to play, at minimum, will lose 5 sportsmanship points (see pg. 7)
- At game time: Any team allowing a player to play &/or be on the bench (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.***

- Any team forfeiting more than two games during the season will be excluded from the playoff tournament.
- Ineligible players discovered before the game starts, the team will be assessed a loss of five (5) sportsmanship points.
  - If found to be a suspended player they will be ineligible to play the remainder of the season.

## G. Division Tournaments

- Teams must have at least 1 Sportsmanship Point (see page 7) to continue regular season play and to advance to the playoffs at the end of the season.
  - 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)

## V. Facility Use

- A. Players and spectators are allowed only in the gymnasium and restrooms.
- B. Smoking/Vaping is not allowed in school facilities and on school property.
- C. Food and beverages are not allowed in the gym at any time with the exception of water.
- D. Street shoes are not allowed on the gym floor.
- E. No pets allowed inside the school facility.

## VI. Dunking/Grasping the Basket

- A. Dunking will be allowed during the game per NFHS rules
  - The officials can call a “Goof Ball” technical foul for misuse of dunking during a game
- B. **Attempts at dunking, actual dunking, grasping the basket or net are not allowed before, during halftime or after the game at any basket within the gym.**
  - Violation of this rule (VI.B) may 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).
    - A loss of two sportsmanship points for the team.
    - 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.
    - 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.

## VII. Technicals

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 is on page 7.

- A. 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 game(s).
- B. A team that receives three (3) unsporting technical fouls in one game must forfeit the game and leave the premises.
- C. Any technical fouls given to a team's bench due to inappropriate or goofball behavior will be charged to the team manager or "designated game captain".
- D. Officials may assess unsporting technical fouls for making a mockery of the game (goofball behavior) and backcourt defense violations.
- E. **An individual player who accumulates three (3) unsporting technical fouls will be suspended from the league and forfeit fees.**
- F. **All unsporting technical fouls are accumulative for the team. Once a team has accumulated three (3) unsporting technical fouls (team &/or individual player) a meeting will be set-up by the league administrator to determine if that team will be required to have a registered adult supervisor on the bench at each game for the remainder of the season.**
- G. **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.**
- H. **Uniform violations** potentially leading to unsporting technical foul
  - In the ref's pregame talk, they will remind players, no pockets nor 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 unsporting technical foul charged to the student team manager or designated game captain and a loss of 2 sportsmanship points for the team.

## **VII. Overall Conduct**

- A. The referees and /or L.O. Parks & Recreation staff can eject any player, manager, spectator or team from the premises for any behavior deemed inappropriate or for any threats towards others.
- B. Team managers 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.
- C. The League Administrator reserves the right to suspend any team member, 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.
  - All prior wins or losses will stand for any team dropped or suspended from the league for standings.
- D. Teams must have a minimum of one (1) sportsmanship point to continue playing during any time of the season.
- E. Any team that forfeits more than two games during the season removed from the league and excluded from the playoff tournament. Forfeits can be assessed for (but not limited to) the following reasons: not fielding a team at game time, use of an ineligible player, or receiving three unsporting technical fouls in one game.

- F. 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).
- While serving a suspension the league administrator will determine if the player may attend the game. Regardless, the suspended player will not be able to sit on the bench, remain around the team bench nor serve as the voluntary timekeeper. Player is still subject to loss of sportsmanship points.

### **IX. 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:
- If a Student Manager decides to file a protest due to a question of player eligibility: Before leaving the gym, the Team Manager must inform the Gym Supervisor of the intent to file a protest and identify the player in question. A protest must be submitted via e-mail to the League Administrator within 24 hours.
  - Protests must include the following information:
    - time and location of game;
    - player eligibility rule violated;
    - name of team and player name/number in question and
    - any additional related information

**Sportsmanship Point System info. on next page (pg. 7).**

## Sportsmanship Point System

### Lake Oswego Parks & Recreation – H.S. City League Basketball 2021/2022

- ❖ Each registered team starts with 15 sportsmanship points.
- ❖ 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
- ❖ At tournament time, each team will receive 5 additional points for the entire tournament (not per game) \*
- ❖ L.O. Parks & Recreation Gym supervisors have the authority to take away sportsmanship points from the team on-site at their discretion.

#### Teams can lose points for:

##### ❖ **Unsporting Technical Fouls, Ejections, Flagrant Fouls by Players**

- **2 points** for Unsporting Technical Foul &/or Flagrant Foul (without ejection) points
- **4 points + minimum 1 game suspension** for 2 individual unsporting technical fouls in one game
- **4 points + minimum 1 game suspension for** automatic ejection for Flagrant foul &/or Referee's decision
- **6 points + forfeit of game** for a team that receives three (3) unsporting technical fouls in one game

##### ❖ **Forfeits**

- Any team that forfeits more than two games is not eligible for the post season tournament
- **-1 point** for calling ahead at least 48 hours in advance (Tu-F) or by 3pm Thursday for a Sa/Su/Mon game
- **-2 points** for same day notice (M-F) received before 3:00pm
- **-3 points** for not finishing a game for reasons not otherwise stipulated
- **-4 points** for not enough players at game time
- **-5 points** for a no show
- **-6 points** for a team reaching 3 unsporting technical fouls in one game

##### ❖ **Ineligible Players**

- To be eligible each player must provide photo ID, be a registered player on the roster and wear the team uniform shirt.
- \*Any team found attempting to or using an ineligible player will not receive the five (5) extra points for reaching the tournament.
- **-5 points** Attempting to use an ineligible player (found before game time)
- **-7 points + Forfeit counting as loss and adds to forfeit count** for using an ineligible or suspended player.
  - Any suspended player who plays in any part of the game will be ineligible for the remainder of the season.

##### ❖ **Pre, During and Post-Game “Goof Ball” and/or disrespectful behavior**

- **-2 points** for disrespecting the game, mockery of the game, running up the score
- **-2 points** for a dunking violation before, during halftime or after the game at any basket
- **-3 points** for unsportsmanlike use of social media &/or bullying directed towards another team or player
- **-3 points** for conduct detrimental to the game (i.e. disrespectful behavior towards P&R staff, referees or opponent, fans) by team members or team's fans.