

GREENWICH RECREATION DIVISION

2026 ADULT BASKETBALL LEAGUE CONSTITUTION

This Constitution governs the Winter 2026 Adult Basketball League sponsored by the Town of Greenwich Parks and Recreation Department.

I. LEAGUE RULES

1. **Rules of Play:** Games follow National Federation of State High School Associations, or as drawn up below by the Town of Greenwich, Parks and Recreation Department
2. **Game Start & Forfeits:** Games start on the referee's watch. Teams have a 5-minute grace period to field at least four players or the game is forfeited.
3. **Game Length:** Two 20-minute halves.
 - First half: running clock
 - Final 2 minutes of second half: stop time
 - All fouls stop the clock in the final 2 minutes of the second half
4. **Possession:** Jump ball to start the game and each overtime. Alternating possession thereafter.
5. **Timeouts:** Two timeouts per half (do not carry over). One additional timeout per overtime. Unused second-half timeouts carry into overtime.
6. **Overtime:** Three minutes (2 running, 1 stop time).
7. **Fouls & Free Throws:**
 - Players foul out on their 5th personal foul
 - Bonus after 7 team fouls (1-and-1); double bonus after 10
 - Technical fouls: two shots plus possession; count as personal and team fouls
 - Intentional fouls: two shots plus possession
 - Lane positioning and violations follow NFHS rules
8. **Uniforms:** All players must wear numbered uniforms. Failure results in a team technical foul assessed before the game (or upon entry). If both teams fail, offsetting technicals are called and the jump ball occurs.
9. **Conduct & Discipline:**
 - Fighting: minimum one-year suspension
 - Two technical fouls: minimum one-game suspension
 - Other ejections: subject to league review
 - Any ejected player must leave the premises immediately
 - Striking officials or aggressive conduct may result in suspension from all league play
10. **Dunking:** Dunking before, during, or after games is prohibited.
 - Before/during: ejection and team technical
 - After: one-game suspension

11. **Insurance:** The Town provides no insurance. Teams/players are strongly encouraged to obtain their own coverage.

II. ELIGIBILITY

1. General Eligibility:

- Only approved, rostered players who have signed waivers may play
- Use of an ineligible player results in forfeit
- Players may play for only one team per division, per season.
- Managers are responsible for player eligibility

2. Resident & Over-40 Leagues:

- Greenwich residency required
- Teams may roster up to three non-residents

3. Corporate League:

- Players must be employees of a Greenwich business
- Proof of employment and photo ID required
- Teams may roster up to two Greenwich residents who are not employees

League staff and officials may conduct ID checks at any time. Players without proper proof may not participate.

III. FORFEITS

1. Forfeit Bond:

Resident and Corporate teams must post a \$400 forfeit bond at registration.

2. Forfeit Penalties:

- Teams forfeiting a game pay the full cost of officials
- Second forfeit or withdrawal results in removal from the league
- Two forfeits in a season result in disqualification

3. Bond Refund:

Bonds are refunded at season's end minus a \$100 administrative fee if no forfeits occur.

4. Double Forfeit:

Occurs if neither team can field a legal team at game time.

IV. POSTPONEMENTS

Once schedules are finalized, games will not be rescheduled except in extreme emergencies or circumstances beyond the Recreation Division's control.