

Glastonbury Parks & Recreation

Department—Men's Basketball League

Rules for Winter 2025-2026

I. Organizations & Management

The league shall be organized and administered by the Parks & Recreation department and shall be run by the League Director who is in charge of all matters on the Court and has final say on the Court. The League Administrator is the Recreation Supervisor who oversees the basketball program and administrative activities including but not limited to scheduling, roster changes, and fees must be directed to the league administrator not the league director. Each team shall have a designated team manager that will work with the Parks & Recreation Department for all matters that are relevant to the league.

The manager of each team must be a playing member of that team and will be held responsible to the Parks & Recreation Department for all matters regarding policies, procedures, and their player information as well as conduct. The Town of Glastonbury provides no insurance coverage and assumes no liability.

II. Eligibility

- A) All players must be at least 18 years old and out of high school.
- B) A team with 70% Glastonbury residents can apply for a \$150 rebate off the league fee. You must produce proof of residency for 70% of your roster to receive the rebate.

III. Rosters

- A) Team rosters may not exceed 15 players.
- B) Rosters must be submitted to the Parks & Recreation Department by 12:00 p.m. Tuesday, October 14th
- C) Rosters must be submitted on the official roster form. The name, address, and phone number must be included on the roster form and eligibility status of the player.
- D) Players may only play on one team in the league.
Roster changes-each team may make changes to their roster until the rosters are frozen on the ninth (9th) of Dec.
 - 1) All changes must be made with the Parks & Recreation Department during business hours (Monday-Friday 8:00a.m. to 4:30 p.m.)
Violation may result in protest and/or forfeit.
 - 2) All eligibility material required by the Parks & Recreation Department must be submitted prior to any league play by the new player.

E) Team rosters are available for review in the Parks & Recreation Department office Monday through Friday, 8:00AM to 4:30PM.

- 1) Protest of eligibility can be made by Team Manager or by the Parks & Recreation Department at any time during the season.
- 2) Team managers will be held responsible for any falsification of roster information. (See roster information)
- 3) The burden of proof for eligibility lies with the players and ultimately the team managers and not the Parks & Recreation Department.
- 4) Teams will forfeit any and all games in which an ineligible player has participated in.

IV. Fees

A) Registration Fee: all teams must pay the required registration by the date given in the pre-season manager's memo. All checks should be made out to the Town of Glastonbury.

V. The Game and Play

A) Games will be played on Sunday nights. Starting October 19th. Game times are to be announced. Each team will play all other teams once in the regular season for a total of 14 games.

B) All weather cancellations will be posted by 11:00 a.m. the morning of the scheduled game. Please call the weather cancellation hotline at 860-652-7689 for any cancellations.

C) A regulation game shall consist of **two (2) twenty (20) minute, running time halves**. To keep the flow of the game moving teams will be expected to be in their designated spots before the official is ready to place the ball at the disposal of the free throw shooter, teams that fail to do this will be issued a delay of game warning and then will be assessed technical fouls for future violations. Players have ten (10) second to shoot a free throw after given the ball by the referee.

- A player is disqualified in a game after receiving six (6) personal fouls
- Clock stops on whistles inside two minutes of each half
- There is a three (3) minute break between halves.
- Overtime periods will be five (5) minute running time.
- Clock will be stopped for timeouts.

D) Time will be represented by the official watch.

E) Prior to the start of a game, each manager must submit a lineup of players that will be playing in the game with the official scorer. Players listed prior to the start of the game may begin play immediately should they expect to arrive late to the game. Players not listed on the roster who shall arrive unexpectedly, must be

added to the line-up during half-time and play during the second half of the game only.

- F) There is a five (5) minute grace period for all games.
- G) Play will begin when five (5) rostered players are available and not when the team has its desired five (5) players. Teams may start a game with four (4) players but must have their fifth player by the end of the first half or the game will be considered a forfeit.
- H) Only **Five players** allowed in lane on foul shots.
- I) After a made basket inside **two-minutes in of a half and OT, teams may call a time out and inbound the ball at half court.** (They must have TO's remaining)
- J) Forfeited games will have a score of 10-0 (average margin of victory from the 15-16 season).
- K) No game will be required to begin prior to its scheduled time (unless agreed upon by both managers and the officials)
- L) Once play has commenced, a team may finish with less than five (5) players.
- M) Games will be played if one official is present. Games will be rescheduled if no officials are present.
- N) Each team will receive two (2) time-outs per half; time-outs may not be carried over to the second half. Each team will receive an additional time-out for every overtime period, which will not be carried over for subsequent overtime periods.

VI. Conduct

- A) A player receiving two (2) technical fouls in a game will be ejected from that game. **Any player ejected from a game will be suspended from their next scheduled game.**
 - I) A resident player ejected from two (2) or more games during the season may be suspended for 365 days from the date of the second ejection as reviewed by the league administrator.
 - II) A non-resident player ejected from two or more games may no longer be eligible to participate in the league based on the review of the league administrator.
- B) A player may accumulate up to four (4) technical fouls over the course of a season.
 - 1) A resident player exceeding the four (4) technical fouls limit will be suspended for 365 days from the date of incident as reviewed by the league administrator.

- 2) A non-resident player exceeding the four (4) technical fouls limit, may no longer be eligible to participate in the league as reviewed by the league administrator.

C) A team which commits four (4) technical fouls in a game will forfeit that game.

- 1) Teams which forfeits two (2) games as a result of technical fouls, will be dropped from the league and lose returning-team status.

D) The decision of an Official is final!

NOTE: Technical fouls referred to above are for conduct and are not rules violation, such as calling time when your team has no time-outs remaining.

E) ABUSE OF OFFICIALS & ADMINISTRATORS WILL NOT BE TOLERATED AND WILL RESULT IN DISCIPLINARY ACTION!

F) Discussions with the official are permissible, depending on what is said and the manner in which it is said. The officials are not required to explain their call to players and arguing with them may result in a technical foul.

G) Any unwanted or inappropriate physical contact as well as verbal threats made towards an official will result in that player's permanent suspension from the league.

H) Fighting will result in an immediate suspension.

- 1) Any resident player starting a fight will be suspended for 365 days from the date of the incident.
- 2) Any resident player entering an altercation, other than to break it up (Officials opinion) will be subject to a 365 day suspension from the date of the incident.
- 3) Any player that is defending themselves (Officials opinion), maybe subject to suspension at the discretion of the league administrator.
- 4) Non-resident players involved in either number 1 or number 2 of this section, will be permanently suspended form the league.
- 5) Non-resident players involved in number 3 above, may be subject to a suspension at the discretion of the league administrator.

I) Players and Spectators may be asked to leave the facility based upon their Conduct.

- 1) A player may be asked to leave the facility based upon their conduct before, during, or after a game. The game will not start or resume until the player has left the facility. They will have one (1) minute to leave the facility or they may be suspended at the discretion of the league administrator.
- 2) A spectator may be asked to leave the area based upon their conduct before, during, or after a game. The game will not start or resume until the spectator has left the area. Managers will be held responsible for their spectator's conduct and may be assessed a technical foul.

- J) Vandalism or mistreatment of equipment and/or facilities will result in permanent suspension from the league.

VII. Postponements and Make-Ups

- A) Games will be postponed (inclement weather) no later than 11 AM by the Parks & Recreation Department and this decision is final. Please call the cancellation hotline At 860-652-7689.
- B) All make-up games are mandatory, and all postponed games will be made up whenever possible. In the event of a large number of cancellations games will only be made-up if they affect playoff seeds.
- C) Once the official league schedule has been printed and distributed, no games will be changed for any reason unless deemed necessary by the Parks & Recreation Department.

VIII. Equipment

- A) Sneakers must be worn during the game
 - 1) Other footwear or lack of footwear is prohibited.
- B) Team shirts/jerseys must be of the same color and must be approved by the Parks & Recreation Department, and must be worn by all team members participating in league games.
 - 1) Shirts must be numbered on the back.
 - 2) "Shirts and Skins" is not permitted
 - 3) Failure to comply with uniform requirements, will result in forfeiture and possible dismissal from the league.

IX. Special Rules

- A) Dunking before, or after the game is not allowed.
- B) The Official League book is entitled, Basketball Rule Book, The National Federation State High School Associations. These rules are in effect during all League and play-off games except when they are superseded by the Glastonbury Men's Basketball League Rules.
- C) A returning team is considered to be so when it has five (5) players returning from the previous season.
- D) Bonus free throws are awarded after a team has committed their seventh personal Foul, Technical fouls and flagrant fouls are counted as personal fouls.

E) The League Director has the right to sit any player(s) he feels is being too disruptive to the game, opponents, or officials. He will also determine the amount of time the player(s) will sit.

Players can ask an official a question, plead their case or get clarifications. Trash talking will not be allowed when it starts interfering with the game. All of these could be violations and could result in sitting for a period of time determined by the League Director!

II. Play-offs

A) In order for a player to be eligible for the play-off, he must have one more than half of the scheduled games of his team's regular season league games. **Players must sign in at the desk with the league director to receive credit for playing in the game.** The players must participate in the game; a special circumstance with a player who is present and does not play will be evaluated by the league director.

B) Playoffs will be at the discretion of the league administrator and may change from year to year.

1) The Winter 2025-26 playoffs: TBD:

Any teams that finish with identical regular season records will be seeded for the playoffs by the following:

1) The head to head record of the teams in question.

2) If a tie remains after the head-to-head record, then the total points differential for the head-to-head games will be used. (197-163)

~~3) If a tie remains after that, then the seeding will be decided by the flip of a coin between the team captains in question. Except in the case of the final playoff slot, a head-to-head game will be played, with the winner advancing to the playoffs.~~

All Star Game:

The All-Star game will be held on **Feb 8th along with skills competition.**

Revised: October 2025