



Adult Basketball Rules and Regulations

NFHS Rules

- The league will play under the rules of the current National Federation of High School Rules with the listed exceptions. The following rules are additions and supersede the NFHS rulebook. NOR has the right to revise any rule as deemed necessary at any time.
- In agreement with the updated NFHS rules. **Teams will now shoot double bonus on the 5th foul of every quarter. Team fouls will reset at the beginning of every quarter.**

Forms

- Completed roster and manager agreement forms must be submitted on Team Sideline before tip-off of the first placement game. There is no limit to the number of players that can be placed on the roster.
- The final roster must be submitted prior to the start of the second placement game. You will not be allowed to add players after this point, unless approved by NOR.

Player Eligibility

- **All players must be at least 18 years old and out of high school.**
- Players must be able to provide a valid picture ID upon request. If it is discovered that an illegal player is in the game, he/she will be removed immediately.
- Players may not play on multiple teams in the same division.
 - Division A players may not participate in Division D.
- **All players must play in at least one placement game to be eligible to play during season.**
- **Any game involving ineligible players will result in a forfeit.**
 - **Disciplinary action will be reviewed for both managers and players in the case of ineligible players.**

Divisions

- Teams must be available Monday through Thursday for 6:30, 7:30, 8:30, & 9:30 p.m. game times.
- Divisions will be determined by the number and caliber of teams registered and the one to two placement games during week 1.
- NOR reserves the right to move teams from one division to another prior to the start of the season to balance out each division. This may change the nights you play. For example, you may have requested Monday-Wednesday, but due to the division you are placed in you may play on Tuesday- Thursday. The days of the week each division will play will be determined by court availability for that season.
- After placement, teams will play a 10-game season.
- The first and second place teams in each division after the league has concluded may be moved up a division for the next season. The lowest seed team of each division may be moved down a division for the next season.

Forfeits

- Teams must notify NOR and the opposing team immediately. Teams may call 392-2000 before 5pm or email nlopez@norrecreation.org. Opposing team managers contact information is available on Team Sideline.
- Teams must field at least four (4) players at game time and cannot drop below two (2) at any time during the game.
- **Managers are responsible for the behavior of all team members and fans before, during, and after games. Calls by the officials are judgement calls and therefore, cannot be protested or argued at any time. If a manager cannot keep his/her players from poor behavior, a forfeit may be declared, and the team will be ejected from the league with a loss of all fees paid.**
- Teams who have at least two forfeits, may be removed from the league with a loss of all fees paid.

Protests

- NOR does not provide a formal protest procedure. Officials' decisions are final and cannot be protested.
- A manager may only protest player eligibility during the game.

Uniforms

- All players must have matching color shirts with a minimum four-inch numbers on the back by the first league game. Penalties may be assessed for teams not in compliance. If both teams have an equal number of violators, the game will start without penalty. Every violation in excess of the opponent will earn the opponent two points plus the ball out of bounds to start the game. For example, Team A has 3 players in violation and Team B has 1 player in violation, Team B will be awarded 4 pts at the beginning of the game and will begin with a throw-in at mid-court. If a player in violation shows up after the start of play, when that player enters the game, the officials will award 2 pts to the opponent. The game will proceed at the point of interruption.

Additional Regulations

- The game will consist of four ten-minute running quarters except during the last two minutes of the 2nd and 4th quarters when a lead of ten points or less separates both teams. At that time, a regulation clock will be in effect. There will be one minute between quarters and a two-minute half time.
- Game time is forfeit time. Teams must have four (4) players to start a game. If, after the game has been declared a forfeit, additional players show up or if the team wants to pick up players from the other team to play a practice game the officials and the scorekeeper will work the game. All players must sign a roster prior to playing.
- Overtime will consist of a two-minute running clock except for the final 30 seconds, which will be regulation clock. The second overtime is sudden death. Each overtime will start with a jump ball at center court.
- One full and one 30 second timeout will be allowed per half. Timeouts are not cumulative. Teams will receive one 30 second timeout in overtime.
- Dunking is not allowed and will result in no basket and a technical foul. Dunking is defined as the driving, forcing, pushing, or attempting to force a ball through the basket with the hands. A player is allowed to push the ball through only if he/she does not snap the rim.
- Players must check in at the scorer's table prior to each substitution and wait until the official beckons them onto the court.
- Shooter and players on the free throw lane may enter the lane on the release of the ball. Players outside of the 3-pt line may enter after the ball touches the rim.

- Players may be ejected for a hard, intentional foul with no purpose except to inflict punishment on an opponent (a.k.a. flagrant foul). Any unsporting or non-basketball act – before, during or after a game – may be reported to the NOR for review of possible disciplinary action.
- Only managers may approach the game officials if there is a discrepancy with the score and/or score sheet. Players and managers shall not approach the scorer's table directly except to check in as an incoming substitute.
- Managers may be approached by officials to help them in addressing their players' behavior. Failure to cooperate may be cause for additional disciplinary action for the manager and/or team.

Technical Fouls

- Any player ejected from a game for receiving two (2) technical fouls or committing any unsportsmanlike act, will be suspended for his/her team's next two (2) games. Any ejected players must leave the facility immediately and are prohibited from any further contact (direct or indirect) with the team during and after the game. Failure to comply with the rules of ejection may result in the game being forfeited.
- **3 individual player technical fouls per team will result in an automatic team forfeit the following game. (total technical fouls players receive)**
 - **Additional technical fouls will also result in an automatic team forfeit of the following game.**
- Any individual player receiving three (3) technical fouls within the season will be removed from the league.
 - Any type of technical foul will count towards the "3". Regardless of the player participating in multiple divisions, they are only allowed three technical fouls for the current season.

Advancing the ball – UPPER DIVISION ONLY

- In the last 2 minutes of each half, the inbounds spot of the succeeding throw-in may be advanced to the frontcourt after a team timeout.
 - When the margin is less than 10.
 - Before the live ball is advanced by a controlled dribble or pass after a live-ball change of possession or before the ball is inbounded after any score or any dead ball after a change of possession.
 - The new throw-in spot shall be on the same side as the previous designated throw-in spot. When there is no designated spot for a throw-in (as after a score), the team may choose either sideline.
 - The throw-in shall be between the top of the 3-pt arc and the free-throw line extended.
 - When a designated throw-in spot is part of a penalty (as after an intentional, flagrant, or technical), the team may choose the most advantageous spot.
- With the margin less than 10 and with 2:00 or less in the **half** ...
 - **Situation A:** B1 steals the ball in the backcourt. Before taking a dribble or passing to a teammate, B1 calls a timeout. Result: Team B may advance the throw-in spot on the same sideline as the dead-ball spot.
 - **Situation B:** A held ball is called and the possession arrow points to B. Result: If Team B calls a timeout, it may advance the ball on the same sideline as the dead-ball spot.
 - **Situation C:** Team A scores a field goal. B1 inboundes the ball to B2. Immediately B2 calls a timeout. Result: Team B may not advance the ball. The throw-in will be from the spot nearest the ball.

- **Situation D:** Team A is assessed a technical, after Team B shoots its free throws, it calls a timeout. Result: Team B may choose to throw in from the midcourt or from the frontcourt.
- **Reminder: A timeout must be spent in order to get the option. The option disappears once Team B attempts to advance the ball by a dribble or pass.**

League Champions

- Division winners will be determined by the team with the best win/loss record.
- If multiple teams have the same overall record, NOR will use the following tie breakers
 - 1. Head to head
 - 2. Head to head points against
 - 3. Total league points against
 - 4. Coin Flip
- Top 4 teams from each division will proceed to a single-game elimination playoff bracket
- **Championship team will be awarded a set of 10 assorted-sized championship t-shirts**
- **For a player to participate in the post season, they must have played at least 3 of the 10 league games. (Placement games will not count towards the required league games.)**

Disciplinary Procedures

Physical Attack

No spectator, coach or player shall be guilty of a physical attack as an aggressor upon any player, coach, official, spectator or District staff before, after or during a game, practice, or meeting.

Minimum Penalty: Suspension for the remainder of the season and placed on probation for one year.
Maximum Penalty: Suspension for one year from all District Sports Leagues.

Abusive Verbal Attack

No spectator, coach or player shall be guilty of an abusive verbal attack upon any player, coach, official, spectator or District staff before, after or during a game, practice, or meeting.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.
Maximum Penalty: Suspension for the remainder of the season and placed on probation for one year.

Unsportsmanlike Behavior

No spectator, coach or player shall be guilty of unsportsmanlike behavior towards a player, coach, official, spectator or District staff before, after or during a game, practice, or meeting. Unsportsmanlike behavior includes but is not limited to, taunting, or bating an opponent, arguing with an official, spitting on a hand during handshakes or making unnecessary gestures.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.
Maximum Penalty: Suspension for the remainder of the season.

Rough Tactics

No coach shall be guilty of allowing and no player shall be guilty of using unnecessarily rough tactics in the play of the game against an opposing player.

Minimum Penalty: Both the player and the coach shall be suspended for two league games and placed on probation for the remainder of the season.
Maximum Penalty: Suspension from league play for the remainder of the season.

Intoxication

No spectator, coach or player shall be guilty of appearing upon District facilities at any time in an intoxicated condition or consume any alcoholic beverages on District facilities.
(Parking lots are considered District Facilities.)

Individuals violating any of the above guidelines will be ejected from the game and required to immediately leave the facility.