



FRUITA
COLORADO
PARKS & RECREATION

Adult Basketball League Handbook

Updated: May 15, 2019

Also available in PDF Format at: <http://www.fruita.org/parksrec/page/adult-basketball-league>



CITY OF FRUITA
Fruita Community Center

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ADULT BASKETBALL LEAGUE HANDBOOK

All participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their physician before participating. The City of Fruita will not be held liable for injuries to players or held responsible for articles that are lost or stolen while participating in league play. The Adult Basketball League is a Recreational Programs offered by the City of Fruita's Parks and Recreation Department.

I. GOALS OF THE PROGRAM

The goals of the program are to provide participants with:

- **A SAFE ENVIRONMENT FOR PARTICIPATION**
- **A FAIRLY ADMINISTERED PROGRAM**
- **AN ENJOYABLE RECREATIONAL EXPERIENCE**
- **AN OPPORTUNITY TO PARTICIPATE AND DEVELOP BASKETBALL SKILLS**
- **A PLACE TO PLAY, COMPETE, AND TO DISPLAY A LEVEL OF SPORTSMANSHIP COMMON IN A COMMUNITY RECREATION PROGRAM**

This Handbook is a guide to participating, officiating and administering the Adult Basketball League. It is extremely important that all players and team captains read and understand the information contained in the handbook.

II. ROSTERS

- The Team Registration and Waiver Form **MUST** be turned in prior to the first game of the season with the names and signatures of participating players.
- Players can be added to the Team Registration and Waiver Form and player signatures can be collected until the **4th game** of the season.
- All players **MUST** sign the Team Registration and Waiver Form prior to playing.
- **After the 4th game of the season, rosters are frozen:**
 - i. **No players can be added to the roster without paying the Late Player Registration Fee.**
 - ii. **Any player on the roster who has not signed the Team Registration and Waiver Form will be removed from the team roster and will not be eligible to play without paying the Late Player Registration Fee.**
- **After the 4th game of the season, teams can add new players to their team roster by paying the Late Player Registration Fee of \$25 per player. How it works:**
 - i. **Player registers at the Fruita Community Center Front desk PRIOR to playing.**
 - ii. **Player pays the \$25 Late Player Registration Fee while registering.**
 - iii. **Player brings receipt to the scorekeeper PRIOR to the start of the game.**
 - iv. **Player signs the Team Registration and Waiver Form PRIOR to playing.**
 - v. **Player is eligible to play with that team for the remainder of the season, including play off and championship games should their team qualify.**
 - vi. **NOTE: The Late Player Registration Fee is only available during the regular season. Players MUST be added prior to the last game of the regular season – the Late Player Fee is not available during playoff and championship games.**

- Teams must carry a minimum of (6) six ELIGIBLE players (at least 18 years old) with a maximum of (15) fifteen ELIGIBLE players.
- Teams who carry less than six players may have players placed on their roster by the Athletics Recreation Supervisor.

III. **PLAYER ELIGIBILITY**

- Player eligibility is the responsibility of both the team representative and the player. If you violate these rules, you will not be allowed to play. Additionally, any game where an illegal player is used will be declared a forfeit.
- Players must be at least 18 years old
- **Players may only be on 1 team roster per season**
- Players must have signed the Team Registration and Waiver Form
- Current year college basketball players are ineligible to play in the league
- Any team found guilty of playing a person under an assumed name or a person who is suspended will be charged with a forfeit. That player will also be ineligible to participate in the league for the remainder of the season. The team representative may also be ineligible for one game, depending on the circumstances.

IV. **TEAM REPRESENTATIVES**

The Team Representative is the most important person on the team. They are designated to conduct business with the league. Their responsibilities include:

- Ensure the team is registered and that all fees are paid
- Ensure that all players on the roster are eligible for play in their league
- Distribute league schedules to their teammates
- Communicate league rules and information to their teammates
- Communicate any problems or concerns or the “team opinion” to the Athletics Recreation Supervisor
- Maintain accurate contact information with the Fruita Community Center
- Assist the Athletics staff in controlling players when difficult situations arise
- Uphold a high level of professionalism and leadership when dealing with Athletics and/or Fruita Community Center staff members

V. **LEAGUE FEES & CHARGES**

- **LEAGUE FEES:** fees are \$400 per team per season and must be paid in full at the time of registration
- **LATE REGISTRATION FEE:** A player who wishes to join a team after the 4th game of the season can pay the \$25 Late Registration Fee at the Fruita Community Center Front Desk. See Rosters Section above for details.
- **NO CALL / NO SHOW FEE:** Any team who does not show up for a scheduled game and does not call the Fruita Community Center and/or the Athletics Recreation Supervisor to cancel a game 24 hours prior to the start of their game will be assessed a \$25 No Call / No Show Fee. The team charged with No Call / No Show Fee will not be permitted to play any further matches until they have paid the fine.

- LEAGUE REINSTATEMENT FEE: If a player is suspended from the league, they will be required to pay a \$20 Reinstatement Fee prior to returning to league play

VI. FACILITY RULES

- Unsupervised children will not be allowed at games
- Food or drink are not allowed in the gym area. Please leave all food or drink outside of the gym. Gym Supervisors/Recreation Staff will confiscate any food or drink brought into the gym area.

VII. COMMUNICABLE DISEASE RULE

- Whenever a player suffers a laceration or wound where bleeding or oozing occurs, the game will be stopped immediately. The player will be removed from the game until the bleeding is stopped and the wound is adequately covered.
- If a legal substitute is available, they will replace the injured player and play will continue. If no substitute is available, the game clock will be stopped for a reasonable length of time (3 to 5 minutes) to enable the injured player time to dress his/her wound.
- Any injured player may only re-enter the game only with the gym supervisor's approval. This means bleeding must be stopped and/or wound covered. Any article of clothing that is saturated with blood must be removed and replaced. Each team is responsible for providing replacement clothing and/or first aid supplies.

VIII. LIABILITIES AND INJURIES

- The City of Fruita and its representatives are neither liable for injuries to players nor responsible for articles lost or stolen while players are participating in the program.
- The City of Fruita does not provide insurance for injuries while playing in the program.
- Scorekeepers, Gym Supervisors, and/ or Parks and Recreation staff have the authority to remove injured players from the game which may risk further injuries to that particular player.
- Injured players will be subject to completing a City of Fruita Recreation Department Accident/Incident Report

PLAYER AGREEMENT & WAIVER OF LIABILITY

All players must sign the league waiver and roster form in order to participate. Players must agree to abide by league rules. Players must agree to abide by the decisions of the Athletics Staff relative to issues not specifically covered in the rules and on issues pertaining to suspensions and reinstatements. These agreements and waivers are essential to good management of the league. No player will be allowed to participate without signing the Team Registration and Waiver Form:

ACTIVITY: Adult Basketball League DATE: _____

I acknowledge that I have voluntarily applied to participate in the above-described recreational activity.

I understand the hazards and exposures to danger that may be connected with such activities and the certain real and unpredictable risks involved with participating in such activities.

I have been given opportunity to ask questions and I acknowledge that my questions have been answered to my satisfaction, by the appropriate City personnel. I understand the risks and dangers inherent with the activities in which I will be participating and acknowledge that I am fully capable of participating in these activities. I am in good health with no defects that would prevent me from engaging in these activities and I willingly assume the risk of injury as my sole responsibility. I understand and agree that any bodily injury, death, or loss of personal property and expense as a result of my negligence, or the negligence of the City, are my responsibility. As lawful consideration for being permitted to participate in the above activities, I release from any legal liability and agree not to sue, file claim against the property of, or prosecute; and to indemnify and hold harmless, the City of Fruita and all of its officers, agents and employees for any and all liability, injury, or death caused by or resulting from my voluntary participation in the activities mentioned above; whether or not such liability injury or death was caused by their negligence, or by my negligence, or any other cause. This Waiver and Release of Liability shall be legally binding upon me, my heirs, my estates, assigns, legal guardians and my personal representatives. I have carefully read the Release and fully understand its contents. I am aware that I am releasing my legal rights that I otherwise may have and I enter into this agreement of my own free will, and with full understanding and awareness of the risks involved. I agree to assume such risks.

I authorize and consent to the publication of myself, or minor, whether by television, newsprint, written advertisements or otherwise, of any materials contained in my name or picture for participation in any event.

THIS IS A RELEASE OF LIABILITY. DO NOT SIGN THE RELEASE IF YOU HAVE NOT READ IT COMPLETELY OR DO NOT UNDERSTAND OR AGREE WITH ANY OF ITS TERMS.

IT IS THE RESPONSIBILITY OF THE PLAYER AND THE TEAM REPRESENTATIVE TO:

- Ensure that all players on the roster are eligible to participate.
- Ensure that all players have signed the roster prior to participating in a game.

RULES OF PLAY

I. EQUIPMENT & PLAYING FIELD

- All players will be required to wear non-marking, clean shoes.
- Players will not be permitted to wear jewelry.
- Knee braces must be such that they will not injure another player should they come in contact with the brace.
- Play will be full-court
- The City of Fruita will provide basketballs and scorekeeping equipment

II. UNIFORMS

- All players need to be wearing matching colored team shirts or jerseys with unique numbers on the back. Teams / Players provide their own game shirts or jerseys.
- If two teams have similar team colors, the City of Fruita will provide pinnies to the visiting team. The pinnies need to be returned after each game.
- All players will need to wear athletic wear shorts or pants. Players will not be permitted to wear street clothes.

III. COMPLETE TEAM

- A team must start a game with at least 4 legal players on the court. Any team that is not ready to play within 10 minutes of the scheduled game start time or that has less than 4 players at any point during the game will forfeit that match. The only exception to the forfeit rules are:
 - i. If the opposing team agrees to play the game with shortened halves and agrees to have the final score count towards the standings the match will not be a forfeit.

IV. PLAYER CONDUCT, FOULS, & SUSPENSIONS

- Safety is first and foremost in all Fruita Parks and Recreation adult basketball leagues. All league referees and recreation staff have the responsibility and final decision to ensure every player's safety is the highest concern in any match.
- Players are subject to disciplinary procedures of the league for all actions that occur before, during or after games in the facility or in the parking lot.
- Any player or team, who in the judgment of the Athletics Recreation Supervisor or Fruita Parks and Recreation Staff, is dangerous, belligerent, uncooperative, non-compliant with league rules or decisions, or disruptive to the league will not be allowed to participate.

- Anytime a game gets out of hand, the Gym Supervisor or any other staff member of Parks and Recreation has the authority to forfeit the game.
- No player shall refuse to abide by a Gym Supervisor's decision. Gym Supervisors are required to suspend any player violating this rule immediately from further play and report such player to the Athletics Recreation Supervisor. Such player shall be suspended for two league games, and placed on probation for the remainder of the season.
- Any player receiving a suspension will be required to serve their suspension and will need to pay the \$20 Reinstatement Fee prior to returning to league play.
- Players who are penalized at the last game of the regular season will serve their suspension during the end of season tournament or at the beginning of next season prior to returning to league play.
- The Adult Basketball League has a progressive discipline procedure, meaning that repeat offenses may be disciplined more severely than outlined in the handbook for future occurrences. Depending on the circumstances, first time offenses may be disciplined more severely than outlined in the handbook as well.
- Any team having three or more team members (players or coaches) ejected from a game/receiving an unsportsmanlike technical foul shall be penalized with a game forfeit and all players must vacate the gym.
- Players are not allowed to shoot, dribble, and/or warm up on the sidelines while another game is in progress.
- **Personal Fouls** – are issued for the following violations:
 - i. Blocking
 - ii. Charging
 - iii. Elbowing
 - iv. Holding
 - v. Illegal Screen
 - vi. Hand Check
 - vii. Holding
 - viii. Tripping
- When a player who accumulates 5 personal fouls in a game, the player will be fouled out and are disqualified from participating in the remainder of the game. No additional penalties are assessed and the player does not need to pay the \$20 Reinstatement Fee prior to playing in his/her next game. The SECOND time during the same season that a player fouls out, the player will also suspended for his/her next game and charged the \$20 Reinstatement Fee prior to returning to league play IF 1 of the 5 fouls is a Technical or Flagrant Foul. If the player removal results in the team having less than the required 4 legal players, the game will be declared a forfeit.
- **Flagrant Fouls** – are issued when an intentional or unintentional foul involves excessive or violent contact that could injure the fouled player. The player receiving the foul will

be ejected from the game and the opposing team will be awarded two points and subsequent possession of the ball at the out of bounds spot nearest the foul. Any player receiving a Flagrant Foul will face disciplinary action based on the infraction, which will result in a minimum 1 game suspension but may include additional disciplinary action. If the player removal results in the team having less than the required 4 legal players, the game will be declared a forfeit.

- **Intentional Fouls** – are issued when a player (usually a defender) deliberately commits a foul to stop the clock or prevent a basket from being scored. Intentional fouls will result in the opposing team being awarded two points and receiving possession of the ball out of bounds nearest the foul. The team awarded the free throws may pick their free throw shooter.
- **Shooting Fouls** – are issued when a defender makes contact with an offensive player who is in the act of shooting the basketball. Two or three free throws are awarded to the fouled player depending on the type of shot taken when the foul occurred. Free throws will be played on the release of the ball by the shooter. Shooter must wait until the ball hits the rim to cross into the key.
- **Technical Fouls** – are issued when a player (or non-player) exhibits conduct that is detrimental to the game. **Technical fouls will result in the opposing team being awarded two free throw shots by a player of their choice and receiving possession of the ball out of bounds at mid-court.** Technical fouls can be assessed against on-court and off-court players, coaches, the entire team, and/or the crowd. These fouls are more serious than personal fouls but less serious than flagrant fouls. The most common technical foul is unsportsmanlike conduct, including the use of profanity towards another player or sports official.
 - i. The first unsportsmanlike technical foul will result in the players' removal from the game for a "cooling off" period of 3 game minutes. Game minutes do not include time outs or half time.
 - ii. The second unsportsmanlike technical foul in a game will result in an automatic ejection from the game and gym and disciplinary action based on the infractions, which will result in a minimum 1 game suspension but may include additional disciplinary action. If the player removal results in the team having less than the required 4 legal players, the game will be declared a forfeit.
 - iii. The third unsportsmanlike technical found in a SEASON will result in a minimum of a 3 game suspension.
- Technical fouls can also be issued for the following:
 - i. Players locking arms to restrict the movement of an opponent (usually a team technical)
 - ii. Baiting or taunting an opponent
 - iii. Making aggressive gestures or using inappropriate language anywhere on the court
 - iv. Excessive inquiries about a call

- v. Disrespectfully addressing a Sports Official, Gym Supervisor, or recreation staff member or gesturing in such a manner that indicates resentment
 - vi. Flopping
 - vii. Goaltending a free throw
 - viii. Hanging from the rim before, during, or after the game. Dunking before or after the game. Players will be held responsible for any costs from damages due to dunking, hanging on a rim, or any other act that damages property. The basket will not be rewarded to the offender of this rule. NOTE: dunking is allowed only during games, hanging from the rim is not allowed at any time before, during, or after the game.
 - ix. Illegal contact with the backboard - intentionally slapping or striking the backboard. NOTE: if contact with backboard is made in an attempt to block a shot, it is legal contact.
 - x. Illegal substitution
 - xi. Kicking or striking the basketball with the foot and in an intentional, unsportsmanlike conduct
 - xii. Lifting or jumping onto a teammate to gain a height advantage
 - xiii. Remaining out of bounds to gain an advantage
 - xiv. Refusing to immediately pass the ball to the nearest Sports Official when a whistle blows
 - xv. Throwing the ball into the stands, preventing a ball to be made live promptly after a basket to allow your team to set up, or throwing the ball at an opponent's head
- **A minimum of a one year suspension from participating in any activity sponsored by the City of Fruita Parks and Recreation Department and/or admission to the Fruita Community Center starting from date of suspension shall be the penalty for the following offenses (including team representatives, players, and spectators):**
 - i. Threatening physical harm to an employee of the City of Fruita, which includes Gym Supervisors, Sports Officials, and Scorekeepers.
 - ii. Physically attacking any person connected with the City of Fruita basketball league. (This includes employees of the City of Fruita, spectators, managers, scorekeepers, gym supervisors, and players).
 - iii. Two ejections from games during the season for unsportsmanlike behavior.
 - iv. Willful destruction of City of Fruita property (cost of replacing damaged equipment will be paid by the guilty parties) and/or other's personal items at the FCC
 - v. Theft of personal items, facility equipment, and/or money at the FCC
 - vi. Unsportsmanlike conduct or actions that caused or could have caused serious injury to another player.
 - vii. Fighting - both parties involved will face suspension

- viii. Any player who appears on the playing field and is under the influence of drugs or alcohol or consumes alcoholic beverages on the premises of the Fruita Community Center.
- ix. Possession of a weapon or firearm

V. ONE MINUTE TO LEAVE RULE

- In the event that a player is removed from a game, the official will inform the player that they need to leave the basketball court.
- If the player refuses to leave immediately or begins to argue, the team representative or alternate will be notified that the player has one minute to leave the basketball court.
- If the player does not leave in one minute, the team will forfeit the game and the team and each individual member will be subject to further disciplinary action by the league.

SPORTS OFFICIALS

I. The City of Fruita makes every effort to schedule the best available sports officials.

II. The City of Fruita maintains a position of **ZERO TOLERANCE**, meaning:

- ARGUING WITH OFFICIALS IS NOT ALLOWED.
- WE DO NOT ACCEPT PROTESTS OF CALLS.
- ARGUING WITH OFFICIALS WILL RESULT IN YOUR BEING ASSESSED WITH PENALTIES AND POSSIBLE EJECTION FROM THE GAME.
- IF YOU REPEAT THE SITUATION YOU MAY BE DROPPED FROM THE LEAGUE WITHOUT A REFUND.

TIMING AND SCORING

I. DURATION OF GAME

- Each game will begin with a five-minute warm-up period.
- A regulation game will be two twenty minute halves (running clock).
- The half-time will be three minutes.
- The clock will stop for the last two minutes of the first half (regardless of point differential) and the last two minutes of the second half if there is a difference of 20 points or less or anytime thereafter when the score becomes 20 points or less.

II. 30 IN 30 RULE

- If at any time after 35 minutes of play (5 minutes left of play), the point difference is equal to or greater than 30, the officials will call the game.
- This rule will be enforced to prevent injuries, arguments, and aggressive play in the final minutes of the game.

III. TIME OUTS

- Each team will be allowed to call **two** time outs during each half of regular season, play-off, and championship games.
- The time out will be one minute.

IV. TIED GAME

- If a game is tied at the end of regulation time, there will be a one-minute intermission followed by a three-minute stop clock, overtime. Teams do NOT switch sides. If at the end of the three-minute overtime, the teams are still tied, a one-minute running clock, overtime will be played until the game ends in a point differential.
- No additional time outs will be allowed.
- **Overtime will only occur during playoffs and not take place during the regular season due to time constraints.**

V. GAME FORFEITS

- If a game is forfeited, the non-forfeiting team may use the court until 10 minutes before the next scheduled game.
- Forfeited games will NOT be officiated and/or scored
- The game will be recorded as a win for the non-forfeiting team

LEAGUE SCHEDULES, STANDINGS, & END OF SEASON TOURNEY

I. **SCHEDULES:** Schedules are posted online at <http://www.fruita.org/parksrec/page/adult-athletics-schedules-league-standings>

II. REGULAR SEASON STANDINGS

- League standings are determined by points
- Each team receives two points for a regulation or overtime win and no points for a loss
- League standings will be updated on a weekly basis and posted online at Schedules are posted online at <http://www.fruita.org/parksrec/page/adult-athletics-schedules-league-standings>

III. TIEBREAKER AT THE END OF THE REGULAR SEASON

In the event that two or more teams are tied at the end of the regular season, playoff positions will be determined in the following order until all positions are determined:

1. Head to head win-loss records will determine the higher seeding
2. If a team has forfeited a game in head to head competition, the higher seeding automatically goes to the non-forfeiting team.

3. The team who scores the most points in head to head games will determine the higher seeding.
4. The team who scores more points in the regular season will determine the higher seeding.
5. The team with fewer points scored against them in the regular season will determine the higher seeding
6. Coin toss will determine the higher seeding.

Rules and regulations not contained in this manual will be governed by USA Basketball.

The Fruita Parks and Recreation Department reserves the right to change any and all rules, regulations and policies whenever a change is deemed necessary. When a change is made, all team representatives affected by the change will be notified immediately.