



Basketball League Conduct and Rules

Rosters, Players, Uniforms

- 1) Rosters must be submitted before the first league game. Players are not allowed to play until they have signed the roster.
- 2) A player(s) may not be added after the third league game. For a player(s) to be added, the Athletic Supervisor must be notified at least 2 business days in advance.
- 3) All players must be 18 years or older and out of high school.
- 4) To be eligible for championship playoffs, a player must have played in at least three (3) league games during the regular season.
- 5) A team must have uniforms. The jerseys must be the exact same color (example: either all dark blue or all light blue just not two different shades of blue). This rule begins by the fourth game of the season. The jerseys must have numbers. A technical foul is given upon game entrance if a player is not wearing a numbered jersey. Team players may not have the same numbers. Taped numbers are not accepted.

Code of Conduct & Rules

Good sportsmanship is a priority in all Mountlake Terrace Recreation athletic programs. Players, officials and staff will be treated kindly and respectfully. It is expected at all times that players will conduct themselves in fair manner using good sportsmanship. It is expected at all times that players will use the facility, equipment and the surroundings properly and will do no harm.

- 1) This code applies to conduct before, during and after games.
- 2) Players will be held liable for any damage caused by willful, destructive conduct.
- 3) It is the responsibility of each team manager to ensure all players know and adhere to the code, rules and regulations.
- 4) Officials and/or staff may suspend play at any time during a game due to unsportsmanlike conduct. Refunds will not be given to players and/or teams suspended from league play.

League Rules

- 1) All rules not specifically listed herein will be governed by high school federation rules.
- 2) A team may start a game with four players, however, if that team drops to two players

then game is over.

- 3) A five-minute grace period will be allowed for the first game of the evening only.
- 4) If a team only has four players then they may use this five-minute grace period in waiting for their fifth player to show up.
- 5) A game will consist of two-22 minute halves with a continuous clock except for the last minute (1) of the first half and the last two minutes (2) of the final half. (Exception: the clock will not stop if a team is ahead by 20 or more points at the 2:00 minute warning).
- 6) Four time-outs will be allowed per game. Time-outs can carry over into overtime periods.
- 7) A two-minute overtime will be played in the event of a tie, with the clock stopping on every whistle. If the game is still tied at the end of that period, a one-minute overtime will be in effect thereafter. Each team will receive one time-out during the overtime period. (Playoffs, same as league play.)
- 8) Substitutions may be made only when the ball is dead and when recognized by the scorekeeper. Substitutes must report to scorekeeper prior to entering the game.
- 9) The clock will not stop except when requested by an official, time-outs or the final minute of first half and during the final two minutes of the game. The clock will stop for technical fouls, flagrant fouls and intentional fouls.
- 10) No team will be allowed into playoffs if they forfeit two games without calling the Athletic office at least 24 hours in advance of the forfeited game, or if they are found using illegal players.
- 11) Foul shots are allowed only: 1) when a player is in the act of shooting; 2) intentional fouls; 3) flagrant fouls or 4) on the 7th team foul, player shoots 1:1. (Intentional fouls will result in 2 free throws and the ball awarded to the offended team) The 10th team foul player shoots a 2 shot foul.
- 12) All technical fouls will be an automatic two points and ball out of bounds.
- 13) Technical fouls will also be recorded as a personal foul - this does not include shirt technical.
- 14) Flagrant fouls (fouls that are committed with intent to cause injury) will be handled according to current high school rules.
- 15) Playoff tie breakers will be determined by the following order: 1) Win/Loss Record, 2) Head to Head record of tying teams, 3) Points scored against points given up over the entire season. (Forfeits will count for +10 points for team that was forfeited to.)

Violations and Penalties

- 1) **Violation:** Dunking is legal but hanging on rim is a technical foul.
Penalty: Technical foul for hanging on rim. The offending player would be held responsible for all damages.
- 2) **Violation:** Striking or threatening an official – No player shall bump, shove, strike and/or touch an official in any threatening manner or threaten bodily harm.
Penalty: Player is suspended from further league play for remainder of current season or longer depending on severity of incident.
- 3) **Violation:** Unsportsmanlike conduct before, during and/or after a game, examples include, but not limited to: verbal abuse, profanity, arguing, irrational and/or harmful threatening behavior directed towards others.

Penalty: Player is suspended from further league play for remainder of current season or longer depending on severity of incident.

- 4) **Violation:** Physical confrontation during and/or after a game, examples include, but not limited to: any kind of physical fighting including shoving between teammates or opposing players.

Penalty: Player(s) is immediately ejected from game and possibly suspended for remainder of season or more depending on severity of incident.

- 5) **Violation:** No player shall be in possession of, or consume, alcoholic beverages or illegal substances or appear intoxicated.

Penalty: Player is immediately ejected from the game and suspended for the next two scheduled games including playoff games. Police may be called if necessary.

Individual players and teams that have repeated code of conduct violations will be suspended from further Mountlake Terrace league play. Recreation Administration has the authority to impose the penalties listed above.

The City of Mountlake Terrace Recreation & Parks Department complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments please contact Danielle Ladd 425-640-3101. The complete Non-Discrimination Policy is also available as approved by the City Council.