

Frederick County Parks & Recreation 30 & Over Men's Basketball League Rules

League Rules:

1. The Frederick County Parks & Recreation Department (FCPRD) will organize and oversee all aspects of this league. The league is designed for men over age 30 to have the opportunity to recreate, exercise, and have fun while competing in basketball.
2. You can register for this league as a team or as an individual. All individual registrations will be considered free agents. FCPRD will attempt to form a team of the free agents. FCPRD reserves the right to place free agents on a team's roster.
3. All players must be 30 years old by April 1st in order to participate, no exceptions. Players will be required to present proper identification at the first game. If a player's age is ever called into question during the season and a player cannot produce a proper ID (regardless of whether or not it has been checked by FCPRD staff), the player in question will not be eligible to compete in that game. The message = BRING YOUR ID TO EVERY GAME! YOU MAY NEED IT!
4. Team rosters are due to FCPRD before the first game. Once their ID is verified, all players will need to initial or sign the FCPRD roster form before the start of the first game. Rosters are locked in after April 1. No roster changes can be made after this time.
5. Teams may have up to 12 players on their active roster. FCPRD may grant an exception. A player can only be listed on one roster in this league. Any player not of age, on two rosters, etc. will be considered ineligible. If an ineligible player is found, the violating team is subject to forfeits for the games played with that player. FCPRD will make the final determination on a player's eligibility.
6. A team may start a game with 4 players. But, they must have 5 players before halftime or the game will be considered a forfeit. The 5th player must enter the gym before the halftime horn.
7. All teams must have matching color jerseys or t-shirts. All players must wear their team's jerseys. Teams have until their 1st game to organize the uniforms. Colors must be approved by FCPRD. Teams that don't have their uniforms will be forced to wear pinnies. No exceptions.
8. A team will be allowed to forfeit 3 times during the season. All teams will qualify for the single-elimination post-season tournament. If a team forfeits more than 3 times they will not qualify for the tournament.
9. Players that are on a roster may play in any game including the tournament. There is no minimum number of games any one player must participate in to be eligible for the tournament.

Game Play:

1. **Each game will have two 25 minute halves with a 5 minute half-time.** The clock will run continuously during the 25 minutes and only stop on dead balls in the last minute of each half. Five minutes will be given at the beginning of each game for warm-ups if time allows. The clock may also stop on a referee's discretion. Each team will be granted 2 – 30 second timeouts per half. Overtime will be one 5 minute period which will begin with a jump ball. Teams will be granted 1 timeout during overtime and the clock will stop on dead balls in the last minute. If the game is still tied after the 5 minute period has expired the game will end in a tie.
2. Game times will be 6:30, 7:30, and 8:30 p.m. on Tuesday and Thursday evenings at one of four gyms: Evendale, Orchard View, Gainesboro and Greenwood Mill Elementary School.
3. The High School Federation Rule Book will be used for game procedures unless it is superseded by a FCPRD league rule.
4. Dunking will be allowed ONLY during games and on the main two baskets of the gyms. There will be absolutely no dunking or hanging on the side rims. In our gyms, the side rims are not breakaway rims and the backboards will break. USE COMMON SENSE AND DON'T HANG ON THE RIMS! This isn't high school gym class.
5. Free Throws will play off the release.

6. Win / Loss records will decide the final season standings and tournament seeds. In case of ties, head-to-head records will apply.
7. Teams may protest a player's eligibility for a game by indicating that with the referees and scorekeepers before the start of the game. FCPRD staff will refer to the site book with rosters. If it is still deemed the player is ineligible, the game will play under protest and FCPRD will determine the eligibility of a player within 24 hours. If a team uses an ineligible player, they will forfeit that game. Absolutely, under no circumstances, will an official's decision or judgment call be subject to protest. Deal with the call and move on. This isn't the NBA.

Facility Rules:

1. No unattended children can run through the facility. They will be restricted to the bleachers. This is for the safety of the kids.
2. No tobacco or alcohol allowed in the facility or on school grounds whatsoever.
3. No one is permitted to enter the school. All participants and spectators are restricted to the gym and commons area. There are restrooms in the commons area.

Ejections

1. **Players are responsible for their actions before, during, and after a game. Any "unsportsmanlike" act committed before, during, after, in the gym, outside the gym, etc. will be penalized with an ejection. Officials can eject a player for unsportsmanlike conduct. Two technical fouls (unsportsmanlike) in one game = automatic suspension from the current game and their team's next game night. Receiving any combination of 3 technical fouls in once season = suspension from the league.**
2. **In addition to the suspension**, the player ejected will also be fined \$25, or the coach has the option to drop that player from their roster.
3. The fine must be paid to FCPRD before that player can be reinstated. No onsite payments will be received. That player's team will also forfeit all games until the fine is paid or the player is dropped from their roster.
4. All ejections must be reported on the scorebook.
5. The following offenses will be considered grounds for ejection:
 - i. Foul language
 - ii. Verbal/Physical abuse of the referee or FCPRD staff member
 - iii. Fighting
 - iv. Unnecessary poor sportsmanship
 - v. Two technical fouls in one game.
6. All ejections are subject up to a 2-year ban from all FCPRD programs and facilities.