CITY OF Longmont

Recreation & Golf Services

2020 Spring Adult Basketball Manual

REGISTRATIONS WILL ONLY BE ACCEPTED AT THE LONGMONT RECREATION CENTER

League	**All leagues will play at the Longmont Recreation Center**
Men's 40+ 3V3	Wednesday
Women's 3V3	Wednesday
Men's Recreation	Thursday
March 5, 2020	Packets available at the Longmont Recreation Center, St. Vrain Memorial Building and On-Line www.longmontcolorado.gov/rec.
April 12, 2020	Team registration closes
April 15/16	League Play Begins – 8 Games

Free agent registration available – Not on a team? Register as a Free Agent, all Free Agents will for a team. Register at the Longmont Recreation Center.

CITY OF LONGMONT RECREATION SERVICES
2020 CITY LEAGUE BASKETBALL RULES

GENERAL POLICY STATEMENT

The City of Longmont reserves the right to change any and all rules, regulations and policies whenever due cause warrants a change. When a change is made, all managers of teams affected by such a change will be notified immediately. All league rules will be enforced by league supervisors, referees and score keepers.

All managers/coaches are responsible for the information contained in this manual, as well as, any other information that is mailed or distributed by the Athletics Staff. Managers/Coaches are responsible for sharing all information in this manual with team participants.

The purpose of this league, sponsored by the City of Longmont Recreation, is to combine the interest of basketball teams in the community and to provide friendly competition and clean sportsmanship. Any questions concerning basketball schedules, standings, game results, rosters, officials, rule interpretations, or any other concerns not stated, should be directed to the Athletics Staff.

Recreation Services Responsibilities

- Provide a schedule of games (regular season, weather cancellations and end-of-season tournament).
- Provide a game ball and score sheets.
- Provide at least one referee, scorekeeper, and gym supervisor.
- Provide all necessary personnel to handle maintenance and other duties as needed.
- Keep a record of all games played
- Handle all misconduct situations within the guidelines stated in the " Code of Conduct"

Manager's Responsibility

- Inform all team members of the information contained in this manual and/or any other material provided by the Athletics Staff.
- Inform all team members of game times, dates, and locations.
- Insure that all team members are recorded on an official roster.
- Monitor roster, including changes and additions throughout the season.
- Inform Athletics Staff of any questions, concerns, or comments.
- Be responsible for the actions of the team while participating.
- Notify the Athletics Staff of any changes to team manager information.
- Be aware of all information provided by the athletics staff (make-up schedules, tournament information, league standings, etc).
- Follow all league rules as stated.
- See that your line-up is turned in to the scorekeeper ten minutes before game time with first names, last initial, and numbers.

LEAGUE OFFERINGS

The Athletics Office will enforce proper classification of teams and/or player(s). If a supervisor notices that a team and/or player(s) are too skilled for the level of play that they are in, the supervisor will notify the Athletics Office. The Program Supervisor may move teams up or down accordingly or remove select players that are obviously in the wrong league. If a team wins the leisure league handily, they will move to the recreation league.

REGISTRATION PROCEDURE

Registration is on a first come, first served basis and begins March 5 continuing until April 14 or until filled, whichever comes first. When registering, each team must submit a team roster listing players, coaches and/or manager. Rosters with registration will only **require** names (but can include all information). Rosters will be completed and signed the first night of games at the gym (if needed). All checks for team fees should be made payable to **City of Longmont.** Along with a completed roster with player first and last names, each team must complete the attached entry form and list their choice of leagues.

ENTRY FEES – Pay early and get a discount!

Men's 5V5 Recreation League – team fees are $420 per team (9 players) if registered by April 12, after April 12 the team fee is $450. If you choose the two payment option and the team fee is paid by April 12, each payment is $215 – after April 12, the two payments are $230 each. If a team has more than nine (9) players, each additional player (over 9) will be $15 per player.

NEW 40+ 3v3 and Women's 3v3 league team fees are $210 per team (5 players) if registered by April 12, after April 12 the team fee is $240. If you choose the two payment option and the team fee is paid by April 12, each payment is $105 – after April 12, the two payments are $120 each. Individual player fee is $10 per player over 5 players.

Teams may submit a partial payment when initially registering – the second payment is due by May 6/7, 2020 at 5 pm (half way through the season) at the Longmont Recreation Center. There is a $10 premium figured into the fee for teams submitting partial payment to cover the additional administrative costs. No team will be accepted into the league until a **completed** entry form and appropriate fees have been accepted by Recreation & Golf Services. Completed rosters will be collected at the first scheduled game.

No team will be accepted into the league until an entry form, team roster and appropriate fees have been accepted by Recreation Services.

ONE TIME PLAYER ADDITION: After May 6/7, teams wishing to add a player for only one game may do so only to avoid a forfeit or to reach a 6 (4 for 3V3 league) player limit. The cost is $5 per player. Forms can be obtained from the gym supervisor. Managers must present the signed form and fee to the gym supervisor before the start of the game. One time add-ons may only be added after the start of the game to reach the player limit or for injury, not to replace an ejection. Players added for this purpose may not be currently playing in the same league of the team they are requesting to play with, nor be playing in any division higher that what they are requesting.

ELIGIBILITY RULES

All players must be eighteen (18) years of age by April 16, 2020 or forty (40) years of age for the 40+ league. Current year interscholastic high school and college basketball players are ineligible for City League play. Before a player is eligible to participate in the league, he/she must officially be listed on the team roster. Players may not participate on separate teams in the same classification. A complete team roster is required by all teams. Roster size is limited to nine (9) or five (5) players. Teams wishing to include more than 9/5 players must pay an additional $13/$10 per player. Players may not participate on separate teams in the same classification. An illegal player is one who is not on the team's roster and who has not been officially added to his team's roster. If a player is found to be illegal, then the team he is playing for will forfeit the games in which he has played, and the manager will be suspended. **Players should always have a photo I.D. available for identification at games. Roster checks may be done by gym supervisors without notice.** A game may be finished if a player is missing their ID pending submission of their ID to the athletics office within 1 business day.

UNIFORMS

Each team must have similar colored jerseys, with non-duplicating (six-inch) numbers on the back. Recreation Services will provide pull-over numbered mesh shirts in the case that two teams have similar colored jerseys. **The LRC pinnies cannot be used for a team that does not have matching uniforms**.

TIE BREAKER

If at the end of league play two teams are tied for any place, the following procedure will be utilized to determine who qualifies for the better seed for the tournament:

1. Head-to-head competition between tied teams.
2. Points scored against (tied teams only)
3. Total points scored (tied teams only)
4. Coin flip

AWARDS

Trophies will be awarded to the first and second place teams in each league. League winners will receive t-shirts.

MISCELLANEOUS

A. **Player Conduct** – players are urged to be careful of their conduct at all times. Your actions not only reflect on your team but your sponsor and your friends, as well. Profanity, drinking, abusive language, and physical violence will not be tolerated. You will be removed from the game and asked to leave the gym.

B. **Supervision of children at Adult League games is the responsibility of the parents**. Recreation Services assumes no liability in case of accident or injury. If a child is persistently out-of-control, and at any time delays the progress of a game, the parent must remove the child from the building immediately. Games will be stopped and the clock will continue to run, until the matter is taken care of. All children must remain in the gym **and** seated in the stands.

C. **Blood Rule** – Any player who has any visible blood flow must be removed from the game. Before re-entering:

1. blood flow must be stopped
2. wound(s) must be covered
3. any portion of the uniform that has blood on it must be changed. Replacement jerseys do not have to be of similar color nor do they have to have a number.

D. **Coaches/ Managers** – The coach and manager listed on the team roster shall be the only two persons to act as such and are the only persons that should communicate with the Athletics Staff. Please notify the Athletics staff of changes.

PROTEST

A protest can **only** be made when it is felt that there has been a misinterpretation of the rules. **Differences of opinion about the official's judgment do not constitute grounds for a protest**. The manager and/or coach of the protesting team shall immediately notify the game officials, scorekeeper and opposing coach that the game is being continued under protest. A formal protest must be submitted to the Recreation Services Athletics office at the Longmont Recreation Center before 5:00 p.m. of the first working day after the game. The Athletic Coordinator and/or Supervisor will have the final decision as to whether the protest should be upheld. **NO PROTEST WILL BE CONSIDERED** unless it contains the following information:

1. Date, time and place of game.
2. Name of officials and scorekeeper.
3. All essential facts involved in the protest situation.
4. $50.00 protest fee (Only if protest is upheld will fee be refunded)

SPECIFIC GAME RULES – Current high school rules will govern play with the following exceptions:

1. Games will be two (2), twenty-minute running halves.

2. The clock will stop the last three (3) minutes of the second half if there is a difference of ten (10) points or less, or any time thereafter that the score becomes ten (10) points or less.

3. Two (2) one-minute time-outs per team will be allowed per half with one time-out per team allowed for each overtime period. Time-outs are not cumulative.

4. Half times will be five (5) minutes long.

5. Game time is forfeit time. A team must have four (4) players present and ready to start the game at game time. If there are only 3 players present at game time, and the 4th player is there by 5 minutes after game time, the game can be played using a 15 minute 1st half. No recreation staff will be used, but conduct rules will still be in effect.

6. During a free throw, no player can enter the lane until the ball has left the shooters hand.

7. Any player receiving a flagrant foul (where an opposing player may be harmed) will be removed from the game and will not be allowed to play in the next scheduled game. The opposing team is **awarded 2 points** and the ball.

8. If a player receives an intentional foul, the opposing team is awarded 2 shots and the ball.

9. Any player receiving an unsportsmanlike technical foul (this includes using foul language) will be required to sit out 3 minutes of the running game clock and the opposing team will be awarded 2 shots and the ball.

10. A player given a second unsportsmanlike technical foul is automatically ejected from the game he is playing in and the team's next scheduled game. Any player or manager given an unsportsmanlike technical foul for fighting (pushing, shoving, punching, kicking, etc.) another player will be suspended for the remainder of league and tournament play at the minimum, up to a calendar year.

11. If a team receives an accumulation of three (3) unsportsmanlike technical fouls in a game, the game will be forfeited. Any individual player/coach who receives 5 technical fouls throughout a calendar year will be suspended for one calendar year.

12. Players are allowed five (5) personal fouls per game before being disqualified from the game. On the fifth foul, the player is disqualified.

13. In case of a tie, a three (3) minute (stop clock) overtime will be allowed in each overtime period. No game will end in a tie.

14. Stuffing or dunking the ball, hanging on the rim and/or net **IS NOT ALLOWED** any time prior to the game, at half-time, or after the game. If this rule is violated, the player will be assessed an unsportsmanlike technical foul. Dunking is allowed during a game in a live ball situation. A player may hang on the rim **only** as a safety measure to avoid falling or colliding with another player. Any other time will result in a technical. This is the judgment of the official.

SPECIFIC PLAYING RULES FOR 40+ 3V3 LEAGUE – Current high school rules and the rules listed above will govern play with the following modifications/exceptions:

1. All games may start and be completed with at least two players.

2. A field goal is worth one (1) point. A successful goal from behind the "take back" line is worth two (2) points. The player shooting must have both feet completely behind the line when initiating the attempt.

3. Games will be two (2), fifteen-minute running halves. There will be a five (5) minute break between halves. Each team is allowed one (1) timeout per half and one in each overtime period. Time-outs are not cumulative.

4. To discourage stalling during the last three (3) minutes of the game, there will be a 30 second shot clock if necessary.

5. The visiting team will shoot for the ball. If they make it, the visiting team gets the ball to start the game. If the miss, home team gets the ball to start the game.

6. The ball will change possession after a scored basket.

7. Defense will obtain possession of all jump balls.

8. The ball must be checked (to the official) by an opposing player before it is put in play.

9. All fouls and violations will be played at the top of the key. A ball out-of-bounds will be taken out at the top of the key. If a player calls a foul on himself, play will stop and the ball will go to the opposing team (either for free throws or to be checked at the top of the key).

10. The ball must be "taken back" past the two point line on every change of possession. Violation occurs only if a basket is made by the team failing to properly "take it back" and will result in loss of point scored and possession to the other team.

11. "Taking back" means one foot crosses over or touches the two point line. The "take back" may be defended.

12. If fouled shooting a (1) point basket and the basket is made or missed, the player will receive one (1) free throw. If fouled shooting a two (2) point basket and the basket is made or missed, the player will receive two (2) free throws. After the 5th team foul, players will shoot 1 free throw.

13. There will be no rebound on free throws. If the player makes or misses the free throw(s) the other team will gain possession and check the ball up at the top of the key.

CITY OF LONGMONT RECREATION SERVICES
PLAYER CODE OF CONDUCT

DEFINITIONS:
Coach – The player designated as team spokesman and the ONLY person who may discuss a decision with officials. The coach can be either a player or non-player.
Player – A person, who actively participates in the game, sits on the bench or who is on the roster.
Contest Area – That area which is designated by the Sports Program Supervisor.
Spectator – A person who comes out to watch the games for entertainment with no physical involvement.
City of Longmont Activity –Any event designated or hosted by the City of Longmont Recreation Division.
Program Administrator – The full time employee or designated individual of the City of Longmont Recreation Services directly responsible for the activity.
Abuse – includes but is not limited to, obscene gestures, heckling, verbally attacking or threatening and/or laying a hand upon, shoving, striking, hitting or punching.

CODE:
1. No player shall: at any time abuse a player, spectator or Recreation employee. In addition, no player shall be guilty of using unnecessarily rough tactics in the play of the game against the body and person of an opposing player.
2. No player shall: refuse to abide by an official's decision, nor argue the officials judgment.
3. No player shall: appear at the contest area under the influence of alcohol or drugs, nor consume alcoholor drugs during play. A player may not smoke while on the field of play.

PENALTY
Minimum penalty: removal (ejection) from further play in the game being played and suspension from the next scheduled game.
Maximum penalty: penalty shall be determined by the Program Administrator and/or the Recreation Superintendent. Offenders may be suspended from further league play.

TWO MINUTE CLAUSE shall be in effect. Two minutes will be allowed for an ejected or suspended player(s) to remove him/herself from the designated contest area. If this time limit is not met, the contest shall be forfeited to the opponents.

ELASTICITY CLAUSE – In order to provide for the recreational enjoyment of players, coaches, and spectators any enforcement procedures which are not stated herein may be provided by the Recreation Division as is deemed necessary.

MISCONDUCT: We believe sponsors are important to the program. When deemed necessary, a letter will be sent to the teams sponsor(s) informing them of player, coach, manager, or fan misconduct or poor sportsmanship.

CITY OF LONGMONT – RECREATION SERVICES
TEAM ENTRY FORM – SPRING BASKETBALL

TEAM NAME: _____

Coach/Manager_____

Primary Phone_____ Secondary Phone_____

Mailing Address_____

Street City Zip

E-mail _____

Assistant Manager_____

Primary Phone_____ Secondary Phone_____

Mailing Address:_____

Street City Zip

E-mail_____

BASKETBALL LEAGUE CHOICES

_____Wednesday 40+ 3V3 League

_____Thursday Men's League

This form must be completed and submitted along with the entry fee to be considered officially registered.

I understand that the entry fee **will not** be refunded if I fail to enter a team in the above mentioned league. By signing below I also acknowledge that as the manager/coach, my team and I are aware of and will abide by all league rules and code of conduct as mentioned in the rules packet.

_____ _____

Signature Date

WEDNESDAY 3v3 LEAGUE:	**$210/$240**	**$**_____	
Player Fee (5+) 3v3_____X $10		**$**_____	
THURSDAY LEAGUE FEE:	**$420/$450**	$_____	**DATE RECEIVED** _____
OR PARTIAL FEE: minimum	**$215/$230**	**$**_____	
Player Fee (10+) _____X $13		**$**_____	**RECEIVED BY:** _____

TOTAL PAID $_____