# **The City of Issaquah Parks and Community Services Department 35+ Men’s 4 on 4 Basketball League Rules**

# The City of Issaquah will not assume responsibility for injury. **EVERYONE PARTICIPATES AT THEIR OWN RISK**. League play will be governed by National Federation of State High School Associations (NFHS) rules except where City of Issaquah rules modify or supersede those rules, as outlined in this document. A Player Code of Conduct is strictly enforced to insure fair and wholesome play for all players.

# **LEAGUE INFOMRATION**

## Teams will be guaranteed a total of seven (7) games. League champions will be determined by the result of a single elimination playoff at season end. Playoff seating ties will be broken using head-to-head record, head-to-head point differential, number of forfeits, and fewest points allowed.

## League winners will receive championship awards. Eight (8) players from the roster will only be receiving these awards at the manager’s discretion

## All games and schedules will be posted online at: <https://www.issaquahwa.gov/811/Adult-Basketball-League>

## Team fee of $550 including WA. State Sales Tax per team.

# **TEAM ROSTERS**

## All managers will be responsible for maintaining a current team roster

## Rosters are limited to ten (10) players

## Teams may have a maximum of two (2) women on the roster

## Players who have not played by the completion of the fourth week of games and have not signed the roster by the fourth week of the session, cannot play in any league games. **EXCEPTION**: If a team needs to pick-up a player to get their fourth player, a team may do so; however, if they are not on the roster by the fourth week, they will not be able to participate in the playoffs.

# **PLAYER ELGIBILITY**

## Players must be at least 35 years or older.

## All players must sign the roster/waiver form prior to participation. Failure to sign the form before playing will result in the use of an illegal player, and upon protest, the game shall be forfeited.

# **LEAGUE RULES**

## Each week will consist of two, 20-minute games with a running clock. To start the game, possession of the ball will be determined by a coin flip or by the referee. The team losing the flip will be given possession to start the second game. The clock will stop on a dead ball, foul, timeout, and out of bounds during the final minute of each contest.

## In the case of a tie, there will be a two minute, stop clocked overtime period. Possession in overtime will be determined by a coin flip. If the game is tied after the overtime period, the game will be ruled a tie.

## Each team will have two timeouts per game. Unused timeouts from the first game will not carry over to the second game. In the result of overtime, any timeouts remaining from the regulation period will not be carried over. One additional timeout will be provided during the overtime period.

## Playoffs will consist of one game with two, 20-minute running clock halves. Clock will stop in the final minute of each half. If there is a tie at the end of regulation a two-minute overtime period will be played to determine winner. Each team will receive one timeout in overtime and possession will be determined by a coin flip.

## There will be no over and back calls due to the short courts at the Issaquah Community Center. Teams need to advance the ball past the half court line within 10 seconds.

## Substitutions will be made during a dead ball situation, timeout, or at the discretion of the referee. Players must wait for the referee to acknowledge a sub before making a substitution.

## Teams must have 3 players to start a game. If a player is injured during the course of a game, and cannot finish play, that team may finish with 3 players. The forfeit fee will be applied to teams that do not field at least 3 players, including ejections. Teams forfeiting due to injury will not be assessed a fee.

## If a team is short players before first game, they will be given a 10-minute grace period before they forfeit that game. Teams will have until the half-hour to field a team for the second 20-minute game.

## In the event an official is unavailable for league play, teams may call their own fouls if both managers agree. Games will count in the event teams decide to call their own fouls. If teams decide not to play the League Director will make every attempt to reschedule the game, however rescheduled games are not guaranteed.

## All jewelry must be removed before playing. This includes earrings, necklaces, watches, rings, and wrist bands. Any other equipment that the referee deems dangerous, the player must remove prior to entering the game field.

# **FORFEITS**

## Teams forfeiting because they cannot field a team, or no showing will be assessed a $30 fee per game ($60 per night). Teams forfeiting games will be ineligible for playoffs.

## A team that forfeits two weeks of league play will be dropped from the schedule and their entry fee **WILL NOT** be returned.

# **PLAYER CONDUCT/SPORTSMANSHIP CLAUSE**

## Captains are responsible for the conduct of their team and may be subject to disciplinary action.

## Officials and Court Monitors have complete authority over the game. Any coach, player, or spectator that displays poor sportsmanship or conduct inconsistent the spirit of the league will be subject to technical fouls, ejections, or dismissal from the league.

## All judgment calls made by the officials and court monitors are final and will stand. Any questions or concerns about rule interpretations or league structure can be addressed to the League Director.

## Foul or abusive language towards any opposing player or staff member will not be tolerated and any player that engages in this behavior is subject to ejection or dismissal from the league.

## A technical foul can be given at any point before, during or after a game. Any player receiving a technical foul will be removed from play for the next 5 minutes of the game (If the game expires the time penalty will carry into the next game). Any player that receives two technical fouls in a night will be ejected from that game as well as the next week of games.

## Any player ejected a second time will be subject to suspension or dismissal from the league, at the discretion of the League Director. Ejected players may not return to play without prior approval from the League Director.

## Please remember that all games take place at the Issaquah Community Center and that there will be other programs in the building. Please be courteous and keep all language and actions appropriate.

## Alcohol is not permitted. Any player, team spectator, or manager of a team consuming alcoholic beverages at the gym will cause the team to forfeit the game and may result in the player or team being suspended from the league. Any player, who in the referee or staff’s opinion is intoxicated, will not be allowed to play in the game.

# **FOULS AND EJECTIONS**

## Technical fouls will result in two (2) points and possession of the ball.

## Teams will shoot free throws on shooting fouls.

## Any flagrant foul not going for the ball will result in a flagrant/technical foul situation and will result in two points and possession of the ball.

## Foul shots will be shot when a team reaches 7 total fouls, regardless of the type of foul. On the 7th foul 1-and-1 free throws will be rewarded. On the 10th foul there will be automatic 2 free throws. Fouls under a minute will be an automatic 2 shots.

## **DUNKING IS NOT ALLOWED ANYTIME DURING WARM-UPS, GAMES OR AFTER GAMES**. If a player dunks during the game, no points will be scored, a technical foul will be assessed with the other team shooting two (2) free throws and getting the ball out of bounds. If a player dunks after the game, the free throws may be shot if they can determine the final result or if there is no impact on winning or losing the game, the player may be suspended for his next game.

## Fighting and arguing will not be tolerated. Any player starting a fight or striking back will be automatically ejected from the game and suspended for the rest of the season. Players involved in any fight may be banned from the Issaquah Community Center, Issaquah Parks and Community Services programs, parks, and other facilities. Individuals may be suspended for a period of up to two years depending on circumstances.

## League Director reserves the right to dismiss anyone or any team for behavior in violation with rules and spirit of the league.

## Any rule or topic not covered in this document will be judged upon the discretion of the officials, Court Monitor, or the League Director.

# **PLAYER ELIGBILITY PROTEST**

## Teams will be allowed one eligibility protest per game. If a manager believes a player is illegal, he/she may request that the referee check the player’s ID and team roster. If the referee determines that the player in question is not the same person on the ID, they will eject the player from the game. If the player is not on the roster, the referee will write the player’s name on the scorecard and the game will continue.

# **EQUIPMENT**

## Teams need to wear distinguishing uniforms such as reversible pinnies, team shirts, or dark and light color shirts for each game. Shirts need to be easily distinguishable between light and dark, please do not wear gray.

## If there is a conflict of jersey color, it is the responsibility of the designated home team to have an alternate color ready

# **GYM POLICIES**

## No food, drinks, gum, alcohol, or smoking allowed in the gym

## Wear only rubber-soled athletics shoes in gym (no black-soled shoes)

## No “dunking” allowed

## Any rowdy or inappropriate behavior will eliminate gym availability and will cause the program to be terminated with no refunds

**I have read and fully understand the above rules and policies. It is my responsibility to inform all my players of the rules, the consequences, and I take full responsibility for the actions of my team.**

Coach’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach’s Signature x\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_