

## **Steamboat Spring Adult Basketball League Rules**

**Time:** There will be two 20 minute running halves.

- The only exception is for the last 2 minutes of each half if the score is within 15 points.
- The last two minutes of each half will be played with “conventional basketball rules.”

**Warm Up and Half Time:**

- Warm Up: 7 minutes
- Half Time: 3 minutes

**Timeouts:** Each team will be given 2 timeouts per half.

- Each team will get 1 timeout per overtime.

**Substitutions:** You can only substitute on a dead ball situation.

**Overtime:**

- In the case of a tie at the end of regulation there will be a 3 minute stop clock overtime.
- In the case of a tie at the end of the overtime there will be a sudden death overtime.
- A jump ball will begin each overtime.

**Free-Throws:** Will only be shot during the last two-minutes of each half. (Conventional Basketball Rules)

- Bonus: 1 and 1 if opposing team has 7 + total team fouls.
- Double Bonus: 2 free throws if opposing team has 10 + total team fouls.
- 2 free throws for all fouls occurring on a shot or take to the basket.
  - One free throw if the shot is made.

**Fouls:** Offense and Defense call your own foul.

- Please be respectful and honest. If you foul someone call it!!! If you have a foul called on you respect the call!!! Arguing about calls will not be tolerated! Excessive arguing will result in expulsion from the game!
- Each player has a limit of 6 fouls per-game.
- Teams can finish the game with 4 players.
- Team fouls will be tallied.

**Taking Ball Out of Bounds:**

- On the event of a foul, infraction, or dead ball situation the ball will be taken out on the closest sideline or baseline to where the infraction occurred. To initiate play there must be a “check-ball” between the player taking it out of bounds and a player on the opposing team. When the ball is “checked” the game is live.

**Jump Ball:**

- To start the game: If an HAB employee or gym attendant is not there to conduct the opening jump ball two members of each team will play rock paper scissors to determine who starts the game with the ball. The jump ball possessions will rotate until the game is over.

**Regular Season:** Each team will play seven games in the regular season.

- Teams will be awarded 2 points for a win and 0 for a loss. At the end of seven weeks teams will be seeded according to points earned. Playoffs will begin the 8th week of the season.

## **Code Of Conduct**

High Altitude Basketball is committed to providing a safe and fun environment for everyone who participates in the Adult League!!! Participants and spectators are expected to behave in an appropriate manner.

Family Friendly Environment: This is a recreational basketball league! HAB encourages families and friends to attend games and support loved ones. No cursing, arguing, or rough play will be permitted!

Behaviors that will not be tolerated are as follows:

1. Cursing!
2. Fighting (throwing punches, shoving excessively, head butting, etc.)
3. Playing Dirty (playing with the intent to harm another player)
4. Verbally attacking/taunting opposing teams, clock operators, or fellow players!
5. Excessive arguing about calls (fouls, violations, etc.)
5. Alcohol possession/consumption!
6. Tobacco possession/consumption (cigarettes, chewing tobacco, snoose, etc.)
7. Illegal Drug possession/consumption (heroin, cocaine, speed, molly, etc.)
8. Possession/Consumption of Marijuana\*

\*Please Note: Marijuana possession and consumption is not permitted on any Steamboat Springs School District facility! Marijuana will not be permitted on the school grounds!

\*Please Note: Upon entering the school grounds (as soon as you enter the parking lot) you will be held to the standards listed above.

Any offense listed above will result in the violator (participant/spectator) being removed from the school grounds and a one game suspension the following week.

A SECOND OFFENSE will result in EXPULSION from the league without refund.

All decisions on discipline will be made by the League Coordinator or designated HAB staff member present at the time of offense!

Apparel:

- Participants must wear: gym shorts, basketball/athletic shoes, and proper athletic socks!
- Teams do not need to have official jerseys but must wear the same colored t-shirt/athletic shirt!
- Street shoes are not permitted on the playing court! Please change into your basketball shoes in the carpeted hall-way! Please help HAB preserve the high school courts!
- Participants will not wear any jewelry (neck chains, earrings, studded rings, etc.)
- \* Smooth wedding bands or ok!