

**Glendale Heights Recreation Department  
Men's Basketball Rules and Regulations**

**UPDATED 1/5/25**

Note: Unless otherwise stated herein, all "A" league play will be governed by NCAA rules and "B & "C" by I.H.S.A. rules. Teams are reminded that the Village of Glendale Heights does not provide hospital or medical insurance for the players, spectators, or team representatives in the basketball league. Players are reminded that they play at their own risk. It is strongly suggested that players have their own medical insurance.

The Village of Glendale Heights asks that all participants abide by these rules. Team captains are responsible for ensuring that players are aware of league rules. The main purpose of this league, first and foremost, is to have fun while participating in an organized recreational activity. We want to promote good sportsmanship and fair play.

**\*\*Each captain is responsible for the actions of their team\*\***

**Registration/Rosters**

- 1) Players must be 18 years of age or older.
- 2) All players must be listed on the team roster. Thus, players must provide their name, age, home address, home phone number, as well as read and sign the roster/waiver form. Teams will risk automatic game forfeiture if a non-rostered player participates in a game. Players must also sign the game-day roster before playing each week.
- 3) Team Rosters must be complete before the first regular-season game. If no team roster is on file by the first game, the team will be given an automatic loss until the roster is turned in. Players may be added to the team roster until the second game of the regular season, the only exception being to replace an injured player. To replace an injured player, a doctor's note must be presented and upon replacement, the injured player will be ineligible to play for the remainder of the season, including playoffs.
- 4) All fees must be paid in full prior to the start of the season.
- 5) **PLAYERS MUST BE ABLE TO PROVIDE PROOF OF IDENTIFICATION AT ALL TIMES.** Acceptable forms of identification are a valid driver's license or state ID card. If a player's eligibility is questioned and they are unable to provide proof of identification, the player will be considered illegal.

**Rules**

- 1) Only players listed on the team roster will be allowed to play. **In the case of a suspected non-roster player, opposing teams must inform the official scorekeeper of intent to protest prior to the protested player entering the game, or no later than 2 minutes (game clock) after the player has entered the game.**
- 2) All players must sign the game-day roster at the scorekeeper's table before each and every game. Any player entering the game without having signed-in will be charged with a technical foul.
- 3) All players must wear **similar color jersey with numbers permanently affixed**. Taped numbers are not acceptable. Team conformity is at the discretion of the officials and the GH staff. Teams will be allowed to have one player without a jersey number. That player will be number 0. Any team with *additional* players missing numbers will receive a technical foul. **Each player without the required uniform will be assessed a technical foul.** These will count as personal fouls; however players will not be charged the \$25 fee nor have to sit for 2 minutes. The game will start with 2 points awarded to opponent for each technical foul and the ball to the opposing team. If both teams have equal number of players without a required uniform, points will be cancelled out, but technical fouls will still be assessed.

- 4) In order for an official game to begin, teams must have a minimum of four team rostered players on the court and ready to play. If less than four players are present, the official clock will start. Two points will be awarded to the opposing team for each full minute that passes. After the clock has reached 10 minutes, the game will be declared a forfeit. Players must be signed in, on the court, dressed and ready to play within this time or else the game will be forfeited. Forfeits shall be recorded as a 50 - 0 loss. In the case of a tie-breaker, requiring +/- points to be determined, a forfeit win will be a + 10 for the winning team. Referees are supplied only for official games. If, at any time, due to players fouling out, ejections and/or injuries, a team may finish with no less than three players or the game will be called and awarded to the other team.

### **SCORING/STANDINGS – 7-Point System**

- 1) Each game played will hold a value of 7 points. Teams earn points by winning quarters and games. Each quarter won is worth 1-point and winning a game earns a team 3 additional points. Standings will be determined by point totals.

### **TIMING**

- 2) All games will consist of four, ten (10) minute quarters. Each team will be allowed three (3), thirty-second time outs per game and one (1) timeout that can ONLY be used in the final 2 minutes of the 4<sup>th</sup> quarter or overtime to “advance” the ball (as in #8 below). Play will begin immediately with a front court throw-in following an "Advance Time Out" - no huddling in bench areas. Should a game go into overtime, one additional thirty-second time-out will be awarded to each team. First overtime will be three minutes long, with the clock stopping during the final minute. Second overtime will be two minutes, with the clock stopping the final minute. **Any third or subsequent overtime periods will be one minute regulation clock.**
- 3) **If a timeout is requested by the offensive team during the last two minutes of the fourth period and/or any overtime period and (1) the ball is out-of-bounds in the backcourt (except for a suspension of play), or (2) after securing the ball from a rebound and prior to any advance of the ball, or (3) after the offensive team secures the ball from a change of possession and prior to any advance of the ball, the timeout should be granted. Upon resumption of play, the team granted the timeout shall have the option of putting the ball into play at the 28' hash mark on either side of the frontcourt or at the designated spot out-of-bounds. If the ball is put into play at the hash mark, the ball may be passed into either the frontcourt or backcourt. If it is passed into the backcourt, the team will receive a new 10-second count.**
- 4) Games (and overtime) will begin with a jump ball. Additional “jump ball” situations will be determined by alternating possession.
- 5) The clock will run continually, except during the last 30 seconds of the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> quarters, the last two minutes of the 4<sup>th</sup> quarter, and injuries and time-outs. **During the final minute of regulation and any overtime periods, the clock will stop following successful goals.**

**EXCEPTION:** During the final 2 minutes of regulation or overtime, if a team is losing by more than 12 points (13 point lead), the clock shall remain a running clock.

### **FOULS – FREE THROWS-GOALTENDING**

- 1) All "B" & "C" players will be allowed five personal fouls per game. A player will foul out of the game upon committing their fifth personal foul. **"A" League players will be allowed six personal fouls per game.**
- 2) Two free throws will be shot for all shooting fouls (unless the basket counts), **EXCEPT: technical fouls, and intentional/flagrant fouls, which will result in awarding 2pts to the offended team and ball out of**

**bounds at appropriate spot.** The bonus rule will be in effect upon a team committing their fifth team foul of each quarter. Their opponent will be awarded 2 free throws. Technical fouls are considered personal, as well as team fouls. All common (non-shooting) fouls will be taken out-of-bounds.

**Note: 3 players from defense and 3 from the offense (including shooter) will be allowed along the free thrown lane during free throws.** Players may enter the lane upon the release from the free throw shooter. Players may not occupy the bottom space or the bottom block. Second lane space must be occupied by the defense.

- 3) *Technical fouls will result in the player sitting on the bench for two minutes.* No Exceptions. Players will also be fined for each technical foul. This fine will progressively increase by \$25. **EXAMPLE:** A player receiving his first T of the season will be fined \$25. The same player receiving his 2nd T of the season will be fined \$50, 3rd T \$75, etc. Any player receiving a Flagrant Technical foul will also be ejected and fined a minimum of \$50. This fee must be paid in full before the player's next scheduled game. If this fee is not paid, the player will not be allowed to play. *Any player receiving two technical fouls in one game will be removed from the game, and must leave the facility.* **Any team receiving 3 unsporting technical fouls (not including uniform or delay of game infractions) during a game will forfeit that game.**
- 4) Goaltending will be called according to NCAA Rules, which includes a shot attempt which has contacted the backboard and is above the rim.

### **EJECTIONS & PROTESTS**

- 1) Any player with a bleeding injury and/or a uniform with blood on it must leave the game immediately. The player may resume playing when and if the situation is remedied accordingly.
- 2) **Dunking is NOT permitted in the "C" League.** Any player violating this rule shall receive a Flagrant Technical foul, which also results in a \$50 fine and ejection. (See #22 for further discipline)
- 3) If a player is ejected, they must leave the gym immediately. Failure to do so will constitute an automatic forfeit.
- 4) All protests involving interpretation of a rule must be submitted in writing to the Athletic Supervisor within 24 hours following the protested game. A \$25 protest fee must accompany all protests. If the protest is upheld, the \$25 fee will be returned. If the protest is denied, the \$25 protest fee will not be returned. **JUDGMENT CALLS CANNOT BE PROTESTED.** Staff will make any and all final decisions.
- 5) Fighting will result in an automatic player ejection (See #22 for further discipline).
- 6) Intoxication will not be tolerated. If a player is suspected of breaking this rule they will have to leave the gym immediately. Referee or facility staff reserves the right to make this call.
- 7) Any player who strikes a referee, staff member or spectator will automatically be removed from the league and face possible criminal charges. Police will be called and a report will be filed. Should a call to the police take place by any staff member – player or team causing the disturbance will be removed from the facility with possible elimination from the league (situational).
- 8) Any player ejected from a game for any reason will be suspended for a MINIMUM of one game with a strong possibility of longer disciplinary action.
- 9) League Coordinator may rule in any situation not covered specifically in the rules, including deciding the severity of discipline for players ejected or resulting from the actions of players during non-game situations, specifically post-game abuse of officials or staff.

### **Post-Season Play**

- 1) The number of teams eligible for post-season play will be determined by League Supervisor.
- 2) Teams will be seeded by **point totals**. In the event of a tie, seeds will be determined by 1) head-to-head record against teams involved in tie 2) **scoring** differential among teams involved in tie 3) points against.
- 3) Post-season format will be determined by, and may be changed or eliminated, at the discretion of the League Supervisor.

### **Schedule & Standings**

- 1) Schedules will be distributed to captains at the start of the season. Schedules will also be posted on the Village of Glendale Heights web site: Any changes to the schedule will be e-mailed to captains, posted on the website and distributed at game sites. Phone calls **may** be made, but will **NOT** be the primary form of communication for changes. **It is the captains' responsibility to check e-mail and website for updates and changes to schedule.** THIS IS WHY IT IS EXTREMELY IMPORTANT THAT WE HAVE A VALID E-MAIL ADDRESS.
- 2) Standings will be updated each week and posted on the Village website. A limited number of copies will be available at game sites.

### **Memos and Reminders**

- 1) Memos and reminders may be e-mailed to captains and/or distributed at game sites. **It is the team captain's responsibility to relay this information to their team.**
- 2) Examples of memos/reminders include playoff schedules, technical fees, suspension notices or schedule changes.