



## FAST BREAK BASKETBALL RULES & REGULATIONS

*NFHS Basketball Rules shall govern league play with the following exceptions and clarifications per the City of Maple Valley supplemental league rules as listed below.*

### Rule 1 – Court & Equipment

#### SECTION 12 BALL

**ART. 1...** The City of Maple Valley shall provide the game ball. Should the City not provide a game ball, the home team shall be responsible for providing a league approved basketball.

**ART. 2...** The official game ball shall be a MEN'S regulation size basketball.

### Rule 2 – Officials & Their Duties

#### SECTION 1 GAME & TABLE OFFICIALS

**ART. 1...** Professional basketball referees shall be used for all City sanctioned games. Referees will either be hired from a local referee association or hired independently by the City of Maple Valley.

**ART. 2...** Games will start on time and be considered official if only one referee is present. Should there be an instance when both referees are absent, team captains may agree to play the game and call their own fouls (offense makes the calls) and the game will be considered official.

**ART. 3...** If for any reason the official game time cannot be kept on the score board, the game officials shall keep the official game time.

#### SECTION 11.b THE SCORE KEEPER

Should the official score keeper provided by the City of Maple Valley not be present at game time, each team must provide a score keeper for their team and the designated person **must** sit at the score keeper's table to keep score.

### Rule 3 – Players, Substitutes & Equipment

#### SECTION 1 PLAYER ELIGIBILITY

**ART. 1...** All players must be 18 years of age prior to participating in any City sanctioned game and each player may only participate on one team throughout the league.

**ART. 2...** Current college and "professional" players will **not** be permitted to participate in the league.

**ART. 3...** All players must be able to present picture identification if the player's age or roster status is called into question. A current driver's license or state identification card is accepted. If a player does not have picture identification or refuses to comply, that player may not participate.

- a. If a player is found guilty of playing under an assumed or false name, the player's team will forfeit that game and the offending player will be suspended for the remainder of the season, including any postseason playoff games.
- b. The Parks & Recreation Department Staff will check rosters for eligibility purposes.

**ART. 4... Postseason Eligibility:** Players must participate in a minimum of 3 games during the regular season to be eligible to participate in any post-season tournament.

#### SECTION 2 ROSTERS & STARTERS

**ART. 1...** Each team must start the game if a minimum of 4 players are in attendance. If a team has less than 4 players, the team may delay the game's start time 5 minutes in order to fulfill the minimum number of players.

- a. If a team has less than 4 eligible players at any point during the game, the game shall be forfeited.

#### SECTION 4 UNIFORMS

**ART. 1...** Team jerseys shall include the team member's number, which shall be at least 6 inches high on the back and not less than  $\frac{3}{4}$  inch in width excluding the border.

**ART. 2...** Each team member shall be numbered on the back of the jersey with plain Arabic numerals. The following numbers are legal: 0, 1, 2, 3, 4, 5, 00, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55. A team's roster shall not have both numbers 0 and 00.

**ART. 3...** In case of a jersey color conflict, the **VISITING** team will be responsible for changing jerseys.

## **SECTION 7 SAFETY CONCERNS**

The referee shall not permit any team member to participate if in his/her judgment the player presents a safety concern; items such as a player's fingernails or hair style may constitute a safety concern.

## **Rule 4 – Definitions**

### **SECTION 5 BASKET CHOICE**

A team's own basket is the one into which its players try to throw or tap the ball. Each team's basket for practice before the game and for the first half shall be the one farther from its team bench. Teams shall change baskets for the second half.

### **SECTION 16 DUNKING**

Dunking or stuffing the ball through the basket is prohibited. Any player in violation of this rule-pregame, during the game, or postgame-shall be penalized with a technical foul and the basket shall not count.

### **SECTION 20 FREE THROW**

**ART. 1...** Players may enter the lane during a free throw attempt once the shooter has **released** the ball. However, the shooter must remain behind the free throw line until the ball strikes the rim. However, the shooter may not enter the free throw lane until the ball hits the rim.

**ART. 2...** The **blocks** may not be occupied by any player of either team. Any player positioned within the **blocks** is subject to a lane-violation penalty.

### **SECTION 43 TIMEOUTS**

**ART. 1...** Each team shall receive two 30 second time-outs per half and one 30 second time-out per overtime period. Unused time-outs do not carry over between halves or overtime periods.

## **Rule 5 – Scoring & Timing Regulations**

### **SECTION 5 LENGTH OF HALF**

**ART. 1...** Playing time for each team shall be two 20 minute halves with a running clock. Halftime intermission shall be no more than 5 minutes in length.

- a. The final 2 minutes of the second half and any overtime period shall be played using a stop-clock format unless either team is leading by 12 points or more.

### **SECTION 7 EXTRA PERIODS (OVERTIME)**

If the score is tied at the end of the second half, play shall continue without the change of baskets for additional extra periods with a 1 minute intermissions before each period. The first extra period shall be 4 minutes in length and any additional periods shall be 2 minutes in length.

## **Rule 10 – Fouls & Penalties**

### **SECTION 3 PLAYER TECHNICAL**

**ART. 1...** Technical fouls, assessed to a player or team bench, shall result in automatic 2 points awarded to the offended team and possession of the ball at the division line. Players shall not shoot technical foul free throws.

**ART. 2...** Any player receiving two technical fouls for game misconduct shall sit out the remainder of that game and the next regularly scheduled game, including any postseason playoff games. If a suspended player participates in any game, the game shall be forfeited and the suspended player **and** team captain shall sit out an additional game.

- a. Players may protest a game ejection by submitting a misconduct explanation and \$25 protest fee to the Recreation Department before 5:00pm on the following business day. Players missing the deadline will not be allowed to protest.

**ART. 3...** Technical Fouls shall accumulate throughout the season. Any player receiving three technical fouls will be suspended for one game and an additional game for every two technical fouls thereafter.

**SECTION 7 CODE OF CONDUCT, PLAYER CONDUCT, ALCOHOL & TOBACCO**

**ART. 1...** Each player shall sign and agree to abide by the Code of Conduct for all City of Maple Valley sanctioned games. The Code of Conduct can be found on the back of the team's roster and a copy may be obtained at the City of Maple Valley's website: [maplevalleyparks.com](http://maplevalleyparks.com).

- a. Any player receiving two flagrant technical fouls or is ejected from two games will **not** be allowed to participate in the league.
- b. Cursing of any kind will not be tolerated. Offenders shall be subject to punishment by the game officials. In game penalties shall range from a warning to a technical foul.

**ART. 2...** Alcohol and tobacco products are expressly prohibited while participating in **any** Maple Valley Parks & Recreation sports league. Any player caught with or appearing intoxicated shall be ejected immediately from the game.

**RESPECT THE GAME.  
RESPECT EACH OTHER.**

## ... LEAGUE CLARIFICATIONS ...

### **FLAGRANT FOUL INELIGIBILITY PERIOD**

A player who is assessed a flagrant foul shall be ruled ineligible for 5 minutes, from the game clock, and must sit quietly on the team bench until time has expired. Any additional misconduct while on the team bench shall be punished with an ejection from the remainder of that game.

### **PROFESSIONAL REFEREES**

**ART. 1...** Professional referees will be employed for this league. Should there be a time when both referees are absent, team captains may agree to play the game and call their own fouls and the game will be considered official.

**ART. 2...** Games will start on time and be considered official even if only one referee is present.

### **FORFEITS**

**ART. 1...** If a team fails to meet the minimum number of required players the game shall be forfeited and the game score shall be recorded as 40-0.

**ART. 2...** If during play the trailing team causes the game to be forfeited the score shall stand.

**ART. 3...** If during play the leading team causes the game to be forfeited the score shall be recorded as 40-0.

**ART. 4...** Any team that has excessive forfeits-more than 2-during the season shall be suspended from the league until the team captain meets with the Recreation Manager.

**ART. 5...** Any team forfeiting 3 games during the season will not be allowed to participate in the postseason playoffs.

**ART. 6...** Due to limited gym availability, cancelled games shall not be rescheduled.

### **LEAGUE STANDINGS & TIE BREAKERS**

**ART. 1...** In the case of a tie in league standings the following tie breaking rules shall be applied:

- a. The win-loss record of the head-to-head competition between the teams;
- b. total points allowed between the teams;
- c. total point differential between the teams;
- d. a coin flip.

### **CHILDREN MUST BE SUPERVISED AT ALL TIMES**

Children must be supervised by a non-participating adult at all times. Children possess a real danger to themselves and those on the court if left unsupervised.

### **BLOOD RULE**

An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall leave the court until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. The player may be replaced.

### **CONCUSSION GUIDELINES**

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

### **THREATENING ANOTHER PLAYER – ALL SPORTS**

Any player verbally threatening another player (i.e. "I'll meet you outside") will be ejected from the game and suspended a minimum of one additional game. Threatening another player will also result in the police being called. Threatening another player has no place in the City of Maple Valley.