



SOUTH WINDSOR PARKS AND RECREATION  
Advanced and Senior Recreation Basketball  
**LEAGUE RULES AND REGULATIONS**

## **GENERAL**

1. Participation - It is the policy of the South Windsor Parks and Recreation Department that all participants must play in a minimum of two five minute blocks without substitution in each half of the game. Exception: Discipline, Injury, or Sickness. **All participants must play a minimum amount of time totaling 20 minutes.** Teams with less than ten players must allow every player in attendance two full five minute periods of play in the first and second half. Additional players needed to complete lineup must be rotated among those not currently playing. (Ex. A team with eight players may play the starting five in the first five minutes of the first half. The remaining three play the second five minutes of the first half with the remaining slots divided among the original five. No fill in player may play more than an additional three minutes in a half except when attendance is 7 or less. The same standard applies to the second half.)
  - a. Additional playing time beyond the minimum requirement should be dispersed among all players evenly.
  - b. Players should be rotated during overtime.
2. Spectators are not permitted on the court until games are completed. It is important to keep the court floor clean and free of debris for the safety of our participants. Spectators are not allowed in any other area of the school building except for the gym and adjacent bathrooms. **All** children must be supervised by an adult at all times. The schools are under video surveillance. Any misconduct may jeopardize the family's involvement in Parks and Recreation programs.
3. All participants must participate in gender specific programs. The only exception is if there is not an option for their gender in their age bracket.
4. Only players on roster and approved coaches allowed on bench. Maximum of two coaches on the bench. Technical fouls will be assessed if more than two coaches are on a team's bench. If a player is injured, they may sit on the bench. Referees and coaches should be made aware of injury.

## **PLAYING RULES**

Games shall be conducted in accordance with rules, which are published by the National Federation of State High School Athletics.

## **LOCAL LEAGUE GROUND RULES**

**TIME:** Each half is timed in (2) ten minute running time quarters and will only stop during the last two minutes of each half and time outs. There will also be an official time out for substitution at the five minute marks of each quarter to allow for substitution. These time outs will occur at a dead ball near each 5 minute mark of the half at referee's discretion. There will be a 3-minute halftime and 1-minute between quarters.

**TIME OUTS/OVERTIME:** Each team is allowed two, 1-minute time outs per half and one additional time out for the 3-minute overtime period. In overtime, the clock will stop during the last minute of the period and for time outs. After the first overtime, the game will end in a tie except for the playoffs.

**MERCY RULE:** If one team is leading at the final two minute mark of each half, the clock will not stop for the final two minutes of that half even if opposing team climbs back within 20 points. The exception being timeouts and injuries. Referees are subject to finalize a game at any time when the score difference is exorbitant and play is getting out of hand.

**UNIFORM:** Jerseys must be tucked into pants during play. Players refusing to follow rule will be issued a warning subsequent violation will be a technical foul. Jerseys untucked as a result of play will not be penalized

but must be tucked in immediately.

## **CONDUCT**

A coach, player, team attendant or spectator shall not: disrespectfully address an official, use profanity, disrespectfully address or bait an opponent, object to an official's decision by rising from the bench or using gestures, incite undesirable crowd reaction, or enter the court unless given permission by an official to attend to an injured player. Any action taken depends on the severity of the infraction, and the discretion of the Parks and Recreation Department.

Excessive yelling by players on and off the court to distract shooters will not be tolerated. First violation of this rule will result in a verbal warning to the coach and player; second violation will result in a technical foul to the player. The officials of the game have full discretion of identifying excessive yelling.

**COACH TECHNICALS:** Any coach receiving more than one technical foul at any point in the season will be suspended from coaching for the duration of the season.

### **PLAYER TECHNICALS:**

- For every three single technical fouls throughout the season a player will be suspended for a period of one game.
- Any player ejected from a league game (two technical fouls in one game) for any reason shall be ineligible to play in his team's next two games.
- A second ejection in the same season will result in a four game suspension.
- Any player ejected from a subsequent league game for any reason during the same season shall also be subject to additional penalties, at the discretion of the Parks and Recreation Department staff.
- Any player participating in fighting and/or physical abuse of any player(s), game official(s), or spectator(s), shall be subject to a suspension of five games or more, at the discretion of the Parks and Recreation Department staff. Other incidents of misconduct at game sites will be reviewed by Parks and Recreation Department staff, and offenders will be subject to penalties up to and including a lifetime ban from the league. A Technical foul maybe assessed prior, during, or after league play.

## **PROTEST/CONFLICT**

It is the goal for all program participants (coaches, referees, players, and parents) to be honest, open for conversation and guidance, and professional during any disagreements. Disagreements during games are opportunities to show players how to handle conflict in a sportsman like manner.

Any problems or conflicts unresolvable by participants must be reported to the South Windsor Parks and Recreation Department in writing by next business day 4:30pm. The recreation supervisor will try to mediate any issues and will decide any further actions necessary.

**HOTLINE FOR CANCELLATION INFORMATION: 860-648-6349**