

**35 & OVER
BASKETBALL LEAGUE
2016**



**APEX PARKS, RECREATION AND
CULTURAL RESOURCES**

APEX PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT

2016 35 & OVER MEN'S BASKETBALL LEAGUE RULES

I. CONSTITUTION

1.00 NAME

- 1.01 The name of this organization shall be "Apex 35 & Over Adult Basketball League", herein referred to as League, sponsored by the Apex Parks, Recreation, and Cultural Resources Department (APR&CR).

2.00 PURPOSE

- 2.01 The purpose of the League is to provide, to as many residents of Apex and the Apex area as possible, the opportunity to play basketball. The League will promote, regulate, develop and conduct competitive play and good conduct among affiliated members, APR&CR will develop and administer rules that will be for the general good of the League and have sole authority over the operation of the league.

3.00 MEMBERSHIP

- 3.01 Membership for the league shall be open to a maximum of **Six (6)** organizations/teams per division. A minimum of 4 teams is required. All teams must comply with the rules and regulations as set forth herein. All teams must qualify for membership in the league through the priority point system as established by APR&CR.

- 3.02 Priorities: Points will be awarded in three areas:

- 1) **Corporate Sponsor of the team** - 5 points awarded for teams sponsored by a corporate taxpayer of the Town of Apex.
- 2) **Returning Teams** - 5 points awarded to returning teams. A returning team is defined as a team composed of **six or more players** from the previous season's team roster.
- 3) **Resident Players** - One point will be awarded for each Town of Apex resident; maximum 15 points.

NOTES: 1. Maximum points that may be obtained by a team is **25 points**.

2. The original percentage of Apex residents ***may not*** be lowered by adding players.

3. Team rosters must be submitted, fully completed, prior to deadline in order to be eligible for League consideration.

4. Each team must submit **no less than seven (7) players completed registration forms at the time of registration**; no more than fifteen (15) players.

3.00 MEMBERSHIP - Cont'd

5. Players must complete an individual registration form which must be submitted to the department prior to practicing/playing. Any player or coach forging names and/or using false addresses on the individual registration forms will automatically be disqualified from participation in the program for 1 calendar year from the point of discovery.

4.00 GOVERNMENT

- 4.01a The business of this League shall be delegated to an appointed representative of APR&CR. Department.

II BY-LAWS

1.00 RULES

- 1.01a National Federation of State High School Playing Rules will be used except where changes noted.
- 1.01b Department reserves the right to make any changes deemed necessary within the season.

2.00 FEES

- 2.01 All teams submitting an application to play in the League must pay an **entry fee of \$450 (Includes Game and Trophy Fees) and must pay all Non-resident (NR) fees of \$25/player when they come in to register.** TEAM REGISTRATION BEGINS **MONDAY, MAY 9TH AFTER 9AM** AND THE REGISTRATION DEADLINE IS **THURSDAY, JUNE 9TH BEFORE 4PM.** Fees will not be refunded if a team is expelled or withdraws once the season schedule is released.
1. Any team that wishes to withdraw from an organized adult athletic league shall receive a full refund, less **50%** of the base entry fee if the team representative (i.e. the person denoted on the team registration form (ONLY) notifies APR&CR Department, in writing, prior to the announcement of the league schedule. The league schedule is considered to be announced at the time schedules are mailed to the respective teams. **ONCE THE SCHEDULE IS ANNOUNCED NO REFUNDS WILL BE REWARDED.**
- 2.02 Any team **forfeiting two (2) games** will be required to pay a reinstatement fee of \$25 in order to continue participation in the program. **Forfeiture of three (3) games** will result in expulsion from the League.

3.00 REGISTRATION AND ELIGIBILITY

- 3.01 Players must be **35 years old prior to 6/9/16**

- 3.02 Team managers are responsible for the enforcement of and adherence to all eligibility rules and submission of a completed team roster no later than **Thursday, June 6, 2016 before 4pm.**

4.00 PLAYING TIME

- 4.01a A team failing to place at least **four (4) eligible players** on the court at game time will forfeit the game. Starting time shall be as indicated on the playing schedule.
- 4.01b After game begins, you may add the fifth player.
- 4.02 There will be no grace period for any games. A team having four (4) players present at game time must begin play immediately or the official, after fair warning, may forfeit the game.
- 4.03a Game time is as indicated on the schedule. The supervisor's timer shall be the official time piece.
- Exception:** Forfeited Game--If both managers agree, game may be started prior to scheduled game time.
- 4.03b TEAMS WILL PLAY TWO 20 MINUTE HALVES, WITH A RUNNING CLOCK. THE CLOCK WILL STOP FOR SHOOTING FOULS (ONCE PLAYERS ARE SET IN THE FREE THROW LANE), TIME OUTS, AND UNUSUAL DELAYS AND ON ALL WHISTLES AFTER THE TWO-MINTUE MARK OF EACH HALF.
- 4.04 TWO (2) MINUTES WILL BE ALLOWED FOR EACH OVERTIME PERIOD. GAMES WILL BE PLAYED UNTIL A WINNER IS DETERMINED.
- 4.05 All halves will be three minutes.

5.00 MISCELLANEOUS PLAYING RULES

- 5.01a Teams whose line-ups are reduced due to injury may continue play as long as they have (4) eligible players.
- 5.01b Teams whose line-ups are reduced due to ejection may continue the game as long as they have four (4) eligible players.
- 5.02a **Four (4) timeouts per team per game will be allowed.**
- 5.02b **One (1) timeout per team per each overtime period will be allowed.**
- 5.03a EACH PLAYER WILL BE ALLOWED FIVE (5) PERSONAL FOULS PER GAME IN REGULATION PLAY.
- 5.03b ONE AND ONE WILL BEGIN ON THE SEVENTH (7TH) TEAM FOUL.
- 5.04 THREE (3) POINT SHOTS WILL BE ALLOWED.
- 5.05 **NO DUNKING ALLOWED**

A. DUNKING IS NOT ALLOWED BEFORE, DURING, OR AFTER A GAME.

Per Game

1st Dunk - Individual Technical Foul and player ejected from the game.

2nd Dunk - Entire TEAM forfeits game. (Counts as a loss)

Per Season

The 2nd ejection of a player during the season may result in expulsion from the league; this determination will be made by the Program Supervisor.

5.00 MISCELLANEOUS PLAYING RULES CONT'D

- B. EQUIPMENT DAMAGE RESULTING FROM DUNKING OF THE BALL WILL BE PAID FOR BY THE PARTY RESPONSIBLE.

5.06 FREE THROWS

- A. PLAYERS CAN ENTER THE LANE ON THE RELEASE OF THE BALL BY THE FREE THROW SHOOTER.

6.00 ROSTERS CHANGES

- 6.01 No more than 15 players shall constitute the eligibility roster of any team.
- 6.02 Teams are encouraged to submit a full 15 man roster at the beginning of the season. Should a team need to make roster adjustments after **June 6th, but before July 29th by 4pm (no exceptions); they may add a maximum of three (3) players to their roster. Additional players will not be added to rosters at the court; they must come into the community center between 8a-5pm M-F to be added.** After season play begins teams must follow the exception below.

Exception: Once in a season, when forfeiture is eminent, before August 5th, by 4pm at the program supervisors discretion a team may reduce its roster to less than ten (10) players and then add players filling back to a maximum of ten (10) players on its roster. All waivers and non-resident fees (\$25 each) **must be signed and paid BEFORE a player is eligible.**
A PLAYERS NON-RESIDENT FEES WHO HAS BEEN DROPPED CAN NOT BE COUNTED TOWARDS A NEWLY ADDED PLAYERS NON-RESIDENT FEES.

7.00 PROTEST

- 7.01 The only legal protest is one involving an interpretation of playing rules or the use of an eligible player.

7.0 PROTEST CONT'D

- 7.02 If a manager decides that an officials decision is in violation of the playing rules and intends to register a protest, he shall **notify the official and gym supervisor immediately of protest...before the ball is put back into play.** The official shall inform the opposing manager and the scorekeeper who shall enter the protest in the official scorebook. All protests of this nature shall be submitted to APR&CR in writing and accompanied by a **\$50 protest fee** (checks made payable to APR&CR), within 48 hours, Saturday & Sunday not included. If a protest is ruled against the officials decision, the fee will be refunded.

- 7.03 The team protesting ineligible players does not have to notify the official at the time of game in question; however, this protest must be made in writing to the League within 48 hours after said game. Protest must be accompanied by a \$50 protest fee (checks made payable to APR&CR) Saturday & Sunday not included.
- 7.04 If the protest of an ineligible player(s) is upheld, the protest fee will be returned and the team in question will lose by forfeiture ALL games in which said player(s) participated.
- 7.05 The scorer's table is required to stop play and notify the head official any time an illegal player is suspected/discovered involved in a game. Play will resume if the player is declared legal; if the player is illegal, a forfeit is declared and the offending team's head coach and illegal player will be suspended from play in APR&CR programs for one calendar year.

III. UNIFORMS

Players must have matching uniforms by Monday, July 6th. Team members cannot have the same numbers; it is illegal to use any tape as a number. **A TEAM'S GAME JERSEY IS TO BE THE OUTER MOST GARMET SO THE STAFF AND OPPONENTS MAY CORRECTLY IDENTIFY THE PLAYERS.**

Penalty: Player will not be allowed to play.

NOTE: Jerseys are considered to be matching if the primary color of the shirts are the same, the primary color of the numbers are the same, and the team name/logo on the jersey is the same. The supervisor's decision in this matter shall be final.

IV. TOURNAMENTS/SEEDINGS

A Single elimination tournament will be held at the completion of the season. In the event of a tie in the final league standings of two or more teams, the tie shall be broken by first determining which team won over the others most times in regular season play. If this results in a tie for first place, we will determine the best record for each of the tied teams against the third seed first and then the fourth seed etc., (This option will only be used to determine the 1 seed; all other seeds will be determined by the flip of a coin). If this still results in a tie for first, a flip of a coin will break the tie.

V. GENERAL

All authority not covered in these Rules and Regulations shall be invested in the Apex Parks, Recreation and Cultural Resources Department. The League will have jurisdiction over all managers and players. Amendments may be made to these rules by the League as circumstances dictate.

VI. PLAYERS CODE OF CONDUCT

All players shall be guided by the following:

1. NO PLAYER OR COACH shall refuse to abide by an official's decision.
2. NO PLAYER OR COACH shall be guilty of objectionable demonstration of dissent at an official's decision.
3. NO PLAYER SHALL, other than the manager or captain, discuss with an official in any manner the decision reached by an official.
4. NO PLAYER OR COACH SHALL be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
5. NO PLAYER OR COACH SHALL be guilty of personal verbal abuse upon any official for any reason.
6. NO PLAYER OR COACH SHALL be guilty of physical attack as an aggressor upon any players, official or a spectator
7. NO ALCOHOLIC BEVERAGES are allowed on town property, on which the facility for this League lies. **Anyone violating this rule is subject to arrest and expulsion from the League.**

NOTE: A player suspended may appeal this suspension to the APR&CR.
Retaliation is not a point of argument concerning code of conduct.

8. NO PROFANITY IS ALLOWED IN TOWN OF APEX PARKS/FACILITIES. OFFENDING PLAYERS/COACHES WILL BE SUBJECT TO IMMEDIATE EJECTION; POSSIBLE SUSPENSION; POSSIBLE EXPULSION FROM THIS LEAGUE

PENALTY: For the above unsportsmanlike acts as enumerated in Items 1-8, a player or coach shall be ejected from the game. Any time a player or coach is ejected by an official or a supervisor, that player or coach shall be automatically suspended for a minimum of the next game his team plays in. More games can be added to the suspension at the determination of the Program Supervisor. If suspended, a player may not be present at the gym for the games he has been suspended. Failure to abide by this will result in forfeiture of that game. A player ejected, must leave the playing site immediately. Game suspensions may apply to regular season games, tournament play and, may at the discretion of APR&CR, be carried over to the next season the player or coach registers for.

VII. AWARDS

1st Place Season:	Team trophy only.
2nd Place Season:	Team trophy only.
1st Place Tournament:	Team trophy only.
2nd Place Tournament:	Team trophy only.

COACHES CORNER

1. No coaches meeting will be held this season. All information will be communicated via email.
2. Teams are limited to a maximum of 15 players on their rosters.
3. The deadline to register a team is **Thursday, June 6th, before 4pm**. League size is limited; a minimum of 4 teams is required to have a league. A maximum of 6 teams will be assigned to each league. Registrations will only be taken from 8am-5pm Monday-Friday during the registration period.

-To register a team; a minimum of 7 individual registration forms must be completed and turned in at the time of registration. Due to the different strengths of the divisions, after your original registration you are only allowed to add a maximum of three players to your roster before the deadline of **July 29th before 4pm**.

4. Coaches are responsible for the completion of a registration form/waiver form by each of their players; teams must have a minimum of 7 registration forms at the time they come in to register. Coaches are also responsible for paying the team fee of \$475 and all non-resident fees (\$25 per non-resident) at the time of registration.
5. No players may be added after **July 29th 4pm**. Additional players will only be added from 8a-5p M-F during additional player add period. **Additional players will not be added to rosters at the court; they must come into the community center between 8am-5pm Monday-Friday to be added.**

Exception: Once in a season, when forfeiture is eminent, **before August 5th, by 4pm** at the program supervisors discretion a team may reduce its roster to less than ten (10) players and then add players filling back to a maximum of ten (10) players on its roster. All waivers and non-resident fees (\$25 each) **must be signed and paid BEFORE a player is eligible.**

A PLAYERS NON-RESIDENT FEES WHO HAS BEEN DROPPED CAN NOT BE COUNTED TOWARDS A NEWLY ADDED PLAYERS NON-RESIDENT FEES.

6. All games and practices will be held at Apex Community Center Gym 2.
7. For most teams practices will begin the week of **June 27th**.
8. Games will begin **July 6th**. **35 & Over League** will play on Mondays and Wednesdays, game times will be 6:30, 7:30 or 8:30pm. Teams will get a maximum of 12 games in the regular season followed by a single elimination tournament after the regular season.
9. Players must have matching uniforms by **Monday, July 6th**.
10. The season will run from early July to early September, depending on how many teams we have in the league.