



**30 & Older Adult Basketball League 2019**  
**High Point Parks & Recreation Department**  
**(336) 883-3480**



**Dates of Importance**

March 5	Mandatory Coaches Meeting @ 6:30pm in Morehead Recreation Center
March 11	Registration Deadline
March 19	Season Begins
March 1	Age Cutoff Date
April 19	Rosters Lock

**Roster additions should be emailed to:**  
**[Tyler.cole@highpointnc.gov](mailto:Tyler.cole@highpointnc.gov)**

**I. ELIGIBILITY**

*Open League* - Teams may not have players currently playing on another Parks & Recreation sponsored team. Players cannot play on two different teams in this league. Age Requirement: All players must be 30 years of age or older by March 1, 2019. **Teams will be permitted to have (1) twenty-year-old player between the ages of 27 – 29 on their team roster.**

**II. ROSTERS**

Every player must be on the roster and may play with that team only. A player whose name is listed on more than one roster is considered a valid player on the team with which he/she plays first. All rosters are unlimited. All games will be forfeited until a complete roster is turned into the Recreation Department. **No additions to roster after deadline, no roster additions will be accepted by telephone. Roster additions must be emailed to [Tyler.cole@highpoint.nc.gov](mailto:Tyler.cole@highpoint.nc.gov). An ineligible player will result in forfeit of all games that player has participated.**

**You may be required to show your ID at any game.**

**Any player who is unable to show picture I.D. with birthdate at game time as requested will be ineligible to participate.** Players who have played in a game and not listed on the team's roster is ineligible, even if said player was involved in games before the roster deadline. State department or military I. D's are the only form of accepted I. D's. NO Exceptions.

**Please Note: ID checks are performed at the discretion of P&R Staff only, not at the request of coaches & players.**

**ALL ROSTER INFORMATION MUST BE COMPLETE & READABLE**

**III. CONDUCT (Suspension)**

The coach is responsible for his team's and spectators' actions. Any coach, player, manager, trainer, or team that is ejected from a game and/or a facility as a direct result of undue disturbances before, during, or after a game will receive a minimum Two-Game Suspension. Spectators will be excluded if they are unable to conduct themselves in a manner displaying good sportsmanship. Beer, wine, ale, or drugs are prohibited at Parks & Recreation facilities. **Any Player who leaves his or her team bench or area of play out of frustration, disappointment, or disagreement with teammates, opposing team, or officials will not be allowed to re-enter the game.**

#### IV. PROFANITY RULE

The Profanity Rule is a means to discourage players, coaches, and managers from saying words that are offensive to others. There are basically two types. The first is profanity directed at the officials or opposing players. This will result in a flagrant technical foul and immediate ejection from the game.

The second type is casual profanity, which is used by players to vent frustration. Example: A player misses a lay-up under his goal by himself. Obviously, he is upset, and he lets out his favorite expletive that is heard by an official. The penalty for this type of profanity is one personal foul charged to the player. Second offense by the same player will result in a flagrant technical foul and ejection. Profanity directed at an official from the bench area will be penalized with a technical foul/and or ejection.

#### V. PLAYING RULES

The 2017-2018 National High School Federation Basketball Rules will be used with the following exceptions:

- A. The game shall consist of (2) 20-minute halves. The clock ONLY stops for timeouts and official stoppages during the first 18-minutes of each half. Regulation clock the last two minutes of each half.
- B. Mercy Rule: If there is a 30-point lead during the last 5 minutes of the second half, the game will be declared over.
- C. In case of a tie at the end of the second half, a 2-minute overtime period with a regulation clock will be used. If a game is still tied at the end of the overtime period, a winner will be determined by sudden death, with first team to score declared the winner.
- D. Each team will be awarded 3-time outs per game. (One additional time out will be awarded for overtime play)
- E. Each player will be allotted 5 individual fouls before fouling out.
- F. One – One will start with the 7<sup>th</sup> team foul.
- G. Game time is forfeit time. Games may not start before scheduled time. Referee's watch is official. **There will be a five-minute grace period for the first game of the night only. Players must be dressed and, on the floor, ready to play at game time.**
- H. In case of a tie in the standings, the Regular Season Champion will be determined: 1<sup>st</sup> – head to head won/loss record, 2<sup>nd</sup> – season points differential, 3<sup>rd</sup> – season total points scored, 4<sup>th</sup> – coin toss.

#### VI. EQUIPMENT

- A. **Shirts or jerseys with numbers are required with a six-inch number in height on the back. Taped numbers will not be allowed. No street shoes allowed on the gym floor.**
- B. The official ball shall be any top-grade regulation basketball, furnished by the Recreation Department.
- C. **NO FOOD OR BEVERAGES ALLOWED IN GYM.** The gym floors have just been refinished. Please help us protect our floors! Thanks!

#### VII. PROTESTS

Protests on official's judgment, rules, and misinterpretation of rules will not be accepted. Protests are allowed on ineligible players; however, protest must be submitted in writing to the Athletic Director by the end of the next working day (Monday-Friday, 8:30a.m.-5:00p.m.). All others are void and invalid.

#### VIII. LEAGUE

- A. Minimum number of teams required to begin season is 4. Maximum number of teams is 16.
- B. League may be changed to 1 game per week if required.

- C. Recreation Department reserves the right to reschedule games as needed.
- D. Two (2) forfeits by any one team during regular season will result in removal from the league.
- E. In the event of inclement weather, call our information number (336-883-1106) for game cancellations.

**IX. AWARDS**

Team trophies will be awarded for Tournament Runner Up and Tournament Champions. Tournament Champions receive championship shirts as well.

**X. PLAYOFFS**

All teams that have participated in regular season play in good faith will be eligible for a single elimination tournament. Tournament games will begin immediately after the regular season.