

Riverdale City High School Recreation Basketball League Rules 2023

Rules of Play

Play will be governed by the official national high school federation basketball rules with the following modifications.

Games consist of two (2) eighteen (18) minute halves, with a three (3) minute half time. The clock will stop on all shooting fouls, timeouts, and the last one (1) minute of each half on every whistle. Each team gets two (2) 30-second time-outs per half.

Overtime will be three (3) minutes. If the game is tied at the end of overtime sudden death will occur. Sudden death will be three (3) minutes, first team to score wins. If neither team scores at the end of Sudden Death, the game will end in a tie. Each team is allowed two (2) 30-second time-outs in overtime.

Teams may play with four (4) players. Less than four (4) players is an automatic forfeit. There is a three (3) minute grace period if a team has less than four (4) at game time. If a team is losing by 20 points or more the clock will run continuously until the end of the game or until the margin is less than 20 points.

Dunking during the game is permitted, However, **NO DUNKING or hanging on the rim/net before the game, at halftime, or after the game.** Team will be given a technical foul for this violation.

Rosters

Teams must have roster completed and turned in by January 12th before your game. If your roster is not completed at this time, your team will not play the first game.

Rosters must have a minimum of five (5) players, maximum of ten (10). Players may be added to the roster at any time during regular season. New players/substitutes must have a parent signature on the roster. Parent Signature required for play. **Participants may only play on ONE TEAM in the league.** All players must be in high school (grades 10-12) and provide current student ID upon request. Players must play in three (3) regular season games to participate in tournament play.

Equipment

Game ball will be provided for all games. Warm up ball will not be provided. Players must wear shorts without pockets and/or belt loops. Hooded or pocketed shirts are not allowed. Players may not wear watches, earrings, necklaces, bracelets, airpods/earbuds, or jewelry of any kind. Failure to remove the above items before the game begins will result in a technical foul. **All teams must have jerseys with the same color that are reversible light and dark with a number on the front AND back.** Each team will be allowed one player without a number. If your team does not show up with the proper jerseys, your team will be assessed a technical foul at the beginning of the game and be required to wear a set of city jerseys. The technical foul will begin the game with the opposing team shooting a free throw and will also result in a loss of sportsmanship point.

Coaches

All coaches must be age 21+. Coaches must provide proof of age at the first game. All coaches, including assistant coaches, must clear a background check per Riverdale City policy. A coach or assistant coach must be present and sitting on the team bench in order for game play (NO SUBSTITUTE COACHES OTHER THAN AN ASSISTANT COACH). **A team without a coach present at the game will forfeit and no game will be played. Additionally, this team will no longer be eligible for tournament play.** An assistant coach may be added before February 2nd. The assistant coach

must contact league specialist to start the background check process. New coaches will not be allowed after Feb 2nd. Coaches are responsible for all players on their roster as well as fans/spectators. **Only players dressed and playing as well as coaches are allowed on the bench during the game.** Additional individuals on the bench will result in a technical foul and forfeit. Only ONE (1) coach may stand while the game is in progress. All other coaches must remain on the bench. If two coaches are off the bench complaining to officials, a technical foul may be called. If a coach is given a technical foul, ALL coaches must remain sitting for the remainder of the game. If anyone has a question or needs rule interpretation from an official, coaches should address the officials in a respective manner.

Technical Fouls

After **one (1) technical foul**, that player must sit on the bench for five (5) minutes of game time. **Two (2) technical fouls** committed by one player in a game will result in that player being ejected for the rest of the game plus a minimum of a one (1) game suspension. **Three (3) technical fouls** on any team in one game will result in a forfeit (game will not be continued.) **Four (4) technical fouls** committed by one player during the season will result in a 2-game suspension, tournament included. Any player, coach, or fan ejected for any reason must leave the building immediately. Ejection may result in a one game suspension. Failure to leave the building will result in a forfeit. If a coach is given a technical foul, ALL coaches must remain sitting for the remainder of the game.

Riverdale City police may be called for participants/spectators who do not cooperate with these rules. Any abusive language to the officials for Riverdale employees, arguing calls, or any other unsportsmanlike conduct may result in a technical foul. Fighting (in the building or outside) will result in automatic elimination from the league.

Sportsmanship Policy

Good Sportsmanship is expected from all. Coaches, parents, spectators, and participants are encouraged to always be positive and supportive of each other as well as officials and staff. Help make this a good, fun experience for all.

In order for a team to qualify for the post-season tournament they must average at least three (3) sportsmanship points per game. A good sportsmanship score is required for tournament play and will act as a tie breaker for tournament standings. Points are carefully tracked and recorded. Please see the sportsmanship evaluation form.

Coaches are responsible for all players on their roster as well as their fans/ spectators. If anyone has a question or needs rule interpretation from an official, please have the coach or team captain address the officials. Please inform fans that they are part of the sportsmanship evaluation.

Tournament Play- Top 6 teams according to league standings will advance to tournament play as listed on the schedule. However, sportsmanship policy overrides standings. Failure to follow rules and sportsmanship policy completely, may result in elimination of tournament play. League Specialist has absolute autonomy.

Community Center Staff, Officials, and Building

Behavior towards Community Center Staff and Officials is expected to be respectful. Any unsportsmanlike conduct toward officials and staff may result in a technical foul or ejection/suspension from the facility/league.

NO FOOD OR DRINK ALLOWED IN THE GYM. Participants may have water. Snacks must be eaten outside the gym. All basketballs in the gym must be held during the game. All spectators must remain in the bleachers during the game when present in the gym.

If you have questions or concerns, contact the league specialist.

League Specialist:
Baylee Cascaddan
801-621-6084
bcascaddan@riverdalecity.com

Sportsmanship Evaluation- Highschool 2023

Teams:

vs

Date/Time:

This Sportsmanship Evaluation is to help teach and encourage good sportsmanship to players, parents, coaches, officials, and staff. Each game, teams will receive a sportsmanship score based on five criteria, earning up to five points per game. Each team must receive 3 points to qualify for tournament play. This score will be used a tiebreaker for league standings. Scorekeepers/Officials will be responsible for giving scores and recording them. Scores will be based on the following criteria. Each criteria is worth 1 point.

Criteria	Explanation	Home:	Guest:
Players, Coaches, and Officials Shake Hands after the game	Ensure no negative activity occurs, watch for thanks to the officials		
Coaches and players stay under control . Only coaches and players sit on the bench.	Coaches remind players and parents before each game of sportsmanship, monitor behavior, and remind of sportsmanship. Players that are out of line can lose this point for their team.		
No technical fouls or flagrant fouls called on team during game. Coaches act in an appropriate manner that would be acceptable to parents and city staff members. Technical foul does not need to be called to lose this point.	Coaches encourage players to remain calm, do not coach players to commit hard fouls, take control of out-of-control situations, when a call is made do not try to get the last word, accept calls, and expect players to accept calls		
Parents and spectators are positive during games.	Spectators cheer positively, praise efforts of both teams, do not talk negatively to coaches, players, officials, staff, or other fans.		
Teams go out of their way to display good acts of sportsmanship during the game. We must see real effort for this point.	Players tell other players good job, help all players up off the floor, give teammates and opposing players high fives. Coaches and parents go out of their way to compliment own and opposing team play.		
Comments:			

Scorekeepers: _____

Home Team:

Guest Team:

Total Points:

Total Points: