

Adult Basketball

BYLAWS

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The purpose of the City of Roanoke Adult Recreational Athletic Leagues is to promote well-organized athletic programs and to emphasize sportsmanship for all interested participants. The league also takes into consideration the health, welfare, ability, and enjoyment of each individual participant.

# Registration

1. Team registrations must be received by the recreation department before the close of business on the published registration deadline. The entry fee (paid in full) must accompany the registration form for the team. Teams will not be included on the schedule if entry fee is not paid in full by registration deadline. Checks are to be made payable to City of Roanoke. No refunds will be issued after schedules have been created, unless league is dissolved. Team names that the athletic department feels are vulgar or suggestive will not be permitted.

1. Each player’s full name (no nicknames) and signature must be on the team roster for them to be eligible to play. No team roster will be considered valid if all players have not signed by their name. **All players MUST sign the roster before they are allowed to play.**

1. Team rosters must be filed with the department before their first game of the season. Rosters will consist of no more than **12** players and a minimum of **7** players. Rosters will be open the first two weeks of the season for players to be added and removed; the athletics department must be called to do this. Rosters are finalized and players cannot be added after the first two (2) weeks for any reason!
   1. **Parks and Recreation reserves the right to review/spot check rosters at any time during the season.**

**i.** If a team wishes to contest the eligibility of a player on a roster that protest must be done **before** the start of the game, to the official. After the tip off to start the game, no roster contests are permitted unless the player in question was late to the game. After the tip off, no roster contests are permitted unless the player in question was late to the game.

1. By the end of the first two weeks (Dec 16th, 2024), a valid roster must be submitted or the team will forfeit every game until a valid roster is turned in. **NO EXCEPTIONS**.

1. Any team misrepresenting their skill level may be moved to a different division or are subject to be removed with or without refund.

1. 12 Teams will be accepted on a first come/ first serve basis and must submit roster by the deadline
2. We reserve the right to refuse entry of a team into a league.

# Eligibility

1. Players must be eighteen (18) years old on or before the first day of games in order to be eligible to play.
2. There are no residency restrictions. Other than the roster limit of 12 players.
3. Any questions or protest concerning the eligibility of a player should be brought to the attention of the supervisor.
4. No protest concerning players already on a roster will be allowed in a post-season play. If a player is found ineligible he or she will be dropped from the team and all games that player played in will result in forfeits.
5. Transfer of players during the season is not allowed. If additional players need to be added after rosters have been turned in, it is to the discretion of the Athletic Supervisor and must be approved. *No changes after regular season games.*

* 1. You may continue to add players to your roster under the following conditions:
     1. Your roster holds 12 or less members.
     2. The player does not play for another same division team.

1. A player is eligible for only one (1) team per division.

# Uniforms

1. All players must have matching jerseys with numbers to play. A matching jersey is defined as one of the following:
   1. A uniform top that has the same team name or logo. Different color uniforms are allowed as long as the team name or logo matches.
   2. Shirts of the same general color with a numeric identifier (two digits max) that does not duplicate the number of another player on the same team.

i. **NOTE:** No vulgar or suggestive jerseys or team names will be allowed.

1. Teams must have their uniforms by the beginning of the third week of the season. Teams that do not have legal jerseys will be forced to forfeit that game.

1. It will be the official’s responsibility to not allow any player on the court without a legal
2. If a team wishes to contest an illegal jersey on the team that they are playing, the protest must be made **before** the game begins to the official. Uniform may no unless the player in question was late to the game.

# Playing Rules

1. All games will be conducted under official VHSL for basketball if not addressed in Roanoke City Parks and Recreation Bylaws.
2. Games will be played in two (2) 20- minute halves with a running clock with the exception of the last two (2) minutes of the second half. There will be a 5 minutes halftime.
3. The clock only stops for a team and official time-outs, foul shots or violations. After a time out, the clock will start when the ball is put into play on the court (ball touches player on the court)
4. During the last 2 minutes of the game (not the half) the clock will stop on all whistles unless a team is ahead by 20 or more points.
5. A jump ball will begin the game and all overtime. All other jump ball situations the ball will be awarded out of bounds on an alternating basis
6. Mercy Rule – The game will be terminated by Mercy Rule if the following conditions are met:

If a team is ahead by:

* 1. 40 points with 7 minutes or less remaining
  2. 30 points with 5 minutes or less remaining
  3. 25 points with 3 minutes or less remaining

1. Overtime will be regulation and last for two (2) minutes.
2. One and one will awarded upon the 7th team foul, and two shots will be warded upon the 10th team foul of each half.
3. The ball will be awarded out of bounds for all common fouls until the bonus rule goes into effect
4. Four-time outs are allotted per game. Each team will be given 2 timeouts per half. With one additional time out added for each overtime. Timeouts will not carry over.
5. Substitutes going into the game will kneel by the score table until waived in by an official.
6. On free throw shots, a player may enter the key upon release of the ball by the shooter. The shooter and players beyond the key must wait until the ball touches the rim.
7. A player on any team has to play 3 or more games to play in the playoffs.

1. Rosters will consist of no more than **12** players. A team that does not have five (5) players at the scheduled starting time will forfeit the game. **There will be a (10) minute waiting period for the early start times only. (6:30 pm)**
2. No new team members will be added after the first two weeks of the season
3. Players are legally on the first team for which they play and will not be allowed to transfer from one team to another after having already played.
4. Teams must field the required 5 eligible and legal players to start the game, but finish the game with as few as one.
5. Only players and authorized coaches are allowed to sit on the tams bench. Only two coaches allowed per team.
6. Dunking is allowed, but **NO HANGING** on the rims. The penalty for hanging on the rim is a 2 shot technical and ejection form the game and facility. Repeat violations will result in indefinite suspension form the league.
7. It is required that players remove all hats, rags, & jewelry (rings, necklaces, earrings, beads in hair, fit-bits, etc.) before participating in any game. Referees have the authority to require that such jewelry be removed before a player can participate
8. All players shall participate at their own risk. It is the responsibility of the coach to maintain proper team conduct at all times.

# Behavior

**All rules apply for players, coaches and spectators:**

1. No drinking of alcoholic beverages participating in City of Roanoke league by any player or team personnel before, during or after a game. Any players or teams found violating this policy may be suspended from league play.

1. Threats or assaults, physical or verbal, toward any recreation staff or official before, during or after a game will result in that person being expelled from the league and from any further participation in activities offered by this department. Additional criminal charges will also be filed against any person involved in this type of behavior.

1. Profane or abusive language directed at an official or arguing with an official during or after a game will not be tolerated. Such actions will result in the player being ejected. Players that have been ejected must **immediately leave the premises**. Continued use of profane language after ejection may result in suspensions for multiple games or possibly the entire season.
   1. Any coach or player ejected from a game will not be allowed to coach/play OR attend his/her team’s next game.
   2. Any player ejected from 2 games in 1 season must sit out the rest of the season and will not be allowed to attend any games.

1. Fighting among players before, during or after a game on City of Roanoke property may result in the player and/or team being suspended from league play for an entire year. Profane or abusive language between players or criticizing another player may result in the offender(s) being ejected and/or suspended from the game and league.
2. Any fan or spectator who comes out of the stands onto the court to confront a game official or staff shall be immediately ejected from the facility. This includes before, during, and after a game. **This rule will be strictly enforced.**

1. All suspension lengths for violation of any of the above rules will be made by the Athletic Programming Supervisor and Athletic Coordinator; and are subject to change after speaking with the involved parties and any witnesses if possible.

**Unsportsmanlike Conduct**

1. ONE flagrant foul or TWO technical fouls of any kind automatically suspends a player form that game as well as the next 3 scheduled games.
2. Gross non sportsmanship conduct and profane or abusive language directed toward officials, players, coaches, or spectators are grounds for immediate ejection from the game and a 3 game suspension.
3. In addressing an official, players, coaches must do so in a civil manner.
4. Anyone instigating or engaging in a fight or fighting will suspend player(s) from the remainder of the season and subject to permanent band from all adult athletics ran by the City of Roanoke Parks and Recreation.

# Playoff Rules Playoff Rules

1. All teams qualify for postseason playoffs. The Program Supervisor has the authority to withhold a team from postseason play if they have a history of forfeiting games (2 or more games) or negative behavior throughout the season**.**

1. Forfeits are games worth 20 points.

1. If two or more teams are tied in the final standings, the following tiebreakers will be used.
   1. Teams record head-to-head
   2. Total points scored in head-to-head games
   3. Teams total points scored for the season
   4. Coin flip

1. The end of season tournament will be single elimination in each division
2. End of the season awards will be given to eh Champion & Runner Up.

# Protest Procedures

1. Protests through the Parks and Recreation office can only be made concerning violations of the bylaws. Official’s judgment is not subject to protest.

**a.** If a coach wishes to protest an incident, the following steps must be taken.

* + The coach must notify the official and opposing coach of the protest at the time of the incident. For no reason can a protest be made after a game is complete.
  + The coach must file a written (e-mail is acceptable) protest including a $45 protest fee with the athletic director’s office by 4:00 p.m. the next working day after the incident occurs. If the protest is upheld, the $45 protest fee will be refunded. Under no circumstances will a protest be accepted by phone.

# Weather Conditions

1. In case of inclement weather, a message will be placed on the game cancellation hotline at 540853-1196. You may call after 4:00 P.M. to find out if games are being played.

a. If there is no specific message for the day in question, games will be a game-time decision at the discretion of the head official.

# Makeup Game Information

1. If a game is postponed then the Athletics Supervisor will post makeup games on the athletics web site at [www.playroanoke.com.](http://www.playroanoke.com/) And notify the coaches immediately via email.

1. Make up games will be scheduled on availability.
2. Access game schedules, team standings, field directions and other league information at the athletics web site. [www.playroanoke.com.](http://www.playroanoke.com/)

# Blood Policy

1. Bleeding must be stopped, open wounds must be covered and clothes/equipment with blood on them must be changed.

# COVID Policy

1. Players of all teams are required to self-screen prior to entering the ballpark. Any player experiencing symptoms or that have been potentially exposed are asked to remove themselves from the event and encouraged to take proper precautions including:
   1. Quarantine
   2. Maintain social distancing
   3. Wash hands often

1. Teams will provide their own balls that must be sanitized before use

1. Teams are responsible for sanitizing and picking up trash before leaving gym.

1. Postgame handshakes will not be allowed.

1. Players are asked to maintain social distancing to the best of their abilities throughout the entirety of the game. Masks are recommended when social distancing is not possible.

1. Players should bring their own equipment, water, and masks.

1. If you or any of your teammates test positive for COVID, please notify the Parks and Recreation office **IMMEDIATELY** so that proper protocols can be followed in alignment with our Health Department.

# COVID-Cancellation Policy

1. In the chance that the season must be cancelled due to COVID-related reasoning, refunds will be issued at a prorated amount.