



**CITY OF CHEYENNE
RECREATION DIVISION**

2020 ADULT CITY LEAGUE BASKETBALL RULES

INTRODUCTION

Adult City League Basketball is organized, administered and supervised by the Recreation Division. Any questions as to policies, rules or regulations should be referred to the Recreation Division at (307) 637-6425. The primary objectives of the league are for fun and enjoyment. **Good sportsmanship will be required of all league participants.**

Games will be played under National Federation High School Rules for 2020-2021, as amended by league bylaws, and code of conduct.

GAME RULES

1. Games will consist of two 20-minute running halves. A jump ball will be held to start the game and any overtime periods. In all other jump ball situations and to start the second half, the teams will alternate taking the ball out-of-bounds for a throw in. The team not obtaining control of the jump ball will start the alternating possession procedure.
2. Half time will be three minutes. Second half may start as soon as team representatives and officials are ready to play.
3. Three one-minute time-outs allowed per game. One extra time-out will be allowed for the overtime period. Clarification: if a team has not used all or any of its time-outs in the game those time-outs not used will carry over to the overtime period and that team will be awarded one extra time-out. **NO TIME-OUTS WILL BE ALLOWED DURING THE SUDDEN DEATH OVERTIME PERIOD.**
4. A team must have four players to start a game. A team may continue playing a game with less than five players (minimum of two required). If a team drops below their number of starters due to an ejection, then that team will forfeit the game. Play is acceptable if that team drops below their number of starters due to an injury.
5. The clock will stop in the last three minutes of the second half on fouls, out of bounds and time-outs. Anytime during the game for technical or flagrant fouls clock will stop as well. Officials will check with scorekeeper to make sure technical and/or flagrant fouls are recorded properly. Clock will also stop whenever requested by a referee. If a team is ahead or goes ahead by 20 points or more in the final 3 minutes, the clock will NOT stop except for time outs.
6. In case of a tie, a three-minute overtime period will be allowed. One minute will be allowed before starting overtime. Clock will be operated just like the last three minutes of a regulation game. If the game is tied at the end of overtime period, a one-minute timeout will be called, and a sudden death rule will be in effect, the first team to score wins. Both overtime periods will start

with a jump ball.

7. Referees may call an injury time-out at any time during the game at their discretion. The injured player must leave game until the next dead ball situation, or a time-out will be charged to that player's team.
8. A 1-and-1 bonus will be shot on the 7th team foul and a 2-shot bonus will be shot on the 10th team foul in both the first and second halves. Teams are encouraged to hustle to the free throw line as a two-shot technical will be assessed for any delays of game. Both personal and technical fouls will be counted to reach the bonus. The bonus will start with the 7th team foul.
9. Everyone will be allowed 5 personal fouls per game.
10. Technical fouls will count towards five fouls for disqualification. Thus, if you have four fouls and receive a technical foul you will be fouled out of the game. This disqualification will not count as an ejection unless the technical is flagrant.
11. When fouled in the act of shooting a three point try and try is unsuccessful the shooter will be awarded three (3) free throws. If foul was intentional or flagrant team also receives ball for throw in. One free throw is awarded if three-point try is successful and the shooter is fouled.
12. During a free throw, play continues after the release of the shot. The shooter and anyone behind the 3-point arch may not enter the lane until the ball hits the rim.

Cancellation Policy

1. In case of inclement weather prior to 5:30 p.m., the Recreation Division will make the final decision if games are playable. Team representatives should monitor our Facebook page and www.cheyennerec.org. If inclement weather arrives after 5:30 p.m. or after a game has started, the site supervisor will make the final decision on whether to postpone the game. Team reps will be notified by the Recreation Division if games are cancelled. Cancellations will be posted on www.cheyennerec.org. The make-up schedule will also be posted on www.cheyennerec.org.



The mission of the Recreation Division is to enrich the quality of life through providing cost-effective opportunities for recreational activities, focusing on life-long wellness through exceptional programs, activities, and events for all ages in the community.