



FUQUAY-VARINA
a dash more



ADULT BASKETBALL HANDBOOK

POLICIES, PROCEDURES AND RULES 2016

Fuquay Varina Community Center
820 South Main Street
Fuquay-Varina NC 27526
919-552-1430

I. Communication

24 HOUR RULE: During sports of any kind, disagreement and confrontation are inevitable. For this reason, we have adopted the “24 HOUR RULE”, which simply states that no member of the team shall discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of other players and allows all parties to have time to put things in perspective and cool off if necessary.

Line of communications should follow the chain of command:



Contact Info:

Caleb Mangum, Athletic Program Administrator

Office: 919-753-1032

Emergencies: 919-422-4616

cmangum@fuquay-varina.org

Adam Hairr, Athletic Program Specialist

Office: 919-753-1033

Emergencies: 910-214-1005

ahairr@fuquay-varina.org

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info@fvparks.org

II. RULES AND REGULATIONS

Rule 1: League Divisions

- 1.01 Players must register with the Town in order to participate in the 30 and Up Men's Basketball League.
- 1.02 Participants must be at least 30 years of age on or prior to the closing of registration.
- 1.03 A captains meeting will be held prior to the season. Captains shall bring their own team of players. Free agents will be allowed to register and will be assigned at a later date.

Rule 2: Teams

- 2.01 Each team shall consist of a maximum of fifteen (15) and a minimum of eight (8) players. This may be adjusted by the Parks and Recreation Department.
- 2.02 All players will be required to check in prior to each game. Players must show valid identification (State Driver's License, State Id Card, Passport, and/or Birth Certificate) in order to participate in the game.
- 2.03 All rosters must be finalized by the day prior to league games beginning. There will be no roster additions after this date.

Rule 3: League Awards

- 3.01 The Parks and Recreation Department will provide a team trophy that will be housed at the Parks and Recreation Department.

Rule 4: Uniforms and Equipment

- 4.01 Each team will be required to have matching uniforms with numbers on the back. No two players on the same team may wear the same number. Any participant not wearing the team uniform may be withheld from competition. Note, jersey's and team names shall contain no vulgar or offensive language or graphics.
- 4.02 The recreation department will provide all basketballs necessary for practices and games.
- 4.03 No jewelry, including earrings, shall be worn by any player, except for medical identification.
- 4.04 Appropriate footwear must be worn at all times. Only rubber sole or soft sole shoes will be permitted on the gym floor.

Rule 5: Season Schedule

- 5.01 Each team will have the opportunity to practice a minimum of 3 times before the beginning of the season. Once the season begins, there will be no scheduled practice times.
- 5.02 During all scheduled league practices or games, only participants will be permitted on the playing surface. All spectators should remain in the bleachers.
- 5.03 The league will consist of a minimum of eight (8) regular season games. At the conclusion of the regular season, a single elimination tournament will be held.
- 5.04 All game schedules are final. Captains are not allowed to reschedule league games. The Parks & Recreation department reserves the right to reschedule games at any point during the season. Adequate notice will be given if the need to reschedule a game occurs. Captains are allowed to switch practice times with another captain pending Athletic Department approval.

- 5.05 Results and standings will be kept. The number of teams will dictate the structure of the league. All teams may be organized into two different conferences/divisions for scheduling purposes when necessary.

Rule 6: Tournaments

- 6.01 An end of season single elimination tournament will be held the week following the conclusion of the regular season.
- 6.02 Even when the league is split into conferences/divisions, all teams will be seeded together for tournament play. Tie breakers for seeding purposes will be determined in the following order – Head to Head, win loss percentage in common games, coin toss.

Rule 7: Game Rules

- 7.01 All games are governed by local league rules listed in this manual. If this manual does not cover a specific rule, calls will be made using the NFHS Rule Book.
- 7.02 All games will consist of four (4), twelve (12) minute quarters with a running clock. There will be a two (2) minute intermission between quarters and a five (5) minute halftime period.
- 7.03 The game clock will only stop for the following: Free Throws, Time Outs, and Injuries. The game clock will stop on all dead balls during the final two (2) minutes of the 4th quarter.
- 7.04 Teams will receive three (3), thirty (30) second timeout per game. Time outs do not carry over to the overtime period if unused. If a game reaches overtime, each team will receive one (1) timeout for each overtime period.
- 7.05 If a game is tied at the end of regulation, one-two (2) minute overtime period will be played. If the game is still a tied at the conclusion of that overtime period, the game will end in a tie. **Tournament Games Only:** A winner must be decided. If a tie still exists at the end of the first overtime period, subsequent overtime periods will be played until a winner is determined. All overtime periods will be played using a regulation clock.
- 7.06 There will be unlimited free substitutions. All players must check in at the scorer's table before entering the game.
- 7.07 There is no dunking allowed. Dunking will warrant a 1 shot technical for the opposing team.
- 7.08 During game play, if either team achieves a 30 point lead, the clock will continue to run until the opposing teams cuts the deficit to 20 points or under. During this time the clock will not stop for ANY reason other than serious injury when the official or supervisor deems it necessary.

Rule 8: Forfeits

- 8.01 There will be a ten (10) minute grace period for the first game of the day. Teams may start and play with four (4) players. If a team wishes to play a game with four (4) players, the opposing team is not required to match.
- 8.02 All other games will start at the regular scheduled game time or immediately following the previous game.

Rule 9: Officials

- 9.01 Two (2) officials will be provided for each game. In the event two (2) officials are not present, a game may be played with only one (1) official.

III. Code of Conduct

- 1.01 The Town of Fuquay-Varina Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, or spectators) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 1.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 1.03 The length of the suspension will be determined by the Parks and Recreation Department Director.
- 1.04 Any player, captain, or spectator that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with another an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 1.05 No player, captain or spectator shall refuse to abide by an official's decision.
- 1.06 No player, captain or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 1.07 No player, other than the Captain, should discuss with an official in any manner the decision reached by an official.
- 1.08 No player or captain shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- 1.09 No player, captain or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 1.10 No player, captain or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 1.11 No alcoholic beverages are allowed on any Town of Fuquay-Varina property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 1.12 No player, captain or spectator shall use profanity. Offending players or spectators may be subject to ejection, possible suspension/expulsion from the league.
- 1.13 If ejected, a player or spectator must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 1.14 Any player, captain or spectator ejected by an official or a supervisor will be suspended for the team's next scheduled game. Any ejection due to fighting will result in permanent expulsion from the program. A suspension from the game is also a suspension from the playing site. A second ejection in the same season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Fuquay-Varina Parks and Recreation Department. Seasonal suspensions may be appealed to the Parks and Recreation Director.

- 1.15 Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of Fuquay-Varina Parks and Recreation Department, be carried over to future seasons. All suspensions are subject to review by the Athletic Department and can be extended if deemed necessary.