

Amateur Men's Basketball LEAGUE RULES

Valley City Parks & Recreation District

Valley City Amateur Men's Basketball will be played by (National Federation) High School Basketball Rules with exceptions listed below. NDABI rules and regulations will govern the State Tournament.

1. Each game will consist of two 20-minute halves. Clock will stop on free throws, time-outs, and during the last 2 minutes of second half, if game is within 10 points.
2. Each team will receive two time-outs per half (Time-outs DO NOT carry over).
3. Overtime will be 3 minutes, with the clock stopping as in regular play. Each team will receive 1 time-out. A jump ball will begin any overtime period.
4. Game time is forfeit time. Teams may start with 4 players.
5. NO DUNKING allowed. That team forfeits the game, also the individual is responsible for any damages.
6. A player is allowed 5 personal fouls during the game (technical fouls count as personal fouls).
7. Substitutions can be made only on dead balls and must be recognized by an official.
8. Free throws
 - a) Play the release.
 - b) Bottoms Defense players may stand on the block.
9. A player may be asked by an official to sit out for 5 minutes to cool off. This is at the discretion of the officials. This is considered a warning.
 - a) You do not need a warning before getting a technical.
10. All unsportsmanlike technical fouls will have the penalty assessed accordingly:
 - a) 1st Technical foul – The player sits out the remainder of the game in progress and the next scheduled game.
 - b) 2nd Technical foul – The player sits out the remainder of the game in progress and the next scheduled game.
 - c) 3rd Technical foul – The player is removed from further league and tournament play.
11. No protests. Officials' decision will be final.
12. Official score sheet is final. The score sheet kept by the Park District scorekeeper will be considered the official score sheet.
13. Teams will be placed into divisions using the following criteria.
 - a) The number of teams registered.
 - b) Player's ability.
 - c) Past team record.

NOTE: Officials have the authority to ask a player or fan to leave the premises.

PLAYERS ELIGIBILITY

1. Players must be 18 years of age and/or out of high school.
2. Players cannot be rostered on a college team (freshman, JV or Varsity).
3. College red-shirt players are eligible.
4. College players who have been dropped from a college roster resigned from school or been declared ineligible, can play provided he obtains a written release from the team coach.
5. Teams are allowed 2 college red-shirt players.
6. Anyone participating in the league must pay the player fee and sign the roster prior to participating. Failure to do so will result in their team forfeiting.
7. Players' fee cannot be transferred from one player to another.
8. Players may play on more than one team. If both of players' teams are scheduled at the same time, the player must choose which team he will play. If a player's teams play at different times he may play on both team.
9. In tournament play a player may play one only one team in each division.
10. Deadline for adding players is **Wednesday, January 8, 2025**. Late fees apply.

ROSTER & MISCELLANEOUS

1. Managers are responsible for collecting fees and submitting a legible roster with a minimum of 8 players, by the DEADLINE DATE.
2. Managers are responsible for their players and fans sportsmanship, while at the playing facility.
3. Teams MUST have alike colored jerseys with numbers on both front and back.
4. Make-ups due to weather will be re-scheduled at the discretion of the Recreation Manager.

FACILITIES

1. Absolutely NO SMOKING in gym or locker rooms.
2. NO alcoholic beverages in gym or building. If a player is suspected of consuming alcoholic beverages prior to or during the activity it may result in expulsion from the program.
3. Because of liability reasons and courtesy to other participants, VCPR District asks that any children brought to the games have a non-playing person to supervise these children. This is your responsibility, and for the safety of the players and children.
4. VCPR District will not be held liable for an injury that occurs during the activity.