



40 and Up Basketball League Rules

League Game Rules

About The PARC:

The PARC is a nonprofit, Christian-based recreation center that is part of the Sugar Land First United Methodist Church. Our leagues are focused on providing a fun, positive and faith-based environment. Here at The PARC, we are dedicated to providing leagues that allow you to enjoy the game you love, share our love of Christ and have fun!

Team Rosters:

- Team rosters are to be turned-in prior to the team's first game to the league director.
- All players must sign a waiver of liability to play and be added to a team's roster.
- Each team is allowed a maximum of 15 players on their team roster during the season.
- Players can be added throughout the season with the approval of the league director. Players being added to the team must present photo identification to the score keeper.
- Each player can only play for one team during the season. Once that player has played their first game with that designated team, they can only play with that team for the remainder of the season. Players can't play on more than one team.
- All players must check-in with the scorekeeper. Players must provide their legal first and last name and jersey number before they enter the game.
- Players may be asked to provide photo identification by a league director to verify they are on the team roster.
- Games played will be recorded for each player throughout the season.
- Players must play at least two regular season games to be eligible for the playoffs.
- The league director reserves the right to allow/disallow players from playing.
- All players must be 40 years or older to participate in this league.

Team Uniforms:

- Teams are required to provide their own uniforms.
- Numbers are not required, but are highly recommended.
- Teams must wear similar colored jerseys or t-shirts during their games.
- The PARC will have temporary jerseys available for teams to use if needed.

Game Rules:

1. Teams will be allowed at least three minutes for pregame warm-ups.
2. A volunteer from one of the teams will lead a prayer before every game.
3. Games will start with a jump ball. Thereafter, the possession arrow will be used.
4. Each game will have two 20-minute halves with a running clock. The clock will only stop for timeouts, injuries or the last two minutes of the second half on any dead balls or whistles (with the exception noted on item #5).
5. If a team is winning by 15 or more points with two minutes remaining then the clock will not stop. If the deficit falls below 15 points, the clock will stop on the next dead ball or whistle.
6. On the 7th team foul, teams will receive bonus shots and will shoot free throws one and one for each additional foul. On the 10th team foul, double bonus will be given and teams will shoot two free throws. Team fouls are carried over into overtime.
7. During foul shots, all players except the shooter will play the release on a free throw. The shooter and all players outside of the three point lane must play the rim. If a player enters the lane before the ball is released, a lane violation will be called.
8. Players will foul out on their 5th personal foul.
9. Substitutions are allowed on dead balls, whistles or timeouts. Players wishing to enter the game must go to the score keeper's table. Players may enter the game when called in by the officials.
10. There will be no shot clock in effect for any games.
11. There will be a three minute halftime for each game.
12. Dunking or hanging on the rim will not be allowed before, during or after games.
13. For rules not mentioned, The PARC will follow standard UIL guidelines (NFHS).

Overtime:

- The first overtime period will be three minutes.
The clock will only stop in the last minute for all dead balls and whistles during the first overtime period.
- The second overtime period will be one minute.
Clock will stop for all dead balls and whistles during the second overtime period.
- The third overtime period will be sudden death. The team that makes the first made basket (either a made basket or free throw) will win the game.
- The clock will stop on any dead balls or whistles during the overtime periods.

Timeouts:

- Teams will be allowed two timeouts per half.
- Each timeout is one minute in length.
- Timeouts don't carry over to the next half or overtime.
- For each overtime period, teams shall receive only one timeout.
- Timeouts are granted only by the officials, not by the score keeper.
- A team is not able to advance the ball to half court on timeouts.
- Timeouts can be called:
 - When there is a dead ball.
 - When a team has possession of the ball.
 - After a team has scored and is not inbounding the ball.
- If a timeout is called by a team that has no timeouts, a technical foul will be given.

Forfeits:

- A team will forfeit a game if they don't have 4 players to begin the game.
- If a team can't field 4 players, then they will be given 10 minutes from the scheduled game time to have their players arrive.
- The clock will start at the scheduled game time and every minute a team can't start with 4 players, then their opponent will be awarded 2 points.
- If a team can't play after 10 minutes, the opposing team will win 20 – 0.
- If your team must forfeit, please let the league director know so that we may inform the other team. This is to be respectful & courteous of the time of the opposing team.

Playoffs:

- Playoffs are determined by overall record. In the event that two or more teams have the same overall record, then tie-breakers will be used to determine which teams shall advance to the playoffs. Provided below is the order of tie-breakers that will be used to determine which team wins the tie-breaker:
 1. Head to Head Record
 2. Overall Point Differential
 3. Head to Head Points Allowed
 4. Coin Flip
- All players must play at least in two regular season games to be eligible for the playoffs. If a player has not played in 2 games during the regular season, that player is excluded from the tournament roster.

Protests:

- A team is allowed to protest as long as a phone call and/or e-mail are sent within 24 hours of the game the team is protesting.
- Team can't protest any judgment calls from the officials.
- A team can only protest a rule misinterpretation or a player's eligibility.

Technical Fouls:

- Technical fouls will be given at the discretion of officials for:
 - Using profanity or abusive language.
 - Showing unsportsmanlike conduct.
 - Trash talking or excessive taunting.
 - Refusing to obey the official's decision.
 - Dunking the basketball after being warned by the official.
 - Acting disrespectfully towards officials, staff, directors and players.
 - Intentionally trying to hurt another player or displaying rough tactics.
- If a technical foul is called, then the result is two free throws and the opposing team gaining possession of the ball.
- A technical foul results in a team foul, but no additional free throws will be granted to teams for bonus situations.
- If a player receives a technical foul, the player must remove themselves from the game for 2 minutes of the game clock (this can carry over to the 2nd half or overtime). The player may reenter the game on the next dead ball or whistle after the 2 minutes have expired. Another player may substitute during this time. If no substitutes are available, the team may play with 4 players.
- If a player receives two technical fouls during a game, the player will be ejected and must IMMEDIATELY leave the premises (delay of games are not included). A player receiving two technical fouls in one game will not be allowed to play the next game. The player must sit out at least one game before returning to their game.
- If a player is ejected from two games in one season, they will be suspended for the rest of the season. There will be no exceptions to this rule.
- At any point during the game, the PARC staff or officials can stop the game due to sportsmanship issues. This will result in an automatic loss by sportsmanship default.

Zero Tolerance Policy:

- Being a faith-based recreation center, we strive to promote a Christ-like environment at all times. Therefore, The PARC has a ZERO TOLERANCE POLICY towards any of the following actions that may occur with players or spectators. These actions will result in the person(s) being suspended for the rest of the season and permanently banned from The PARC:
 - Any players and spectators who are involved or instigated a fight (whether the fight is verbal and/or physical).
 - Any players and spectators who verbally threatens or harasses an individual.
 - Excessive unsportsmanlike behavior after they have been warned by the officials or league director to cease their activity and conduct.
- The league director reserves the right to suspend a player or players for any disrespectful or unsportsmanlike behavior towards any player, official or staff for a period of games to be determined by the seriousness of the action.
- The director reserves the right to increase or decrease the severity of penalties based on previous history, unusual circumstances or to protect the integrity of The PARC.

Gym Guidelines:

- All players must remove earrings, necklaces, bracelets and such items before game time. Players must have their jerseys tucked into their shorts at all times.
- Coaches and players should help and work with the officials when it comes to the conduct of their fans. We ask that teams do their best with the officials in helping with the behavior and actions of their fans.
- No one is allowed to dribble or shoot at the basketball goals during the games.
- Shooting at half time is only for the players participating in the games.
- There is no smoking or food allowed in the gym.
- No alcoholic beverages or fire arms will be allowed on The PARC's property (including the parking lot).

Refunds or League Payments:

- No refunds will be given after the registration deadline unless The PARC cancels the league or a player can't be placed on a team.
- Full payment of the league fee is due before the 1st game of each season.
- A \$25 late fee will be assessed if full payment is not received by the 1st game and teams will forfeit all games until payment is received.
- The forfeits will not be removed once payment is received, but will remain in those team's standings.

Commonly Misunderstood Basketball Rules and Violations:

This is a list of basketball rules that are often misunderstood by coaches, players, and parents. This list is meant to educate and inform players, coaches, and fans.

- The shooter can retrieve their own air ball if the referee considers it to be a shot attempt. The release ends team control. It is not a violation for that player to start another dribble at that point.
- When an airborne player keeps control of an attempted shot that is blocked and is unable to release the ball and returns to the floor with it, that player has not traveled; it is a jump ball.
- There is no three-second count between the release of a shot and the control of a rebound, at which time a new count starts. There is no three-second count during a throw-in and while the ball is in the backcourt.
- The hand is considered part of the ball when the hand is in contact with the ball. This includes holding, dribbling, passing, or even during a shot attempt. Striking a ball handler or a shooter on that player's hand that is incidental to an attempt to play the ball is not a foul, no matter how loud it sounds or how much it hurts.
- A player may slide on the floor while trying to secure a loose ball until that player's momentum stops. At that point that player cannot attempt to get up or rollover. A player securing a ball while on the floor cannot attempt to stand up unless that player starts a dribble. A player in this situation may also pass, shoot, or call a timeout. If the player is flat on their back, that player may sit up without violating.
- Palming or carrying is when a player gains an advantage when the ball comes to rest in the player's hand, and the player either travels with the ball, or dribbles a second time. There is no restriction as to how high a player may bounce the ball, provided the ball does not come to rest in a player's hand.
- The closely guarded rule is in effect in the frontcourt only. The distance to establish it is six feet and the defender must be in legal guarding position (standing upright and waiting for the ball handler to do something is not a legal stance). The count continues even if defenders switch. The five-second count ends when a dribbler gets their head and shoulders ahead of the defender.
- A defensive player does not have to be stationary to draw an offensive charge. A defender may turn away or duck to absorb contact, provided they have already established legal guarding position, which is both feet on the playing court and facing the opponent. The defender can always move backwards or sideways to maintain a legal guarding position and may even have one or both feet off the playing court when contact occurs.
- Goaltending is contacting the ball on its downward flight, above the level of the rim, with a chance to go in. The backboard has nothing to do with goaltending. Slapping the backboard is not basket interference or goaltending and points cannot be awarded.
- The front, top, sides, and bottom of the backboard are all in play. The ball cannot pass over a rectangular backboard from either direction. The back of a backboard is out of bounds as well as the supporting structures.