

East Central University Basketball Rec League Format and Rules

McBride Basketball Gym

1100 E 14th St Ada, OK 74820

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I. Facilities and Locations

Tommy Hewett Wellness Center

1100 E 14th St Ada, OK, 74820

II. League Format

1. The Tommy Hewett Wellness Center Basketball league will be broken into a regular season and playoffs.
2. All games will be played on Tuesday evenings.
3. Regular season:
 - a. Each team will play a minimum of five (5) regular season.
4. Playoffs:
 - a. single elimination tournament. Playoffs will begin the week following the regular season
 - i. Playoff schedule will be posted after the final regular season game

III. Equipment

1. Jerseys: Teams must have jerseys of the same color and permanent numbers for each player in every game (including the first game).
 - a. Numbers must be permanent and at least 6 inches high
 - b. Tape on numbers will not be permitted
 - c. Legible numbers with permanent marker will be permitted
 - d. Tee shirts are acceptable
 - i. Non-jersey penalty: any player who does not have a jersey that meets the above criteria will be assessed a technical foul. This rule will be enforced including the first week of play
2. Balls: the game ball will be provided by the league. The ball may not be played with by any team before the game.

IV. Roster and Players

1. All teams must submit a completed roster prior to their first game
2. Rosters shall have a minimum of 6 players
3. Players may be added to your roster up until game time of your first regular season game
 - a. Each player must be 18 years or older
 - b. cannot be on a High School, College or Professional roster
 - c. Each player can only be on one rostered team
4. Team must have at least 4 players on the court to play
5. Teams are subject to being checked for age and identification. ID's must be always available

V. Team Captain Role

1. Each team shall designate one team captain before the game begins for each game
2. The designated team captain (and only the team captain) shall be responsible for all interactions with the officials
 - a. Captains may discuss rule interruptions but may not discuss judgement calls
 - b. Captains are expected to be respectful toward officials – the team Captain does not have the right to question judgement calls or speak to the official in a rude or disrespectful way. Penalty: Technical foul
3. Team captains are responsible for ensuring that all players and spectators who are with their team behave in an appropriate manner. Penalty: technical foul
4.) The team's captain is responsible to disclose the full name of any player assessed a technical foul or ejected. The game will not resume until this information is disclosed. If a manager refuses to disclose a player's information after the game, he (the manager) will be assessed a technical foul and be held out of future games until the name is disclosed

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VI. Game Time

1. Games will begin promptly at the scheduled start time
 - a. Games will start at 6pm
 - b. If a team only has four players present at game time, they must play with four
 - c. If a team does not have four players present 5 minutes past the scheduled game time, they will forfeit the game
2. Games will consist of two 10-minute halves
 - a. The clock will be running time except:
 - i. The final 1 minute of each half (unless a team is ahead by 20 points or more)
 - ii. An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is up to the officials' judgment)
 - iii. A time out is called
3. If teams are tied at the end of regulation, a two-minute overtime period will be played
 - a. In overtime, the clock stops during the final minute
 - b. If teams are tied at the end of the first overtime, they shall play a sudden death (first point wins) overtime period
4. Officials may correct a mistake by scorekeeper
 - a. If a team requests a scoreboard correction, and no mistake is found, that team will be charged with a timeout

VII. Official Score and Scorekeeper

1. Managers or a team representative must fill out the scorebook at the score table prior to each game
2. Players' first and last name along with the jersey number shall be entered in scorebook
 - a. Only players who are present shall be listed in the scorebook at the beginning of regulations
3. Players arriving late may be added to the scorebook without penalty
4. Players may not enter the game until they've been entered into the scorebook.
5. The running scorebook (kept at the scorer's table) will be the official foul & score count
6. Teams shall alert the officials immediately if any errors occur
 - a. If a team alerts the official to an error (that requires a clock stoppage) and no error is found, that team shall be assessed a timeout

VIII. Putting the ball in play

1. First possession will be determined by a coin flip before the game
2. All other jump ball situations (including half time) will be determined by alternating possessions
3. The officials shall handle the ball after every whistle

IX. Time Outs

1. Each Team will be allowed 1 one-minute timeout per half
 - a. Unused timeouts do not carry over between periods
2. If overtime is played, each team shall be awarded one timeout per overtime period

X. Dunking

1. Dunking is allowed in games, however, players may not hold onto the rim
 - a. players holding onto the rim (even briefly) will be assessed with a technical foul
2. DUNKING IS NOT ALLOWED DURING WARMUPS
 - a. Any player caught dunking during warmups or in any other non – live situation will be assessed a technical foul
 - b. This includes dunking after a whistle, or during a stoppage in the game

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XI. Fouls

1. Any participant who is assessed five personal fouls will be removed from the game (fouled out)
2. A technical foul is considered a personal foul
 - a. Example: a player who receives four personal and one technical has fouled out
3. A player shooting a three-point shot when fouled shall receive three free throws

XII. Free Throws

1. Players may enter the lane once the ball leaves the shooter's hand (on the release).

XIII. Technical Fouls

1. All technical fouls will result in 2 points automatically awarded to the opposition plus the ball out of bounds. (there will be no technical fouls shot.)
2. Any player who receives 2 technical fouls in a game will be ejected from that game and will be suspended for a minimum of 1 game
3. ANY PLAYER WHOE RECIEVES 3 TECHNICAL FOULS DURING THE SEASON WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON
 - a. This includes Playoffs
 - b. Refunds will not be given to expelled players
 - c. Players who receive their 3rd technical foul in the final game of the season will be suspended for the following season
4. Any misinformation about a technical foul may result in a team suspension
 - a. The following will be considered misinformation
 - i. Refusal to give score table the offending players name
 - ii. Lying about the name of a player who's received a technical foul
 - iii. Attempting to play with a suspended player

XIV. Flagrant Foul

1. A Flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional.
 - a. If technical, it involved, but is not limited to violent contact such as:
 - i. Striking, kicking, kneeing or an attempt to injure
2. Any player who receives a technical flagrant foul shall be ejected from the game and will serve a minimum of a one game suspension.

XV. Player Conduct

1. ECU Rec League is a recreation program aimed at creating a welcoming environment for all players. As such, the following conduct expectations are in place for all adult basketball games.
2. The following actions may result in a Technical Foul
 - a. Use of profanity
 - b. Complaining about or questioning an official's call by a non-team captain
 - c. Persistent complaint about judgment calls by any player (including captains)
 - d. Abusive or profane language by a spectator (team technical shall be assessed)
3. The following actions shall result in a technical foul, double technical (ejection) or flagrant foul
 - a. Use of profanity toward an official or opposing player
 - b. Making a comment that is personal in nature to or about an official or opposing player
 - i. Any attempt to "bait", taunt or otherwise instigate an opponent
 - c. An attempt to physically intimidate an opponent or official
 - d. Any physical contact with an official will result in ejection from league and notification of authorities
 - i. Note: The officials' jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur before, during or after games are all subject to a technical foul, flagrant foul, or ejection

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- e. Alcohol, Tobacco, and Marijuana are not permitted to be on-site during any City of Ada and ECU activities

XVI. Fighting

1. Any player who is ejected for or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season (including Playoffs)
2. We use a strict definition of fighting and shall impose the fighting for penalty for any of the following action:
 - a. Throwing a punch (regardless if it landed or not)
 - b. Slapping or pushing a player's face or head area
 - c. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team)
 - d. Any violent, physical act on another player outside of the actions allowed in basketball
 - i. Example: throwing a player on the court
 - e. Any player who leaves the bench while an altercation is happening shall be considered to be fighting
 - i. Exception, if an official specifically asks for help from players to restore order
3. The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation

XVII. Officials

1. The officials for ECU Rec League are contracted and are not employees of the University. However, these officials are expected to treat players in a professional and respectful manner and uphold all the rules and policies in this manual.
2. There will be 2 officials on the court per game
3. In the event that one official is unavailable, a game may be officiated by one official and will be considered an official game
4. In the event that neither official is present, teams may decide to proceed in one of the following ways:
 - a. Solicit a Volunteer(s) to officiate the game.
 - b. Play a self-officiated game
 - c. Declare the game a no-contest, so neither team standings are affected.
 - d. If the option a or b are agreed upon, the game must be played to completion. If an official shows up the game will resume with the official taking over to complete the game (the game will not be restarted)

XVIII. Team Conduct

1. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeit of all fees.
2. Officials and teams shall report all poor sportsmanship to the League Director

XIX. Rules Not Listed

1. Any rule not listed in this manual will be governed by OSSAA (High School) rules

XX. Forfeits

1. If you forfeit, you must call the League Director as soon as possible

XXI. Weather

1. In the event of inclement weather, contact the League Director to determine whether games have been cancelled