

Lakes Adult Basketball League

Format and Rules

League Director: Dan Novotny
Lakes Basketball
620 3rd Ave SE
Perham MN 56573
(PH) 218-214-7225
lakesbasketballmn@gmail.com

League Format

- a. The Lakes Adult Basketball League (LABL) will be broken into two sections: regular season and playoffs
- b. Regular Season: Each team will play a regular season. Team's schedules will be posted prior to first games
- d. Playoffs: Playoffs will begin the week following the regular season. Playoff schedules will be posted within two days following the final regular season game. Playoffs will be single-elimination format.
- e. Formats are subject to change.

Equipment

- a. Jerseys: Teams must have jerseys of the same color and separate numbers for each player in every game
 - i. Numbers must be at least four inches high
 - ii. Legible, numbers with permanent marker will be permitted
 - iii. Tee shirts are acceptable
- b. Non-Jersey Penalty: Any player who does not have a jersey that meets the above criteria (III-a-i-iii) will be assessed a technical foul. This rule will be enforced, including the first week of play.
- c. Balls: Men = 29.5"
Women = 28.5"

Roster and Players

- a. All teams must submit a completed roster prior to their first game.
 - i. Rosters shall have a minimum of five players and a maximum of twelve players
 - ii. All players are required to sign the required waivers prior to playing. No exceptions.
 - iv. Players may be added to your roster prior to the second to last season game
- b. Each player on your roster must be at least 18 years of age.
- c. Teams will not be allowed to play without a submitted roster that has been fully completed
- d. Teams must have at least four players on the court to start a game

Team Captain's Role

- a. Each team shall designate a team captain before the game begins.
- b. The designated captain shall be responsible for all interaction with the officials
 - i. Captains may discuss rule interpretations but may not discuss judgment calls
 - ii. Captains are expected to be respectful toward officials – the team captain does not have the right to speak to officials in a rude or disrespectful way. Penalty may result in a technical foul.
- c. Team captains are responsible for ensuring that all players and spectators who are with their team behave in an appropriate manner. Penalty may result in a technical foul.
- d. The team's captain is responsible to disclose/verify the full name of any player assessed a technical foul or ejected to the referee. The game will not resume until this information is disclosed. If a captain refuses to correctly disclose a player's information, the game may be forfeited at the referee's discretion.

Game Time

- a. Games will begin promptly at the scheduled start time
 - i. If a team only has four players present at game time, they must start with four
 - ii. If a team does not have four players present at five minutes past the scheduled game time, they will forfeit.
- b. Games will consist of two - 22-minute halves. Halftime will be 4 minutes
- c. The clock will be running time except:
 - i. The final 1 minute of the second half (unless a team is ahead by fifteen points or more)
 - ii. An injury stoppage at the officials' judgment
 - iii. A team time out is called
- d. If teams are tied at the end of regulation, a ninety second overtime period will be played
 - i. Overtime is clock stoppage play
 - ii. Jump ball to start
 - iii. No team timeouts are allowed in overtime
- e. If teams are tied at the end of the first overtime, they shall play an untimed, sudden death (first point wins) overtime period under the same overtime rules
- f. Officials may correct a mistake by scorekeepers

Official Score and Scorekeeper

- a. A team representative must fill out the scorebook at the score table prior to each game. Players first and last name along with the jersey number shall be entered into the scorebook.
- b. The running scorebook (kept at the scorer's table) will be the official score and foul count
- c. Teams are encouraged to closely monitor the scoreboard and keep their own scorebook
- d. Teams shall alert the officials immediately if any errors occur
 - i. If a team alerts the official to an error (that requires a clock stoppage) and no error is found, that team may be assessed a timeout at the official's discretion
- e. The scorekeeper will not keep track of individual statistics

Time Outs

- a. Each team will be allowed two (2) one-minute timeouts per game
- b. Unused timeouts do not carry over into overtime.

Dunking

- a. Dunking is not allowed during warmups or in games. Players holding onto the rim (even briefly) will be assessed a technical foul
- b. Any player caught dunking during warmups or in any other non-live situation will be assessed a technical foul
 - i. This includes dunking after a whistle, or during a stoppage in the game.

Fouls

- a. Any participant who is assessed five personal fouls will be removed from the game (fouled out)
- b. A technical foul is considered an individual and team foul
- c. A player shooting a three-point shot when fouled shall receive three free throws

Technical Fouls

- a. All technical fouls are an automatic two points for the opposing team, plus the ball at mid-court
- b. Any players who receive a technical foul in a game will be ejected from the game. They will be required to leave the facility within 5 minutes. If the ejected player does not leave the building in the 5-minute timeframe, the ejected player's team will forfeit the game
 - i. Note - this excludes technicals for a jersey violation

c. ANY PLAYER WHO RECEIVES TWO TECHNICAL FOULS DURING THE SEASON WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON

- i. Note - this excludes technicals for a jersey violation
- ii. Refunds will not be given for expelled players
- iii. Any misinformation about a technical foul may result in a team suspension
- i. The following will be considered misinformation
 - 1. Refusal to give the official the offending players name
 - 2. Lying about the name of a player that received a technical
 - 3. Attempting to play with an ineligible player

Flagrant Foul

- a. 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. If personal, it involves, but is not limited to violent contact such as: striking, kicking, kneeling or an attempt to injure.
 - i. A flagrant foul will be called at the discretion of the referee. The referee's decision is final with no appeal.
- b. Any player who receives a flagrant foul shall be ejected from the game and may serve a minimum of a one game suspension.
- c. A flagrant foul will also count as a technical foul

Player Conduct

- a. The LABL aims to create a welcoming environment for all players. Additionally, it's basketball leagues are conducted in schools or community centers. As such, good conduct expectations are in place for all adult basketball games.
- b. The following actions may result in a technical foul
 - i. Use of profanity. It does not need to be directed at any individual
 - ii. Complaining about or questioning an official's call by a non-team captain
 - iii. Persistent complaint about judgment calls by any player (including captains)
 - iv. Abusive or profane language by a spectator (team technical shall be assessed)
 - v. Making a comment that is personal in nature to or about an official or opposing player
 - vi. Any attempt to "bait," taunt or otherwise instigate an opponent
 - vii. Any attempt to physically intimidate an opponent or official
- d. Any physical contact with an official will result in ejection from the league and notification of authorities
- e. NOTE: The officials' authority begins from the time a player arrives on site until the player leaves. Actions that occur, before, during and after games are all subject to a technical foul, flagrant foul, or ejection.
- f. Alcohol and tobacco are not permitted to be on-site during any LABL activities.

Fighting

- a. 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. Law enforcement will be contacted if necessary.
- b. The LABL will use a strict definition of fighting, and shall impose the fighting penalty for any of the following actions
 - i. Throwing a punch (regardless of whether it is landed)
 - ii. Slapping or pushing a players face of head area
 - iii. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team)
 - iv. Any violent, physical act on another player outside of the actions allowed in basketball (i.e., throwing a player to the court)
- c. Any player who leaves the bench while an altercation is happening shall be considered to be fighting (exception: if an official specifically asks players to help restore order).
- d. 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.

Ejection Penalty

Lakes Basketball takes sportsmanship and very seriously. We expect all teams to hold their players accountable for their actions while participating in LABL.

In the event a player's actions result in an ejection, the offending player's team will be subject to a \$150 fine. The fine will be payable to Lakes Basketball and must be paid in full **PRIOR** to the start of that team's next game. If the fine is not paid prior to the next game, that team will not be allowed to take the floor and will forfeit the game. If it is not paid by the second scheduled game, that team will be ejected from the league with no fee refund.

Officials

- a. The officials for the LABL Adult Basketball league are contracted and are not employees of Lakes Basketball LLC. However, the officials are expected to treat players in a professional and respectful manner and uphold all the rules and policies in this manual.
- b. LABL contracts for two officials per game and intends to play each game with two officials
- c. If one official is unavailable, a game may be officiated by one official and will be considered an official game.
- d. In the even that either neither official is present, teams may decide to proceed in one of the following ways:
 - i. Solicit a volunteer(s) to officiate the game. The volunteer officials will be paid the officials' fee.
 - ii. Play a self-officiated game (teams will split the officials' fee).
 - iii. Declare the game a no-contest, so neither team's standings are affected (teams will split the officials fee)
 - iv. If option i or ii are agreed upon, the game must be played to completion, including if an official arrives to complete the game (the game shall not be restarted).
- v. Once a game has begun, it is considered an official game and cannot be replayed or restarted.

Team Conduct

- a. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeiture of all fees.
- b. Officials and teams shall report all poor sportsmanship to the league director.

Rules Not Listed

- a. Any rule not listed in this manual will be governed by NFHS (High School) rules.

Forfeits

- a. If you must forfeit, please call the opposing team manager and the League Director (218-214-7225) as soon as possible.

Schedule and Standings

All schedules and standings will be posted on the Lakes Basketball website at www.lakesbasketball.net

Inclement Weather or Other Cancellations: In the event of inclement weather, contact the League Director (218-214-7225) to determine whether games have been cancelled. The League Director will send out e-mails to team contacts, if possible, to notify of any cancellations.