



Basketball

Men's League

Updated June 2018

BREC ATHLETICS

6201 Florida Blvd

Baton Rouge, LA

225.272.9200

THE RECREATION AND PARK COMMISSION FOR THE PARISH OF EAST BATON ROUGE

Dear Team Manager,

On behalf of the Recreation and Parks Commission for the Parish of East Baton Rouge, we would like to welcome you as a participant in our Adult Basketball Program.

Our goal is to offer quality sports programming at affordable prices and see that each participant has an enjoyable leisure experience.

Please read the rulebook at your first opportunity to familiarize yourself with our league's rules and regulations.

We now have an online registration system. You can establish your online account at www.brec.org. For additional information, you can contact deveta.webb@brec.org or you can also visit our department's web site at <http://www.brec.org/index.cfm/subhome/athletics>.

Again, welcome to our program. Wishing you and your team a very enjoyable and successful season.

Sincerely, BREC Athletics

The Recreation and Park Commission for the Parish of East Baton Rouge reserves the right to make changes to this document as necessary during the season.

OPERATING CODE – ADULT MEN’S BASKETBALL

Facilities/Locations:

- **Team Sportsplex**
 - 7122 Perkins Rd. Baton Rouge 70808
- **McKinley Middle Magnet School**
 - 1550 Eddie Robinson Sr. Drive Baton Rouge 70802
- **Sports Academy**
 - 1002 Laurel Street Baton Rouge 70802
- **Additional facilities may be added if necessary**

League Format:

- Regular Season: Each team will play a minimum of 10 games during the regular season.
- Playoffs will begin the week following the regular season.
- Playoff schedules will be released on the Friday following the final regular season game.

Equipment:

- The game ball must be size 7; 29.5-inch circumference.
- Jerseys: Teams must have jerseys of the same color and permanent numbers for each player in every game. No duplicate numbers.
 - Numbers must be permanent and at least 6 inches high
 - Tape on numbers will not be permitted
 - Legible, numbers with permanent marker will be permitted
 - Tee shirts are acceptable
 - Similar colored jersey (any color except gray).
 - No holes in shirts can be more than 2 inches larger than the person’s arm
- 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, after the first week of play.
- No Pockets on Shorts
- No cutoff shorts allowed.
- BREC prohibits the advertisement of products or services such as alcoholic beverages, tobacco products, gambling or any other product or service deemed to be against BREC policy, on team uniforms, schedules or rosters.



Rules:

League games shall be governed by the NFHS, National Federation of High School rules.

League rules shall supersede the NFHS rules and notable exceptions are as follows:

- Four (4) time-outs per team per game; 2 time outs per half.
- Clock continues to run on violations in the back-court and the referee does not handle the ball; clock will stop on fouls in the back-court.
- Teams may start a game with four (4) players.
- Overtime will be three (3) minutes. There will be one additional time out for each overtime and teams may carry one (1) time out from regulation if the team has one (1) available. Teams may not call more than two (2) time outs during each overtime period.

Clock Timing:

- The game shall consist of two (2) eighteen (18) minute halves.
- The clock will stop on all dead ball situations in the final minute of the first half and the final two minutes of the second half.
- The clock will stop during any and all free throw settings.
- The clock will continue to run during any common fouls, non-shooting fouls, simple violations or out of bounds plays.
- Half time will last five (5) minutes.
- The clock will stop for the during of all time outs.
- Time outs will be one (1) 60 second and one (1) 30 second per half. The buzzer will sound at 15 seconds and 45 seconds left in the appropriate time out.

Technical Fouls:

- First Technical Foul: player must sit on the bench for 5 minutes of playing time.
- Second Technical Foul: immediate ejection from the game.
- A player who is ejected from a game will not be eligible to play in the following game and is not allowed at the basketball facility until eligible to play.
- Any player who receives a suspension during the regular season will automatically be placed on probation for the remainder of the season. A player who is ejected or suspended while on probation will suspended for the remainder of the season.
- Any player who is ejected from a playoff game will not be eligible for further playoff games that season.

The manager will be held responsible for all rules as stated in the Adult League Basketball Rules Sheet

Player Eligibility:

A player shall be ineligible to play in BREC leagues during the current season if:

1. He is a college basketball player.
2. He is a college basketball player red shirt.
3. He is a college basketball scholarship player.
4. He is a high school basketball player.
5. He is a basketball player under professional or semiprofessional contract.
6. He has been barred from BREC for misconduct.

Substitutions:

- A substitution is when you swap a player from the bench with a player on the basketball court. This is used to allow players to rest and recover throughout the game as well as give all players on the team a chance to participate.
- A substitution is called by asking the scoring table for a 'sub' and then waiting for a stoppage in play where the referee will give you time to substitute players.
- A coach is allowed to make an unlimited amount of substitutions throughout the game.
- A coach is allowed to substitute their players on and off the court on any dead-ball situation (after fouls, violations, timeouts, free-throws, etc.).
- Do not substitute players without waiting for the referee to signal for you to do so or it will result in a technical foul on your team.

Personal Fouls:

Although regarded as a non-contact sport, everyone who has participated in or watched basketball knows that is not the case.

With 10 players on the court competing at a high intensity and attempting to gain an advantage over their opponent, it's impossible for there to not be contact throughout the game.

A foul is called when a player makes illegal contact with an opponent that results in an advantage.

When a foul is called, live play immediately stops. Which team receives the basketball will depend on many factors that I'll cover over the next few paragraphs.

Here are the 6 most common personal foul types:

1. Reaching In

- Occurs when a defender reaches in to steal the basketball and makes illegal contact with their opponent.
- The contact made is usually the defender slapping the dribbler's arm or wrist.

2. Holding

- A holding foul is called when a player uses their hands or arms to limit or prevent an opponent's movement around the court.

3. Blocking

- A blocking foul is called when a player uses their body to limit or prevent an opponent's movement on the court without establishing position.

4. Charging

- A charging foul is called when a defensive player has established position and an offensive player runs into them.
- This can happen with or without the basketball.

5. Pushing

- A pushing foul is called when a player extends their arms forcefully to move an opponent on the court.

6. Illegal Screen

- An illegal screen is called when an offensive player who is setting a screen on a defender has not established position when the opposition makes contact with them.

Penalties for Fouling:

- If a foul is whistled while an opponent is in the motion of shooting the basketball, the offensive player will receive free-throws.

2 Free-Throws = If a player is fouled while attempting a field goal within the three-point line (layup, post move, midrange shot, etc.).

3 Free-Throws = If a player is fouled while attempting a field goal beyond the three-point line.

- If a shot attempted while being fouled is successful, the points for that shot count and they will be rewarded with only 1 additional free-throw regardless of where on the floor the contact was made.

- On all non-shooting personal fouls, the team who was fouled receives the basketball at the closest point out-of-bounds from where the foul was made.
- If a team commits more than the legal number of fouls in a half the player who was fouled will receive two free-throws for each additional foul.
- A player is 'fouled out' and must spend the rest of the game on the bench after they have accumulated 5 fouls throughout the duration of a game.

Special Fouls

Definitions from the NFHS, National Federation of High Schools, Basketball Rules Book on fouls.

1. Technical Foul

- A technical foul is called when a coach or player brings the game of basketball into disrepute and is not made in relation to contact.
 - This could be actions like yelling at a referee, flopping, kicking a basketball, using inappropriate language, holding onto the rim after a dunk, etc.
- When a player or coach has received two technical fouls, they will be ejected from the game and required to leave the playing area.

Penalty: *1 free-throw for any opposition player on the court and then possession.*

2. Flagrant Foul

- 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.
- This could include actions like hitting, kicking, or pushing another player.

Penalty: *2 free-throws for any opposition player on the court and then possession.*

3. Unsportsmanlike Foul

- An unsporting foul is a noncontact technical foul which consists of unfair, unethical, dishonorable conduct or any behavior not in accordance with the spirit of fair play.

Penalty: *2 free-throws for any opposition player on the court and then possession.*

4. Intentional Foul

- An intentional foul is a personal or technical foul that may or may not be premeditated and is not based solely on the severity of the act.

Penalty: *2 free-throws for any opposition player on the court and then possession.*

Game Violations:

When a violation occurs, play is immediately stopped and the team who committed the violation loses possession of the basketball.

The basketball is then passed in from outside the court by the opposition at the closest point to where the violation occurred.

1. Out-of-Bounds Violation

- The basketball is ruled out-of-bounds when it touches either a player, the floor, or an object that is out of bounds.
- The possession of the basketball goes to the opposing team of the player who was the last to touch the basketball.
- If the basketball lands on the line, that is still considered out of bounds.

2. Traveling Violation

- Traveling is difficult to describe in writing but is in place to prevent players from taking more than one step while holding the basketball.
- This rule also prevents players from moving or changing their pivot foot once it's been established.

3. Double Dribble Violation

A double dribble can occur in two situations:

1. A player dribbles the basketball, picks up their dribble, and then dribbles the basketball again.
2. When a player touches the basketball with both hands while dribbling.

4. Jump Ball Violation

- When two opponents grab the basketball at the same time and it cannot be gained by a single player quickly, a held ball violation will be called.
- The basketball is given to each team on a rotating basis depending on the possession arrow which will be discussed later on in the article.

5. Goaltending Violation

- A goaltending violation is called if an offensive or defensive player makes contact with the basketball while it's in the downward flight after a shot or if a player touches the basketball when it's in the vertical cylinder above the hoop.
- If the offensive player receives a goaltending violation, the basket is called off and their opponent receives possession of the basketball.
- If the defensive player receives a goaltending violation, the basketball is counted and the defense will then receive the basketball similar to a normally made shot.

6. Back-Court Violation

- Once the basketball has been fully established in the offense's front court, they are not allowed to cross back over the half-court line into the back-court.
- If they do, the penalty is a turnover.
- The only exception to this is if a defensive player was to tap the basketball over the half-court line. Then the offense can sprint back and retrieve it.

Time Violations:

1. 3-Seconds in the Key Violation

- The 'three seconds in the key' rule is used to prevent offensive players from standing in the key for long periods of time.
- Instead, players must continually move around the court keeping the key open for dribble penetration. Once a shot has been attempted, a 3-second violation cannot be called.
- The defensive team can also be called for a 3-second violation in some leagues.

Penalty: A violation is called and the basketball is given to the opposition.

5-Second Inbounds

- Once a player passing in from out of bounds receives the basketball from the referee, they then have 5 seconds to pass the basketball in to one of their teammates.

Penalty: A violation is called and the basketball is given to the opposition.

2. 5-Second Closely Guarded Violation

- This violation is rarely called, but it's important to know.
- An offensive player in the frontcourt with possession of the basketball can be called for a 5-second violation if they're being guarded within 6 feet and fail to pass, shoot, or dribble within 5 seconds.

Penalty: A violation is called and the basketball is given to the opposition.

3. 10-Seconds Back Court Violation

- After gaining possession of the basketball in the backcourt, the offensive team is required to advance the basketball over the half-court line within 10 seconds.
- The count is continued if the opposition deflects the basketball but stopped if the opposition takes possession of the basketball.

Penalty: A violation is called and the basketball is given to the opposition.

Free-Throws:

A player is rewarded with a free-throw opportunity after being fouled while shooting the basketball, after the opponent has exceeded their foul limit, or after the opponent commits a technical or flagrant/unsportsmanlike foul.

This results in one, two, or three uncontested shots from the free-throw line all worth one point each.

Here are the rules when a player is shooting free-throws...

Lane Violation – Shooter

- The player shooting a free-throw is not allowed to jump or step over the free-throw line until the basketball has touched the rim.
- Doing so will result in a violation and the basketball awarded to the opposition team on the sideline.

Lane Violation – Non-Shooters

The other 9 players on the court during free-throws must also follow specific rules...

- The three players behind the three-point line are not allowed to cross over the three-point line until the basketball has touched the rim.
- The five players lined up on the edges of the key can step into the key as soon as the basketball has left the shooters hands.
- If the defensive team breaks any of these rules, the player shooting free-throws receives one extra shot if their current shot is missed. If the free-throw shooter makes the shot on a defensive lane violation, the shot counts and play continues.
- If one of the offensive players breaks one of these rules, the free-throw does not count and the opposition receives the basketball out-of-bounds.

Possession Arrow

- The possession arrow is used after every held-ball or when the referees are unsure on an out-of-bounds call.

- The initial direction of the arrow is determined by the jump ball that commences the game. The team who does not secure first possession of the basketball will receive the basketball at the next jump ball.
- The possession arrow then alternates between the two teams for the remainder of the game.

General BREC Rules:

- There is no dunking allowed in an BREC sanctioned game and/or facility. A player listed on two or more rosters shall be considered a member of the team he plays with first.
- No player shall be compensated for playing in any or all league games.
- To be eligible for the playoffs, each player must play in a minimum of five games in the season, unless ruled eligible at the discretion of BREC's Athletic Department.

Roster:

- Roster A roster may consist of no more than 20 players.
- Additions to rosters are strongly discouraged. Hardship cases are considered by the Athletics Department of BREC.

Roster Checks:

- BREC staff reserves the right to randomly check team rosters for player validity.
- The manager is responsible for keeping up-to-date team roster records.
- Players must present BREC staff with a form of photo identification upon request.
- Any player or team information which is not correct on a team's roster, and/or the use of illegal or ineligible players will result in league discipline.

Eligibility:

- Only eligible players and eligible coaches are allowed in bench areas.
- A player may only play on one all male or female team and one co-ed team of the same sport, concurrently.
- No player will be allowed to play school sports while playing the same sport with BREC.
- Any player found to be ineligible will be suspended for the remainder of the season. Any team found to be playing an ineligible player will have to forfeit all games in which the ineligible player participated.
- Any coach knowingly playing an ineligible player will be automatically suspended for one calendar year and his team will be ineligible for the league championship and dropped to last in the standings.
- All players must be registered on team roster provided by BREC and a final roster must be

submitted on deadline date set up by BREC. The coach and his or her assistant must be listed on this roster.

Penalties:

- Each team is subject to any such penalties and fines as BREC shall deem advisable to impose, for negligence or mismanagement. Such fines shall be assessed against teams violating the rules and regulations of BREC.

Forfeits, Ejections, and other Violations Penalties

- Game time is forfeit time.
- Any team forfeiting more than one (1) game must pay a \$20.00 forfeit fee before they can play their next regularly scheduled game.
- Any team forfeiting three (3) games in any season shall be subject to expulsion from the league for the remainder of that season with no refunds.
- If an ineligible player is used in any game, the team involved shall forfeit that game. In addition, that team will be subject to such penalties BREC shall deem appropriate.
- Any player, coach, or other member of a team receiving two (2) flagrant technical fouls, shall be ejected from that game. The ejected player shall not be allowed to play in any game until a hearing has been conducted by BREC. (When ejected from a game under these circumstances, the ejected player must leave the gym within one (1) minute).
- Any player, coach, or other member of a team, ejected from a game, will be responsible for paying a \$20 EJECTION FINE prior to resuming play.
- Line ups must be submitted to the scorer or official by the manager or any team member a minimum of 10 minutes prior to game time. PENALTY: FIRST OFFENSE - WARNING, SECOND OFFENSE - FORFEIT.
- Subject to the decision of BREC, any person(s) associated with any team in any capacity, shall be subject to expulsion from BREC for an unlimited amount of time if guilty of any act of misconduct while going to or from or while present at any game(s).

Returned Checks:

- Teams will be eliminated from any further league play for non-payment of league fees.

Refund Policy:

No refunds will be given unless a league is cancelled. If rule violations result in a team being removed from the league, the following refund formula will be used.

- Teams expelled between the date of registration and the beginning of their leagues first game **will forfeit 100%** of their registration fee.
- Teams expelled after the start of their first game **will forfeit 100% of fee.**

Make-Up Games:

- In most cases, teams will receive at least one week notice of schedule changes.
- In emergencies, teams may be asked to play with less notice.
- Managers will receive a rain make-up schedule through email upon games being rescheduled.

Code of Conduct:

- No manager, player, or spectator shall physically/verbally threaten, lay a hand upon, shove, or strike an official, field supervisor, staff member, player and/or spectator.
- No manager, player, and/or spectator shall be guilty of objectionable and/or disruptive verbal demonstrations of dissent at an official's or field supervisor's decision, or refuse to abide by official's or field supervisor's decision. No manager, player, and/or spectator shall be guilty of verbal abuse to include references to an individual or group's race, religion, gender, national origin, disability or age.
- Participants shall not use flagrant rough tactics against an opposing player.
- There shall be no unnecessary throwing of equipment, or any other objects.
- There will be no cause for defacement or destruction to any public facility or equipment.
- Participants (managers, coaches, players, etc.) may not falsify their own name or any other player's name on a team roster, scoresheet, or any other league document. The use of ineligible or illegal players is not permitted.
- Individuals and/or teams violating the Code of Conduct will be subject to league discipline. The discipline may include one or more of the following actions: game ejection, game forfeiture, game suspensions, probation and/or seasonal suspension.

Game Protests:

1. Protests based on questions of the official's judgment will not be considered. The only protests ruled upon must concern misinterpretation of playing rules, ground rule, improper equipment or player eligibility.

2. All protests must be made to the head official/site supervisor. It must be noted in the scorecard. A written protest must be submitted by the manager to BREC within 24 hours following the alleged incident. All protests must be accompanied by a \$25 protest fee.
- Same process, other than notifying official or site supervisor, applies to those leagues that are non-officiated.
3. The burden of proof, regarding any protest, falls upon the manager making the protest. If the protest is upheld, the \$25 will be refunded. If the protest is over-ruled, it will be forfeited.
4. The validity of the protest will be determined within 7 days. Officials, players, and managers may be requested to attend a hearing to determine the validity of the protest. The final ruling will be the responsibility of BREC, including but not limited to game forfeiture.

Suspensions

- A player who is ejected from a game will be required to leave sight and sound of the facility within 2 minutes.
- If a player fails to leave after an ejection, the game will be forfeited by the umpire. Managers should see that your player leaves promptly.
- If any player is ejected from the game he/she shall be automatically suspended for a minimum of one game, additional punishment could be handed down pending review by BREC staff.
- If the player is ejected a second time, he/she will be suspended for the remainder of the season, or if circumstances so warrant, be suspended from participation in any program and/or facility of BREC indefinitely, pending review by staff

Tie Breaker Policy:

All league ties will be decided based on:

- a. Head to head competition in league play.
- b. Least amount of points scored against between the tied teams.
- c. Playoff game

Example: If A and B are tied for the league championship and A defeated B, then A will be awarded 1st place. If A and B played two games against each other and each won one game, then the team that gave up the least average amount of points will be awarded 1st place.

Three way ties will be decided on the same basis.



Park and Facility Policies

- No alcoholic beverages may be brought onto or sold on BREC property. (City Parish Ordinance, Title 13: Section 13:1010)
- Pets must be leashed at all times and droppings removed. For information on our Dog Park locations, please call 272-9200 ext. 400. (City Parish Ordinance Title 14, Chapter 2, Sec. 14:204)
- Firearms, explosives and weapons of any type are prohibited in all park areas. (City Parish Ordinance, Title 13: Section 13:1011)
- Gambling or games of chance are prohibited on BREC property. (City Parish Ordinance, Title 13: Section 13:90.2)
- Smoking of tobacco products are not permitted in public parks. (City Parish Ordinance Title 12, chapter 9, Sec. 12:602)
- Please help keep your parks clean by placing all trash and litter in receptacles provided at all BREC parks. For safety purposes glass containers are prohibited within parks.

- Sale of merchandise, food and beverage, solicitation of fees or donations, or conducting any type of business or event, including distribution of flyers, signs or other advertising mediums is prohibited without permit from BREC Commission. (City Parish Ordinance Title 3, Chapter 5, Sec 3:90- 93) For additional information regarding permits see Special Events.
- Park patrons are advised to be cautious of purchasing any product or merchandise from a vendor in a BREC park not displaying a BREC Permit or not selling from a designated BREC concession stand.

Teams violating any BREC park/facility policy may be subject to forfeiture of the game and/or expulsion from the league with NO refund.

Injury, Bleeding or Open Wound:

A player/substitute, manager, coach, trainer, or other team member or sports official who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

1. If treatment can be administered in a reasonable amount of time the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment.
2. If excessive time is involved, the re-entry rule would apply to players.
3. If there is an excessive amount of blood on the uniform/bandage must be changed before

the individual may participate.

Concussion Protocol:

Any player that exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not be returned to play.

Communicable Disease Procedures:

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing potential or transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all blood contaminated surfaces and equipment with a solution made from proper dilution of household bleach (CDC recommends 1-100) or other disinfectants before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles contain body fluids.

The referee shall not permit any team member to participate if in his/her judgement any item constitutes a safety concern, such as, but not limited to, a player's fingernails or hairstyles.

BREC reserves the right to re-evaluate the rules and place improvements in place for any current rules and/or violations. BREC reserves the right rule on any items not covered in the document and to expand the rule basis.

All managers/coaches must take the SPORTSMANSHIP class. (NFHS Sportsmanship Course <http://nfhslearn.com/courses/37000>) Submit completion certificate with team registration form.

All manager/coaches must take the CONCUSSION training course (Center for Disease Control and Prevention Concussion Training Course <https://www.cdc.gov/headsup/youthsports/training>) Submit completion certificate with team registration form.



COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to BREC's Coaches Code of Ethics.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I promise to review and practice the necessary first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.



COACH/PARENT/SUPPORTER CODE

NO COACH, PARENT , or SUPPORTER who is associated with your team is allowed under no circumstances to say (shout/criticize/heckle) anything to a BREC Sports official (Court/Scores Table). Any coach/parent/supporter who is cited with saying anything to a BREC Sports Official will be the result of a technical foul (2 shots) called/charged against the team (issued to the Head Coach) in which the erratic parent is affiliated. In the event that a second (2nd) technical foul is called/charged against the team of the coach/parent/supporter, the team with two (2) Fan/Supporter Technical Fouls will forfeit the game immediately and the Head Coach will serve a one (1) game suspension. Coaches are responsible for the actions of their parents and supporters.



TEAM / COACH SPORTSMANSHIP FINE

Any team and or coach who fails to adhere to the youth basketball league rules, regulations and league policies that are established and have been provided (For Example: Coaches Code of Ethics, Coach Parent Supporter Code, etc....) will result in a team fine of \$100 per incident. Teams and coaches will not be allowed to participate in any type of organized league activities until league fine is paid.