



**VERNON HILLS PARK DISTRICT  
ADULT BASKETBALL LEAGUE  
RULES AND REGULATIONS  
2022**



1. General IHSA basketball rules will be followed except for local league rules stated below.
2. **TIME OUTS** – Teams will receive two (2) time outs per half, with a maximum of thirty (30) seconds per time out. **Time outs do not carry over to the next half or overtime.**
3. **TIME** – There are two, 20 minute halves. The last two minutes of the second half only is a “stop clock” situation unless one team is ahead by 15 or more points. The clock will run continuously in this condition. A “stop clock” situation is one in which the clock will stop at all fouls, out of bounds plays, etc. It will start again when the ball is put into play.
4. **SUBSTITUTIONS** – Limited to any time the game action has stopped; (i.e., out of bounds situations, free throws, jump ball, etc.). Players must check in at the scorer’s table. **No subs on the run.**
5. **OVERTIMES** – If the score is tied at the end of regulation, teams will play a three-minute overtime period with a stop clock situation in the final minute. If tied after overtime, the teams will play additional two-minute running clock overtimes until the game is won. Each team will receive one time out per overtime period. Unused timeouts do not carry over.
6. **FOULS** – A player will foul out of the game after they receive their fifth personal foul. Technical fouls count as personal and team fouls. On the seventh team foul, the “bonus rule” is in effect (one and one). On the tenth team foul, the double bonus rule is in effect (automatic two free throws for all fouls). ALL intentional fouls will automatically be two free throws and the shooting team receives the ball out of bounds. All technical fouls will also carry a two shot penalty. A player who receives two technical fouls in a game will be ejected and serve a one game suspension.
7. **GAME TIME** – Teams must have five players to begin game play. If a team does not have five players, the clock will start at game time. The team with five or more rostered players will receive two points each minute the other team is not ready to play. If the clock continues to run for ten minutes, the game will be a forfeit and the final score will be recorded as twenty to zero (20-0). Time outs cannot be used to stop the clock until the team fields the minimum five players. If neither side fields a team of five players, the score will be recorded as a double forfeit (0-0). Team captains must turn in the team line-up to the scorekeeper prior to the start of the game. **THE LINE-UP MUST INCLUDE EACH PLAYER'S FIRST AND LAST NAME AND JERSEY NUMBER.**
8. **FOULS SHOTS** – Free-throws will be played on the release.
9. **UNIFORMS** – Everyone on the team **must** have matching colored shirts with numbers before the first game. Any player who does not have the same colored shirt with a number will not be allowed to play. Reversible jerseys are recommended but not mandatory. If two teams have similar colors, visiting team will be required to wear Park District pinnies.
10. **ALTERNATING POSSESSION** – In all jump ball situations, other than the start of the game and each extra period, teams will alternate taking the ball out of bounds. The team not obtaining control of the jump ball will start the alternating possession procedure.
11. **THREE POINT SHOTS** – The player shooting must be completely behind the line.

12. **DUNKING** – Dunking is not allowed before, during, or after the game. Violators will be ejected from the present game plus suspended from the following scheduled game. If dunking occurs during the game, violators will automatically receive two technical fouls and ejection from that game and suspension from the following game. **NO EXCEPTIONS.**
13. **ROSTER** – 15 players maximum are allowed on the roster. Changes to the roster can be made before the third scheduled game of the season. After that, the rosters will be locked and players may not be added. If a team loses a player due to injury, replacements can be made by bringing in a physician's note for the injured player and then adding a new player. The injured player that is removed will not be eligible to play on any team for the remainder of the season. Falsifying rosters results in the loss of any or all games that the player participated in. Random checks of rosters will be made during games through the season. A single player may play on more than one team, as long as they are not on two teams within the same division.
14. **AGE REQUIREMENTS** – All players in the league must be at least 18 years of age and out of high school. IHSAA rules prohibit a player participating on a high school team playing in this league.
15. **FORFEITS** – A team must start a game with five players. A team may play with only four players if a player fouls out or is injured. Ejection from the game for unsportsmanlike conduct does not constitute fouling out. If a team is down to three players, the game is over and is recorded as a forfeit.
16. **JEWELRY** – No jewelry of any kind may be worn during games. This includes rings, watches, necklaces, earrings, etc.
17. **UNSPORTSMANLIKE CONDUCT** – Will be penalized with a technical foul and/or ejection from the game at the referee or supervisor's discretion. Any repeated acts will be reviewed by the Athletic Department and may result in the player and/or team being dropped from the league. Ejection from the game will carry an automatic one game suspension from the next scheduled game. The suspension may be lengthened at the discretion of the Athletic Department. Any player ejected from the game **MUST** leave the gymnasium and the building.
18. **PROTESTS** – A protest can only be a misinterpretation of a playing rule or the use of an illegal player. A protest based on a play that involves an official's judgement is not legal and officials are instructed not to accept protests of this nature.

## **PROCESS OF PROTESTING**

1. The protesting captain shall immediately notify the officials, the scorekeeper and the opposing team's captain of the fact that there is a protest in the game. This shall be done before play resumes. The official shall announce that the game is being played under protest.
2. If the protest involves the use of illegal player(s), proof of identification of player(s) is required at the time of the protest. This identification can be any photo ID.
3. All protests must be submitted, in writing, within the office hours (7:00 AM-9:00 PM) the day following the game. A \$50.00 protest fee must accompany the written protest. The fee will be refunded if the protest is valid. If not, the fee will be kept and used for the league.

## **PLAYER CONDUCT**

1. Players will conduct themselves at all times according to the rules of the game.
2. A player who is ejected from the game for unsportsmanlike conduct will be suspended from the team's next scheduled game and may be further penalized at the discretion of the Athletic Department. Any player ejected must leave the gymnasium and building before play can resume. If the player does not leave in a timely manner, that player's team will forfeit.
3. Unsportsmanlike conduct may result in forfeiture of the game or games.
4. Players receiving suspension may not be replaced on a roster during the season which they have been suspended.
5. Any player who touches, bumps or pushes a referee or representative of the Park District during the course of a disputed call or after a game will be suspended from the league for the remainder of the season. Further disciplinary action may be taken at the discretion of the Vernon Hills Park District.
6. Any player who physically strikes or assaults an official, representative of the park district or an opposing player before, during or after any game will be banned from all sports for life in the Vernon Hills Park District. The Vernon Hills Park District reserves the right to suspend or ban any players who exhibit excessive unsportsmanlike behavior.

## **LEAGUE STANDINGS**

1. The division won-loss record will determine league standings at the end of the season. Team awards will be given to the regular season 1<sup>st</sup> place team only.
2. All ties will be determined by a tiebreaker. The tiebreakers will be: record between the two teams in head-to-head competition, point differential in head-to-head competition, and finally total points allowed in the season.