



# ADULT BASKETBALL HANDBOOK



**WE Hunt Recreation Center  
301 Stinson Ave.  
P.O. Box 8  
Holly Springs, NC 27540  
[www.hollyspringsnc.us](http://www.hollyspringsnc.us)**

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**Important Contact Numbers**

WE Hunt Recreation Center.....	919-557-9600
Weather Hotline.....	919-557-2939
Steve Johnson, Recreation Programs Specialist.....	919-557-9601
Austin Ohms, Recreation Programs Specialist.....	919-577-3124
Chris Champion, Recreation Programs Manager.....	919-567-4031
Kristen Denton, Hunt Center Manager.....	919-557-6293

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## **I PURPOSE**

The purpose of the League is to provide Holly Springs residents and members of the surrounding community the opportunity to play basketball. The League will promote, and regulate competitive play and good conduct among affiliated members. Holly Springs Parks and Recreation, as governing organization, will develop and administer rules that will uphold these standards.

## **II GENERAL**

All authority not covered in these rules and regulations shall be invested in the Holly Springs Parks and Recreation Department. The League will have jurisdiction over all captains and players. Amendments may be made to these rules by the League as circumstances dictate.

## **III BY-LAWS**

### **1.00 PLAYER ELIGIBILITY AND TEAM ROSTER**

- 1.01** All participants must be eighteen (18) years of age by the start date of the league. Any exceptions to this rule must be approved by the league manager.
- 1.02** Teams using ineligible players will be subject to forfeiture of games in which ineligible players have participated.
- 1.03** Any player that is in violation of above regulations will be suspended for the remainder of the season and the team will forfeit all games in which the player participated.
- 1.04** Roster size is unlimited.
- 1.06** The deadline to add a player to your roster will be Monday, June 24<sup>th</sup> by 12pm. After the start of the season (June 10<sup>th</sup>), a team may only add players to the roster with prior approval from the Program Manager. NO ROSTER ADDITIONS WILL BE TAKEN AT THE FRONT DESK. All waivers and non-resident fees must be signed and paid before a player is eligible. Non-resident fees are non-refundable and may not be transferred to another player. Roster changes may only be made at the discretion of the Parks and Recreation Department.
- 1.07** No player who currently competes on a high school, college, or professional basketball team will be permitted to play in the Holly Springs Parks and Recreation Adult Basketball League.

### **2.00 REFUND POLICY**

- 2.01** All refunds must be submitted in writing and addressed to the Recreation Programs Manager.
- 2.02** Request letters should state the reason for refund.
- 2.03** Requests made after the official start date of the program will not be refunded. Official start date is defined as the first day of practices.
- 2.04** All refunds are assessed a fifteen (15) dollar service charge per participant per activity.
- 2.05** Late fees are non-refundable.
- 2.06** If the Parks and Recreation Department cancels a program, the total amount will be refunded.

### **3. RULES**

- 3.01** Any rule not specifically covered in this book will be governed by the official rules of the National Federation of State High School Athletic Association.
- 3.02** Dunking will not be permitted, at any time during the regular season or tournament play. Any player that dunks will incur the penalty of an individual technical foul and ejection from said game. A player ejected for dunking will also be suspended for their team's next (1) game.

Should a player dunk twice during the season, the player will not only incur the individual penalty, but the team of the responsible player will forfeit the game during which the dunk was administered. Any equipment damaged at the result of dunking the ball will be paid for by the responsible party.

- 3.03** Substitutions will only be made during dead ball situations.
- 3.04** No jewelry can be worn during games. Medic alert bracelets or necklaces may be worn if taped down or covered by an undershirt.
- 3.05** All teams must start the game at the scheduled game time as indicated on the schedule. There will be a ten (10) minute grace period for the first game of the evening only. Grace time will not count as time played.
- 3.06** Teams must have a minimum of four (4) eligible players in order to start the game.
- 3.07** Games will consist of two (2) twenty (20) minute halves with a five (5) minute half time, and two (2) minute overtime periods (overtime periods will continue until a winner is determined).
- 3.08** The game clock will run continuously, **except** for time outs, any dead ball situation during the last two (2) minutes of each half, and any dead ball situation during overtime.
- 3.09** **Mercy Rule-** The game will be called by the mercy rule if a team is winning by 20 points or more with less than two (2) minutes to play in the game.
- 3.10** **Free Throws-**Players in marked lane spaces will be able to move into the lane when the ball is released by the free-throw shooter.
- 3.11** All teams will receive four (4) one (1) minute time outs per game. Time outs can be used any time during the game and cannot be carried over to overtime periods. Teams will receive one (1) time out per overtime period.
- 3.11** Teams forfeiting two games will be required to pay a reinstatement fee of \$50.00 to continue league play. Forfeiture of three games may result in expulsion from the league.

#### **4.00 PROTEST**

- 4.01** The only legal protest is one involving the use of an eligible player.
- 4.02** The team protesting ineligible players must notify the facility manager at the time they suspect an ineligible player is participating. The facility manager will request a photo ID from the player in question to compare to the team's roster. Please make sure all players bring a photo ID to the games! Said player will submit his/her ID to the facility manager immediately. Play will not be stopped while the staff member checks the roster. If the game has already started, and a player is determined ineligible, their team will forfeit. If the game hasn't started, said player will be removed from the team bench and will become a spectator. If a player can't show a photo ID, they will be removed from the game and a substitute will be allowed in their spot. No protests can be made after a game has ended.

### **IV UNIFORMS**

Each team must provide numbered jersey's, all the same color and no duplicating numbers. The numbers must be printed or ironed on to the back of the jersey (numbers on the front are optional). If two teams have the same color jersey, the team with the worst overall record will wear numbered scrimmage vests provided by the scorekeeper. If both teams have the same record, a coin flip will determine which team wears the scrimmage vests. It is suggested that you purchase a reversible or unique color jersey if you are a new team to the league to avoid this situation.

## **V TOURNAMENT**

All teams will compete in a single elimination tournament at the completion of the season. There will be an "A" and "B" Division Tournament. Tournament seeding will be determined by regular season standings. Teams with a winning percentage above .500 will play in the "A" division tournament. Teams with a winning percentage of .500 or lower, will play in the "B" division tournament. In the event of a tie in the final standings, the tie will be decided by looking at head to head competition. If head to head still results in a tie, point differential will determine the standings. Tournament champions from each division will receive t-shirts and team trophies.

## **VI PLAYERS CODE OF CONDUCT**

- 1.01 The Town of Holly Springs Parks & Recreation Department has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, coaches, officials, spectators, or parents) at any town function or event and said behavior will be subject to partial or permanent suspension.
- 1.02 Unsportsmanlike conduct is defined as but not limited to the following: harassment of officials or participants, use of profane language or gestures, and public threat or physical violence.
- 1.03 The length of the suspension will be determined by the Athletic Programs Manager.
- 1.04 Any player, coach, spectator or parent that enters the field of play and confronts and/or makes contact (i.e. cursing, shoving, pushing, etc.) with an official or participant is suspended from the program and any Parks and Recreation related facilities for any practice, game, or activity for one calendar year from the date of the incident.
- 1.05 No player, coach or spectator shall refuse to abide by an official's decision.
- 1.06 No player, coach or spectator shall be guilty of objectionable demonstration of dissent at an official's decision.
- 1.07 No player or coach, other than the Head Coach, should discuss with an official in any manner the decision reached by an official.
- 1.08 No player or coach shall be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
- 1.09 No player, coach or spectator shall be guilty of personal verbal abuse upon any official for any reason.
- 1.10 No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- 1.11 No alcoholic beverages are allowed on any Town of Holly Springs property. Anyone violating this rule is subject to arrest and expulsion from the League.
- 1.12 No player, coach or spectator shall use profanity. Offending players/coaches may be subject to ejection, possible suspension/expulsion from the league.
- 1.13 If ejected, a player or coach must vacate the premises. Failure to abide by this will result in forfeiture of the game.
- 1.14 Any player, coach or spectator ejected by an official or a supervisor will be subject to suspension. Any ejection due to fighting will result in expulsion for one (1) year. A suspension from the game is also a suspension from the playing site. A second ejection in the same

season results in a suspension from all remaining games for that season. If circumstances warrant, the suspension may include all competitive programs offered by the Town of Holly Springs Parks and Recreation Department. Seasonal suspensions may be appealed to the Assistant Department Director.

- 1.15 Game suspensions may apply to regular season games and/or tournament play and may, at the discretion of Holly Springs Parks and Recreation, be carried over to future seasons.

## **VII. Tornado Policy**

**Tornado Watch** (which means that conditions are favorable for tornadoes to form), all activities will continue as scheduled when the National Weather Service issues a Tornado Watch for Wake County. All participants and staff should monitor weather conditions and announcements. Please monitor local media or weather radio for weather alerts.

**Tornado Warning** (which means that a tornado has either been sighted or considered to be imminent in the warned area), all activities should be suspended when the National Weather Service issues a Tornado Warning for Wake County. All participants should take shelter immediately and adhere to the following procedures:

- I. Seek shelter inside the facility.
- II. Go to an interior room on the lower level (closets, interior hallways). Interior hallways on the lowest floor are usually safest. Put as many walls as possible between you and the outside. Get under a sturdy table and use arms to protect head and neck. Stay there until the danger has passed.
- III. Do not open windows. Use the time to seek shelter.
- IV. Stay away from windows, doors and outside walls. Go to the center of the room. Stay away from corners because they attract debris.
- V. Get out of vehicles, trailers and mobile units immediately and go to the lowest floor of a sturdy nearby building or a storm shelter. Mobile units, even if tied down, offer little protection from tornadoes.
- VI. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of potential for flooding.
- VII. Do not get under an overpass or bridge. You are safer in a low, flat location.
- VIII. Never try to outrun a tornado in urban or congested areas in a car or truck; instead, leave the vehicle immediately for safe shelter. Tornadoes are erratic and move swiftly.
- IX. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

All activities should be resumed once the Tornado Warning has cleared for the Holly Springs area and the conditions of the facility are safe. All participants and staff should continue to monitor weather conditions and announcements. Please monitor local media or weather radio for any additional weather alerts.

