



**Mecklenburg County  
Park and Recreation**

*The Natural Place  
To Be...*

**Revised 3/1/16**

**MECKLENBURG COUNTY PARK & RECREATION**  
**30 & Over BASKETBALL LEAGUE**  
**RULES AND REGULATIONS**

**I. NAME**

The league shall be known as the Mecklenburg County Park and Recreation Department's 30 & Over Adult Basketball League.

**II. RULES AND REGULATIONS**

All teams will be governed by the NORTH CAROLINA HIGH SCHOOL FEDERATION RULES and the MECKLENBURG COUNTY PARK AND RECREATION DEPARTMENT'S league rule exceptions mentioned below. Fee: \$450.00 per team.

**III. TEAMS**

1. All teams shall be of uniform dress consisting of same or similar color jersey and each jersey must have at least a six (6) inch number on the back. Taped numbers **will not** be allowed.
2. Roster limit will consist of fifteen (15) players. All rosters must be filed with the MCPRD by the first game, with ages and date of birth. **(You must be 28 years young (NO EXCEPTIONS!!!!))**
3. Players transferring to another team must inform and receive permission from the other coach/manager and MCPRD.
4. Teams cannot add players to their rosters after they complete their fourth (4th) regular season game. It is the team manager or captain's responsibility to notify the league if they make an addition to their team roster. **All new players must be added to the official roster in order to be eligible to play. Failure to do so will result in forfeiture of games.**
5. Each team should be ready for play with at least **four (4)** players on the court no later than five (5) minutes past their scheduled game time. (The

officials and Athletic Coordinator have the final call.) **PENALTY:**  
Forfeiture of game to the opposing team.

6. If a team forfeits three (3) times in a season, it will be subject to dismissal from the league, pending review of the incident.

#### **IV. PLAYER ELIGIBILITY**

1. Individuals must be a least 28 years young to participate in the league, you can **NOT** be any younger. **Staff can ask for your id's if younger or don't have it you are ineligible to play.**

2. Individuals can play on only one (1) team within the MCPRD league structure.

3. Any ineligible player will be subject to suspension for one (1) calendar year.

4. If a player is declared ineligible, all games that he has played in will be counted as losses.

**5. Any manager/coach knowingly playing a suspended or ineligible player will be suspended for one (1) calendar year.**

6. Any player currently on a semi-pro or professional team roster is ineligible to play in the league.

7. Each manager should give the official scorer their roster by no later than 5 minutes prior to game.

8. Coaches are to verify the names and numbers of their players prior to game time.

#### **V. GAME PLAY MODIFICATIONS**

1. League games shall consist of two (2) twenty minute halves and a three minute half time.

2. All games will be governed by a running clock with the clock stopping only for timeouts and the last minute of the first half and the last **two (2) minutes of the second half**. If at any point and time in the **second half** the lead goes above 20 points, the clock will not stop, except for timeouts, until the lead falls below twenty points.

3. All overtime periods will be **three (3) minutes** in length and will be governed by a running clock as in rule # 2

4. Teams will shoot one and one foul shots on the seventh (7<sup>th</sup>) team foul. **All players can leave on the release on free throws with the exception of the shooter.** Players have 5 fouls.
5. Each team will receive **five timeouts** per game (Only four can be carried over to the second half). An additional timeout will be given for overtime.
6. After made baskets following timeouts, the in bounding team may take the ball out at half court, **if they were the team that called the timeout.**
7. . Players may legally enter the game, **until the start of the second half.** Any player arriving after that time will NOT be eligible to participate in the game regardless of whether or not their name appears in the book.
8. Teams must be ready to play on any night including Saturday, if necessary, if games are cancelled due to inclement weather.
9. In case of inclement weather contact 704-336-5800, option #7.

## **VI. PROTESTS**

Protests will only be heard on requests pertaining to rules violations and ineligible players. **Judgment calls by officials are not protestable.**

- A. All protests must be submitted in writing to MCPRD by no later than **5pm** of the next working day. A player found to be ineligible is subject to a one (1) calendar year suspension from the league. (Exception: before a game staff may ask for id and date of birth.)

## **VII. TOURNAMENT PLAY**

1. The league champion and runner-up shall be determined by a Single elimination tournament.
2. All players must **be present for one (1) regular season game to be eligible to participate in tournament play. \*Exception being a verifiable injury exemption. (Proof must be provided either at the beginning of the season or when the injury happens.)**

## **VIII. CODE OF CONDUCT**

### **MCPRD WILL ENACT A ZERO TOLERANCE POLICY FOR COACHES, PLAYERS & SPECTATORS**

1. All managers/coaches are responsible for the eligibility of their players and the conduct of their team and spectators. **Suspension of coaches, players and other team affiliated persons will occur if any eligibility and/or conduct guidelines and procedures are not adhered to.**
2. Only managers/coaches and the team captain(s) will be permitted to consult with an official. **This must be done in a sportsmanlike manner. PENALTY: Any manager/coach ejected from a game will be subject to a one (1) game suspension for the first offense and then a one (1) calendar year for the second offense in the same season.**
3. Only the players and the team manager/coach will be allowed to sit on the bench.
4. Any player ejected from a game for unsportsmanlike conduct will receive a one (1) **game suspension for the first offense and a one (1) calendar year suspension for the second offense in the same season.** Any player ejected from a game for fighting will receive **at least** a (3) game suspension. Depending on the severity of the situation participant(s) could be suspended for an entire calendar year.

## **IX. SUSPENSIONS**

1. Any violation while under suspension will constitute a second offense.
2. Any player and/or manager/coach that are suspended from league play will not be allowed to participate in league play as a coach/manager or player during their suspension.
3. Players and/or coaches/managers suspended for an entire calendar year must apply in writing for reinstatement.