



Sedalia Parks and Recreation

Adult Basketball League Rules 2025

The Sedalia Parks and Recreation Adult Basketball League will follow the rules as established by the Missouri State High School Athletics Association except where local league rules differ. In those cases, Sedalia Parks and Recreation rules will prevail.

ROSTERS:

- Each team must have an official roster on file with the League Director. Maximum number of players per team is 12.
- Each player must turn in a signed player contract to the P&R office or Supervisor prior to the start of the first game they will play in.
- Players must be 18 years of age or older.
- No person may play in the League who is a current member of a high school or college basketball program.
- A player can only be on one team in this League.
- If requested by an official, a player must provide valid identification (with i.e., driver's license).
- Participation by an ineligible player will result in an automatic disqualification by the offending team.
- Teams can drop a player at any time without a refund. Complete rosters must be on file with the Sedalia Parks and Recreation.

ROSTER CHANGES:

- Changes may be made prior to the start of each team's **3rd game**. No changes may be made after that game.
- Changes may be submitted to the P&R office at (660) 826-4930 or to the League Site Supervisor, not to an official.

TEAM RESPONSIBILITIES:

- It is the responsibility of each manager to have their team line-up in the scorebook prior to the scheduled starting time. Teams must provide this at least 5 minutes before tip-off. Do not make the scorekeeper come and ask for this.

FORFEIT TIME:

- Each team will be allowed a grace period of ten (10) minutes following the scheduled starting time at which time a forfeit shall be declared. A team must have a minimum of five players to start a game. Game times will be adjusted if the previous game on the same court went into overtime.

**MAKE-UPS:**

- In the case of weather cancellations, Sedalia Parks and Recreation reserves the right to reschedule games as gym space is available. No games shall be rescheduled except at the discretion of the Sports Supervisor.
- If you have any questions or concerns about scheduling or the status of a game due to inclement weather, please contact the park office at (660) 826-4930.

UNIFORMS:

- Each team's players shall wear a jersey/shirt of the same color.
- Players not in proper uniform will not be allowed to play after the first week of play.
- Gym shoes only.
- Jewelry and other objects considered sharp are prohibited.
- A team's shirts shall be of the same solid color front and back.
- Each player shall be numbered on the front and back with plain Arabic numbers of a solid color contrasting with the color of the shirt and made of a material not less than $\frac{3}{4}$ inch wide. A number may not have more than two digits and numbers must follow Federation Rules regarding legal numbers. The back number shall be at least 6 inches high and the front number, 4 inches high. Only these legal numbers may be used: 0, 4, 5, 10, 11, 12, 13, 14, 15, 20, 21, 22, 23, 24, 25, 30, 31, 32, 33, 34, 35, 40, 41, 42, 43, 44, 45, 50, 51, 52, 53, 54, and 55.

BASKETBALLS:

- Game balls will be provided by Sedalia Parks and Recreation.

TIME-OUTS:

- Each team will have two (2) 60 second time-outs per half and one (1) time-out per overtime period. Time-outs cannot be accumulated from one half to the other. Time will stop on charged time-outs.

PLAYING TIME:

- The game shall be played in two, 20 minute halves and 5 minute halftime between. A scorekeeper will be provided by Sedalia Parks and Recreation.

The game clock will stop for the following:

- A. Injuries.
- B. Team time-outs.
- C. Any reason deemed necessary by the officials.

****Clock will run during free throw attempts.****

**OVERTIME:**

- Overtime period will be two (2) minutes with a running clock. Each team will be given one additional time out. If the game is not resolved after the first overtime, there will be sudden death overtime with no clock. First team to score wins. A center-court tip-off will start the overtime periods.

DUNKING:

- NO DUNKING ALLOWED!
- A. If a player dunks the ball during the game, their team will be assessed a technical foul and the player who dunked will be ejected. The same penalty applies to a player grasping or hanging from the rim. If the dunk or hanging on the rim occurs in the second half of the game, the player will immediately be ejected for the remainder of the game and the first half of their next game.
- B. If a player dunks or hangs on the rim during pre-game warm-ups, they will be suspended for that night's game.
- C. If a player dunks the ball or hangs on the rim after the game, they will serve their suspension for the team's next game.

SUBSTITUTIONS:

- Players may sub freely to-and-from their bench during dead-balls ONLY.

FOULS:

- Fouls levied according to official High School rules with the exception that there will be no bonus free throws awarded. **PLAYER FOULS AND TEAM FOULS WILL BE TRACKED. 5 player fouls max and once a team hits 10 team fouls then 1 free throw for 2pt will be awarded to the team.**

FREE THROWS:

- Only shoot free throws on shooting fouls. There will only be one free throw shot per foul. If it is made, it will count for two points.
 - + EXCEPTION: If a player is fouled on a shot and it is made ("AND-ONE"), there will only be one free throw shot and it will count for 1 point.

INTENTIONAL FOULS:

- Levied according to official High School rules which state that intentional fouls will result in a single free throw shot (lanes will be cleared while the free throw is taken). Following the free throw, the offended team will be awarded the ball out-of-bounds at the spot nearest the foul.



TECHNICAL FOULS:

- After one technical foul for unsportsmanlike conduct, a player may be ejected from the game. A flagrant 1 technical foul will result in an automatic ejection from the game and the offending player must leave the premises. If a player receives two technical fouls during the year, he will be suspended for a period of 3 games. If a team receives three technical fouls for unsportsmanlike conduct in a single game, they will forfeit the next game. If a player receives three technical fouls in the season, they will be suspended from play for the rest of the league schedule.

BLOOD:

- While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is greater 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. Precautions for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- A player or coach who is bleeding or who has blood on his or her uniform shall be prohibited from participating further in the game until appropriate treatment has been administered.

If medical care or 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. The re-entry rule would apply to players.

Appropriate treatment includes, but is not limited to:

- A. The flow of blood must be stopped and the cut, open wound, etc. must be covered before the participant will be allowed to continue.
- B. If blood is on the participant's shirt, the shirt must be changed before the participant will be allowed to continue. This means each individual player may need to carry an extra shirt (softball, volleyball) or the manager may need to carry an extra uniform (basketball).
- C. If blood is on the participant's skin, it must be washed off before the participant is allowed to continue play.
- D. Any blood on the floor must be cleaned up before play is allowed to continue.
- E. If play must stop for an extended period of time a timeout will be charged to the offending team.
- F. Any clean-up of blood or bandaging of injuries is the responsibility of the players and managers of the team involved. This is not the responsibility of the official.



SPORTSMANSHIP:

- Team members shall exhibit appropriate behavior towards other players, officials, and spectators. Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:
 - A. Player ejection from game
 - B. Player suspension from League
 - C. Player suspension from program(s)
 - D. Temporary interruption of game or cancellation of game
 - E. Team suspension from League

****Please Note:** ANY physical altercation, whether before, during, or after the game while on Sedalia Parks and Recreation property will result in an immediate suspension from the league for the remainder of the season. The team of the offender will only be allowed to replace this team member if an incident occurs before the third game of the season. No exceptions will be made, as the Sedalia Parks and Recreation will maintain a **ZERO-TOLERANCE POLICY** when it comes to fights and/or altercations.

FOOD, DRINK & ALCOHOLIC BEVERAGES:

- Absolutely NO food is allowed in the gymnasium. Only bottles with screw top lids are allowed in the gymnasium. No alcoholic beverages are allowed in the gymnasium or on Sedalia Parks and Recreation property (including parking lot). Failure to abide by this rule may result in forfeiture of game(s) or suspension from the league.

Disclaimer: The Sedalia Parks and Recreation Department, its staff, nor officials or scorekeepers are responsible for any injuries or accidents by any players or spectators due to their participation in this league.