

Frederick County Division of Parks and Recreation



Women's Basketball League Rules

I. FCP&R ADULT LEAGUES

- All players must sign the FCP&R Adult Leagues Code of Conduct/Waiver form before playing in any game.
- All players must be signed up by the deadline stated for their specific league in the recreater.com
- Any refunds for the adult leagues must be made prior to the listed league registration deadline.
- Players may not be added to the rosters after the third game has been played.
- In the case of an injured player, ONE new player may be added with the approval of the League Director to replace that injured player, who will then no longer be able to participate in the league. Any injury replacements must occur prior to the last game of the regular season.
- Guest players, or borrowed players, may only be obtained from paid players within the same league and division to meet field or gender minimum at the start of a game. If enough players arrive to meet the field minimum at any point during the game, the guest player must leave the game. League staff must be notified prior to any use of guest players. No guest or borrowed players may be used during playoffs.
- ID checks will occur throughout the season to make sure teams are compliant.
- Any team that forfeits two games will be dropped from the league.

II. PLAYER ELIGIBILITY

- All players must be at least 18 years old.
- Players are only permitted to play on one team.
- Game protests must be submitted in writing to the League Director within 48 hours of the game.
- All team players are required to wear the same color shirt and it must have a number on the back. If a participant does not have the correct team shirt, they are ineligible to play in that game.
- In the case of two teams having the same color shirts, FCPR will supply pinnies for the Home team.

III. PLAYING RULES

- All games will consist of two twenty (20) minute halves with a running clock and no shot clock. The clock will stop for fouls, jump balls, and violations only in the last 30 seconds of the first half and last two minutes of the game.
- The clock will remain running while shooting foul shots. The clock will stop on all dead ball situations during the last 30 seconds of the first half, injuries, and the last two minutes of the game.
- There will be a three-minute halftime break.
- Bonus situations occur once a team reaches its 7th team foul with a one and one situation and double bonus/two shots when the team reaches its 10th team foul.
- On free throw attempts players may enter the paint upon release of the free throw.
- Teams are allowed three 30 second time outs per game.
- Games will start promptly on the scheduled start time. If a team does not have at least five players for the start of the game, there will be a five-minute running clock grace period. This grace period does not count towards the twenty-minute half. After five minutes, if the team still doesn't have five players, then the team will receive a forfeit.

- A team representative must notify the FCPR League Director at least 24 hours before their scheduled game start if they are unable to play.
- If a game ends in a tie, a two-minute overtime period, with a clock stopping on all dead-balls situations will be held. Each team only gets one 30 second time out per overtime period. After one overtime, if the game is still tied, the game ends in a tie.
- During playoffs, games will be played until there is a winner. If after the first, 2-minute overtime there is no winner, there will be a 1-minute overtime with the clock stopping on all dead-ball situations. If there still is not a winner after the 2nd overtime, the next team to score a basket wins.
- Players accumulating five fouls, either personal or technical, will be disqualified from the game.
- If a team takes a 20-point lead, the clock will not stop the last two minutes of the game.
- Before competing, all participants must cover any open wound on their body. If a player starts bleeding, the game will be stopped, and the player must be removed. The player will not be permitted to return until the area is covered, the bleeding has stopped and after ref approval. It's to the officials' discretion as to how many times the game will be stopped due to a player bleeding before that player is disqualified from the game.

IV. DISCIPLINARY ACTION

- This is a recreational league, and all participants are asked to participate with good sportsmanship. Players not demonstrating good sportsmanship will be dealt with accordingly.
- Physical or verbal altercations are not tolerated and will result in suspension from league. Any pushing, shoving, or fighting of any kind will result in immediate dismissal from the league.
- Any player ejected from a game risks league suspension. The FCPR sports committee will review the ejection and determine appropriate disciplinary action. Ejections for fighting will automatically result in dismissal from the league and/or team forfeit.
- Hanging/grabbing the rim or net, slapping the backboard is not permitted and will result in a technical foul.
- Dunking will not be tolerated, and players will be ejected from the game and may be subject to further disciplinary action. Post-game/season dunking will result in a suspension from the next scheduled game.
- Profanity is not permitted before, during or after games, and will result in a 1 game suspension.
- Arguing with FCPR staff or the referees may result in a suspension from the game and/or league. Only the team captain may approach the ref and score table with questions/concerns, and only during a time out or dead ball situation. Any player approaching or conversing with FCPR staff or the officials in a negative/inappropriate manner could face ejection from the game, league, or suspension from the Recreation Center indefinitely.
- The Technical Foul Rule is for each game. (1) Technical foul: results in a warning. (2) Technical fouls: out for present game and the following game

V. MISCELLANEOUS

- FCPR will provide game ball, scorebook, scorekeeper, clock operator and certified officials.
- The end-of-season tournament will be single elimination and all teams participate. Winning team receives Championship t-shirt.
- Your team's winning percentage (wins/losses), head-head matchups (1st tiebreaker), schedule strength (2nd tie breaker), and points scored (3rd tie breaker) will be used to determine your team's seeding for the tournament.
- Each team rep/captain will be emailed the FCPR Women's Basketball League Rules and are expected to inform your team players of them.
- No jewelry will be permitted during the game. If unable to remove jewelry, players are permitted to cover with tape.
- Only water is permitted, No Food or Any Other Drinks are permitted.

- VI. WEATHER POLICY Please call our FCPR weather cancellation line, 301-600-6291, during inclement weather. Our FCPR division does not follow the FCPS closing policy. The FCPR League Director will contact team captains with weather cancellations. FCPR will try to reschedule all cancelled games; however, make-up games may be played on a different night and location.