



Peaceful & Recreational Basketball Leagues & Tournaments

Rules, Policies, & Emphasis

PORTLANDBASKETBALL.COM RULES

1. **This league is based on high school rules**, with a few extra rules and policies mentioned here.
2. **The philosophy** is to enjoy the competitive spirit and camaraderie of a fun game in a structured league.
3. **We will not tolerate any displays** of anger, threatening comments or actions, or foul language for any reason
4. **We will not tolerate words/gestures** that are meant to provoke or threaten other players, or anyone else involved with the game
5. **Players are not allowed to talk to the scorekeeper** (scorekeepers are volunteers- please respect them).
6. **If there is a strong disagreement with referees**, the captain needs to talk to the league director or owner (503-493-9335), not to the referee. Referees are not required to defend their officiating to players/spectators. Because there is no security, these referees are to be given total control. If you disagree with the officials at your game, please control your emotions and call our office during regular business hours.
7. **Physical confrontation**- Any player, manager, or person affiliated with a team physically confronting (poking, pushing, shoving, or the like) an official, player, or spectator before, during, or after the game will be suspended from the league for a period of time. A blow or punch to the head will be grounds for a minimum of one-year suspension and possible permanent refusal of service. Any physical bump or action taken against an official, including aggressive confrontations is now a Crime in Oregon and punishable both civilly and criminally. Teammates need to keep players away from referees (physically). Again, calling the office is an angry player's only recourse.
8. **We guarantee that there will be some incorrect calls** for you and incorrect calls against you, but all calls will stand. Players get six fouls, which is considered an extra foul in case of a missed call.
9. **During free throws**, the team on defense gets the full block. Only 2 offensive player & three defensive players can line up in the free throw lane. Other players cannot cross the three-point line until the ball hits the rim. Referees should watch players' bodies and arms to prevent undue contact on free throw rebounds.
10. **Spectators** are a privilege and are not covered in the team fee. They must abide by the same standards as the players.
11. **Two unsportsmanlike technical fouls** on an individual player in 1 game may result in a 1 game suspension.
12. **Unsportsmanlike Conduct will result in a technical foul, an ejection, and possibly a suspension.**
Definition of Unsportsmanlike Conduct: To be unsportsmanlike is to act in a manner unbecoming a fair, ethical, honorable individual. It consists of acts of disrespect such as making debasing or critical remarks about or to an official or an opponent, or vulgarity such as the use of profanity whether or not directed at someone. The penalty for unsportsmanlike conduct is a technical foul, two free throws, unless the act is flagrant, when in such time, the offender can be disqualified. A player, coach, substitute, or spectator shall not: disrespectfully address an official's decision by rising from the bench or using gestures; inciting undesirable crowd reactions; or entering onto the court unless by permission of an official or to attend an injured player. The referee may end the game if its nature becomes negative, angry, or violent. Referees may end the game on a team's 2nd unsportsmanlike "T." The following is a list of required technical fouls, ejection(s), and suspensions (the referees, by contract, agree to call these, so do not take these calls personally); with most ejections, the player must leave the gym.
 - a) **Excessive verbal abuse** may be penalized for up to 11 months suspension.
 - b) **Glaring at anyone** is considered to be taunting and the player will be assessed a "T". Talking to your opponent in a negative manner will be a "T".
 - c) **Approaching a referee/walking towards a referee** is an ejection; if the approach is done in a threatening manner there may be a league suspension.
 - d) **Talking to the referees in a derogatory manner** before, during, and after the game is disallowed. If you have an issue with a referee, do not settle it at that time. Call the director's voicemail at (503) 493-9335 and voice your complaint, without penalty. Players have no right to settle issues immediately.
13. **Uniforms must match exactly- Reasons these uniform rules are important**- teams like to play against organized teams (teams with the exact color uniforms). It adds to the fantasy of playing a real game. Nobody wants to pay money to play against guys in four different shades of blue, or T-shirts with logos on them, and non-matching undershirts. The ability to see an opponent or teammate peripherally based on solid colors helps the game (you need to see colors for effective fast breaks, long passes, and look away passes). You should not have to look exactly at a teammate to find out what team they are on)
 - a) Undershirts must be removed unless they match in color
 - b) The Captain must bring jerseys in a drawstring bag
 - c) The captain is responsible for bringing at least 2 extra jerseys each week in case a player forgets his or her jersey

- 14. Flagrant-1** This is a new rule for PortlandBasketball.Com modeled after the NBA. Reason for this change to the NBA standard- In high school rules, this foul described in either a-d (below) is not called flagrant-1 but is named 'intentional'. What is odd about the high school rule is that they describe the intentional foul as this league does the Flagrant 1 (below a-d), but many of those types of fouls below are not intentional; in fact, the high school rules has a portion describing the 'intentional foul' as- to be called even if unintentional (if it meets any a-d below). As you can guess, players came unglued when referees making the correct call, called it 'intentional'. The word intentional is insulting to players, so we will rename it as the NBA names it. From now on this type of foul will be called 'Flagrant 1'. ABOUT THE PENALTY- a flagrant 1 will yield two shots and the ball and will be noted on the infracting player's record (written on the foul sheet). The **Flagrant 1 definition is as follows:**
- An intentional foul can be called either 'Intentional' or flagrant 1.
 - An excessively hard foul
 - A dangerous play or dangerous foul
 - Swinging of the elbows illegally (note- it is legal to for your elbows to move 'with' the torso. If the elbows move independently of the torso (faster than the torso), it will be considered 'swinging' and this will be called FLAGRANT-1.
- 15. Flagrant-2** Flagrant-2 definition: Any foul meeting the Flagrant 1 definition but combined with intent. Hard fouls, dangerous plays, swinging elbows can all be done accidentally, but if they are intentional, this should be called a Flagrant 2. 'Intentional' is further defined as- it was not accidental or part of the game. Penalty for the Flagrant-2 foul is an ejection.
- 16. The Diving Rule** A loose ball is not a fumble and players are not allowed to dive through opponents' legs, even with high school rules; however- in this league, we do not allow you to dive at all. In this league, diving for loose balls and/or running through curtains when there might be someone on the other side is strictly prohibited, resulting in a turnover called by the official (or a technical foul if deemed dangerous). This is a recreational league, and taking out an ankle or knee is a horrible price to pay for gaining possession of a basketball. The scrums you see in college or high school basketball where players dive into or underneath the legs of opponents during a loose ball will not be tolerated. Exceptions that referees are allowed to use (not required, but 'allowed' to use)- Saving a ball from going out of bounds when there is no danger of diving into legs, spectators, etc. can be let go by the referee. Also, in the final 1-minute of a close game, referees may ignore diving for balls that falls within the range of legal. Note- the rule is 'NO DIVING'; so if a referee calls a turnover, do not get upset with the referee for not 'letting it go'.
- 17. Game time, timeouts, running clock (TIMEING ISSUES)-**
- Pre-game warm up and stretch time** Warm up by stretching and signing the foul sheet on the scorer's desk during the second half of game previous to yours. Note that the pre-game is only 3 minutes, so right when the game ends you need to be out there shooting. Please hold the balls while a game is in progress. Also, in pre-game, get your scorekeeper ready to go.
 - The home team is the first team listed** on schedule and they must bring a volunteer scorekeeper/timer.
 - Pre-game- stay off of a damp mopped floor** If you have the first game of the day, you must stay off of a damp-mopped floor. Do not shoot around or on the floor that is being damp mopped or was just damp mopped. This is very important to your safety and this rule must be enforced by you- the players. If you see someone about to shoot around on such a floor, please warn this player for his or her own safety.
 - During Pre-game, please hold all basketballs-** please hold the ball on the sidelines while a game is in progress
 - There will be two 25-minute halves.** Games are 50 minutes in length. Tournaments are 2 to 5 minutes shorter per half.
 - In the last minute scramble, a player must foul the player with the ball** to get the foul called. In such circumstances, fouls that are too hard may be considered intentional fouls. If you are trying to stop the clock, a good referee should just call a normal foul, but remember- 'should' is not always what gets called, so play it safe and foul the guy with the ball.
 - Stopped clock defined-** The clock stops only during the last 2 minutes of the game, **if** at the two-minute mark, a team is within 6 points or less, or if at any point beyond that the margin happens to get cut down to 3. During *stopped time*, if a lead gets up to 10 or more, the game will revert to running time for the rest of the game unless the margin shrinks to within 3pts, at which time the clock once again reverts to stop time. Restated- If the game margin is 7 points or more at the 2-minute mark, the game will be in "running time" the rest of the game, with one exception. If in "running time" the margin is cut to 3 points, the clock will then go to a permanent "stop time" to finish the game.
 - The First Overtime** is 2 minutes long, stopped time. Any additional overtime will be 1 minute long. It is within the officials' discretion to call a game after the first overtime if the official deems it necessary. This will be recorded as a double win (most gyms have time constraints that we must abide by).
 - Referee note concerning timeouts** - The timeout rules are complex and players will make mistakes if they are new to the league. Referees are not required to, but can if they would like- stop the clock to clarify whatever rule is controversial at the time. After they have explained the rule and handed the ball to the free

throw shooter or out of bounds player, the clock resumes. Referees are encouraged to not call technical fouls with regards to timeout violations, because these rules are complex.

- 1) **Teams are allowed one time out per half** (40 seconds)- (no carryover). Naturally, if the game goes into a stop time format for the final two minutes, a team can call a timeout if they have one available.
- 2) **No additional timeouts will be awarded in overtime.**
- 3) **There are no timeouts allowed in the final 2 minutes of the first half.**
- 4) **There are no timeouts allowed in the last 2 minutes of the 2nd half if 'running time' exists** (see stopped clock defined above).
- 5) **A team that is winning by more than 3 points will not be allowed to call a timeout in the second half when there are 6 minutes or less left on the game clock** (a team can call a timeout at 6:01 and get their full 40 seconds but the referees should have the ball inbounds at exactly 5:21 on the clock).

PORTLANDBASKETBALL.COM POLICIES

1. **Dunking** is allowed only during a game and only if the court has breakaway rims. Dunking while warming up may result in a technical foul. Dunking in games is okay, but sometimes not advisable in a recreational league due to the possibility of getting undercut.
2. **No jewelry** allowed (including rings). If you see that an opponent is wearing jewelry, please alert the referee.
3. **No tobacco chewing, no smoking, no profanity** anywhere in building and outside of some facilities.
4. **League suspensions** carry over to all leagues and tournaments that 'Peaceful + Recreational' runs.
5. **A team fight** is a league suspension with no refund. Players have a responsibility to control or restrain their own teammates. The key is to step in and help end a bad situation, before the league has to suspend or banish players. Your players need to control each other. The referees cannot prevent these situations as well as you can- as players/teammates.
6. **Players may not take advantage of a blind referee-** If for example, there is only 1 official, it will be considered unethical to intentionally take advantage of this 'opportunity'. This is a peaceful and recreational league and we expect cooperation. Any team that develops a reputation for being dirty will be dealt with accordingly.
7. **Substitutions** must be done on a dead ball only, by yelling 'sub!' during the dead ball.
8. **Players are allowed six fouls** Technical fouls are considered personal fouls. With the assessment of a sixth foul, a player has fouled out and cannot continue playing under any circumstances.
9. **If your team is unable to make a game or is short of players**, the team must call the director. We will not tolerate any 'no-shows' without notice. Bring as many players as possible; at least the opponent will get a game (we will let you pick up players to fill your team). There are no forfeits in this league- we will always make a game. Any game scheduled will be played even if the referees have to recruit players for the team. This "make a game", as we call it, will count as a win or loss and will not be refunded. Games like this are assumed to happen once in a while. You must win to get the win. If necessary to make a game, the league may have a referee play. 'Make a Game Situations'- If your team has less than 5 players ten minutes after the start time, your team will not be entitled to a 'make a game'. After that point, it will be too late to get a 'make a game' because players in the gym, who could have been recruited, will already be gone.
10. **If a player is ejected for unsportsmanlike conduct**, that player must leave the gym on his/her own. If player does not leave in a timely fashion, he/she may be suspended for the remainder of the season and the team may forfeit the game and face team suspensions for not enforcing the rules with their own players.
11. **Conduct rules** Players not able to control their behavior will be ejected from the facility and may face further suspension from the league. This rule applies to **spectators** as well.
12. **Children-** Due to their short attention span, we ask that all children sit next to parents and be under their supervision at all times. This helps prevent any accidents or interference with games. If the only parent attending is playing, that parent will be responsible to have a friend supervise his/her children during the game. Due to safety concerns, children (or any other spectators) are not allowed to sit on the team bench or at the scorer's table. Referees may remove a parent from the game and require him/her to supervise unruly child/children. Parents will be financially responsible for any damage caused by their children.
13. **Verbal threats will be taken very seriously-** Any player, manager, or person connected with the team verbally threatening an official, player or spectator before, during, or after a game, will be ejected from the game and suspended from league play indefinitely.
14. **Alcohol and Drug policy-** No player shall appear on the court under the influence of alcohol or drugs in such a manner as to not have control of his/her faculties to the extent that there is a chance of physical injury to him/her or others. Minimum penalty: Ejection from facility and/or suspension from team's next scheduled game, and/or probation for remainder of season.
15. **Lost items:** The "Peaceful & Recreational Basketball League" assumes no responsibility for lost or stolen property. Feel free to call us, as sometimes we do find some items (503) 493-9335.
16. **No food or drink** is allowed in gym or school facility. No smoking in school facilities.
17. **When adding ('picking up') players** to 'make a game', you must get players that do not 'tilt' the game (this is referee/league discretion).
18. **Any player ejected from a game twice within a 7-game series of games** will result in a suspension of that player for the remainder of the season or 4 games, whichever is greater.
19. **You will not be notified of any snow and/or other adverse weather conditions.** On questionable days, you need to call the director's voicemail. That voicemail (503-493-9335) will be updated with any cancellations by 4:15pm on a weekday and throughout the day on a Sunday.

POLICIES CONCERNING PAYMENT & REGISTRATION

1. **Teams are responsible** for recruiting only recreational players and peaceful individuals. If a team cannot control an individual, the team will be penalized for bringing that player. If you pick up a player to 'make a game happen', you need to know who you are picking up.
2. **At your first game**, besides paying your balance to the lead ref, you must turn in **completed player release forms**. Captains- keep extra release forms in case you add new team members. Remember to include email addresses on these player release forms.
3. **Registration** requires that a team have 3 contact people. 'Contact people' refers to someone on the team with an email address. The league will not be held responsible if a team does not receive a schedule change or an important notice, if that team that does not provide at least three working email contacts. Teams need to check their emails on game day. If any changes occur after 8am on a game day, we will phone call you as well, but otherwise we only email (we also put it on the web site). If the league does not have 3 contacts and a team does not get a schedule change notice, the league will not owe a game to that team. We cannot run these leagues at a competitive price, if we do not adhere to the registration and payment rules exactly as outlined; providing 3 email addresses is that important.
4. **A player is eligible** if they have read the rules and signed the release form. After game 5 in a league, no new player can participate if that player's skill level is such that he is deemed a 'ringer'. If a player is talented at more than 2 levels better than the level in which he is participating, he may be asked to leave the game by the referee or the league director. In tournaments, no new players may participate after game 2 (you cannot have someone join your team in game 3 of a tournament).
5. **Limit of 8 players** Teams are limited to 8 players maximum (any more results in no flow on the court, injuries because guys are not warm coming in, and too many fouls by stiff or hyper players; games have better flows when 6 or 7 guys compose the roster. If your team is over 30 you can have 9 players. If you have a masters level team (40 and up), you can have up to 12 players on your roster, please do not have more than 10 show up for any given game. Team captains assume responsibility to not bring into the league angry or violent people. The league is not responsible to filter out players that do not meet our recreational requirements. If a team brings a person into the league with an anger problem, the team is risking their own status in the league.
6. **Cost:** The cost of each season is \$420.00 for 7 games and/or \$840.00 for 14 games (many companies that want to sponsor a 14 game session). The eight Sessions are divided as follows: Fall 1, Fall 2, Winter 1, Winter 2, Spring 1, Spring 2, Summer 1, and Summer 2. The days you can choose from are Sundays, Mondays, and Wednesdays. Prepayment of \$120 is due to officially register a team. The balance equaling \$420 or \$840 is due at your first game. Due to time constraints, the team captain will need to cover for his players. Credit card payments will be accepted. Note: A service charge of \$10 will be charged to any team that has not paid in full by the start of the first game (except confirmed sponsored teams). An additional fee of \$10 per week will be charged until a team has paid in full. A \$10 service charge will be charged for any checks or credit cards that do not clear. Exempt from this charge is a confirmed sponsored team. The league reserves the right to suspend a team's schedule at any time, if payment is lagging.
7. **Individuals-** Individuals can be placed on a league team (8 players maximum per team) for \$65 per session. Payment must be made at least 7 full days in advance of that session (sooner if possible). Players may join an additional team on a second day of their choosing; the fee for placement on a second team is only \$55 (please note that this discount applies for the same session, different day, only). You can choose to play on Sundays, Mondays, or Wednesdays.
8. **Teams that withdraw in the middle of a season** will receive a refund of \$40 for any game remaining in that team's season; however, teams must give six days notice (restatement- any games left after 6 days notice will be refunded).
9. **The "Peaceful & Recreational League" has no provision for accident insurance** for players or spectators, nor will it assume any responsibility for accident or injury in conjunction with this program for its player and spectators.
10. **Team captains-** must bring first aid kit, cold or ice packs, athletic tape, and spare jerseys to games.
11. **Withdrawing before your first game-**
12. If a team withdraws 48 or more hours before a schedule is posted, the league will refund in full
13. If a team withdraws with at least 24 hours before a schedule is posted (but less than 48 hours), the league will keep \$60
14. If a team withdraws 23 hours or less before a schedule is posted, the league will keep \$100.
15. If a team withdraws 2 hours or less before a schedule is posted, the league will keep \$120.

STANDARD HIGH SCHOOL RULES – THINGS PORTLANDBASKETBALL.COM EMPHASIZES

1. **This league is based on National Federation of High Schools rules**
2. **On screens and picks**, a player must go around it; running through a pick is a foul.
3. **There are 3 criteria you must meet to get a foul**
 - a) **Illegal position**
 - b) **Contact**
 - c) **Disadvantage**- Disadvantage is in the rules. The above mentioned- illegal position + contact has to create a disadvantage in order for a foul to be called. Many players and even referees do not know that this is required- some referees describe such a no-call as 'letting them play through', but that would be an incorrect description. Not calling illegal position and contact as a foul if it does not affect the play is very solid officiating; it is not 'letting them play' but rather it is a correct no-call.
4. **Legal position defined**- Keeping your shoulders square with your opponent (facing your opponent) is good defensive position, if you obtained the spot on the floor before your opponent's final step/move to that spot. **RESTATE**d: If you are square with your opponent before his final step or move to the hoop, and there is contact, it can be legal contact (maybe even an offensive foul). **TEST**: You can be square and set before the contact is made, but you can be deemed to have committed the foul...how? **ANSWER**: The defensive player must be square (in front of) his/her opponent before the offensive player's final step to their move or shot; Restated: Being set is not the only key, the bigger key to legal defense is obtaining the spot on the floor before (key word- 'before') your opponents final step/commitment to that spot on the floor.
5. **Legal position defined in regards to the 'rule of verticality'**- A defensive player is entitled to the area directly above himself if he got to that space on the floor before the offensive player's final step/move towards that space. If a defensive player leans or jumps into an offensive player's legally obtained area or path, he is in illegal defensive position, and with the combination of contact and disadvantage, the defender may be called for a foul. Conversely, good defensive position should be rewarded. If a defender jumps to block a shot and the defender lands pretty close to where he/she took off from, this may prove that he/she did indeed go straight up; assuming the defender in this case was also in front and on time, this defender might get the 'no call' on all contact, because he/she owns everything to the ceiling and behind themselves.
6. **Legal position defined in regards to moving backwards**- A defensive player who got there first- is entitled to the area directly behind them and is allowed to back peddle. The contact that occurs with a legally set defender can be a no-call or charge. The contact with a back peddling (legally positioned) player can also be a no-call or charge, but it is typically just a no-call.
7. **Note for offensive players about drawing fouls**: An offensive player must try to avoid a defensive player who has obtained good legal position. An offensive player who leans or jumps into a defensive player with legal guarding position will result in at least a 'no-call' and perhaps an offensive foul.
 - a) If an offensive player jumps into a player who was late getting there, or in illegal position, the call can be called either way, or best if it is a no-call, because the offensive player is not necessarily initiating his move to score, but rather initiating contact, hoping to get fouled.
 - b) If an offensive player sees a player who is going to be late getting position or in illegal position, the offensive player may initiate the offensive move in that defender's path and the offensive player can get the foul call. The difference in this example (b) is that the offensive player is initiating his move to score, not just trying to get fouled (if the offensive player is smart enough to see bad defense and time his shot or move accordingly, referees should not take this away from the offensive player- Karl Malone used to do this all the time and people thought he was getting favoritism, but in reality he was catching slow, out of shape power forwards a step behind and he used to initiate his move to score based on seeing them a step behind). A smart defender will adjust to this type of player by being in front **BEFORE** that player's final step is made on the shot or drive.
8. **The hand is considered part of the ball** when connected to the ball.
9. **To get over the back calls** you must a) have obtained position, and b) be fouled. It is legal to reach cleanly over a player's back; however, it is very difficult to reach over the back without bumping the interior rebounder's lumbar region of his/her back. The best referees will watch for these 'body' fouls. Players can fool weaker referees, as they disguise this 'walking/pressuring into the back' by holding their arms straight up (like a magician distracting the crowd) and claiming they went straight up.