

2026 Basketball

CAPTAINS' PACKET



Basketball League Rules and Policies

FEES

1. The fee for the basketball league season will be: \$400 for men's leagues and \$200 for women's leagues. The fee is payable online.
2. Registration is closed Friday, October 23, 2026 at 5 P.M. No exceptions will be given.
3. There will be no refunds issued after league play has begun.

ROSTERS & SCHEDULES

1. During any given match if there is a rule that is in question, the game must be stopped. Team captains need to meet with the league supervisor on hand to determine and solve the rule discrepancy to resume play. Questioning of rules after matches are completed will not be honored and games will not be overturned. During any given match if there is a roster/player in question, the match must be stopped. Team captains need to meet with the league supervisor on hand to determine and solve the roster in question. Any challenging or questioning of rosters will not take place or be honored after the matches or games are complete.
2. **Each player must be listed on the Team Roster waiver prior to playing the first game.** All rosters' waivers will be set at the holiday break. Failure to have all players listed on the roster waiver will result in the forfeiture of all games in which the illegal player participated. Remember: **Purpose of the league is for fun and exercise.** Take this into consideration when you find players.
3. To play on a basketball team, you **MUST** be on the roster. **All players must sign the roster prior to participating in league play.**
4. All players must be 18, out of high school, and on the team roster prior to playing.
5. Players may be rostered on more than one team, provided that those teams participate on different nights.
6. Any roster changes must be made by the team managers by the holiday break. You may call 605-367-8222 to request roster changes after the holiday break. Additions after the holiday break will be granted on a case-by-case basis.

LEAGUE PLAY

1. Teams will be placed in leagues for a ten-week season. League schedules will be posted online at siouxfalls.gov/activities-recreation/recreation/leagues/basketball. A single elimination tournament will follow league play.
2. **Makeup games:** Due to school conflicts (gym, etc.), there may be many times your school site may not be available. Makeup matches will be held at the end of regular season play. Also, games canceled due to weather will also be made up at the end of the season. This will be noted on the schedule online.
3. **BYE:** Teams in leagues with an odd number of teams will receive a bye(s) throughout the league season. If your team is not listed to play on any given week, you are receiving a bye.

LEAGUE RULES

1. The clock will stop for fouls only in the last two minutes of each half and overtime. Please see section 3a under the league rules section on page 2 for more information.
2. All uniforms/jerseys must contain numbers on them in order for the player to be eligible to play. Taped jersey numbers will not be accepted. Please see the uniform section on page 8 for more information.
3. All league games will be governed by the official basketball rules as adopted by the National Federation of State High School Associations, with the exception of the special league rules adopted by Sioux Falls Parks and Recreation.
4. **Absolutely no preference will be given for game times and/or facility requests.**
5. Official High School Federation Rules shall be used and applied to all situations with these exceptions:
 - a. The clock will not stop except for the following:
 1. All time-outs (injury, official, and team).
 2. All technical and shooting fouls in the last two minutes of each half and OT.
 3. All whistles in the last two minutes of each half and in all overtime periods.
 - b. Games will consist of two 20-minute periods and a 3-minute rest period between halves. A five-minute warm-up period between games is allowed

if time allows. If not, warm-up period is negated. All games will start at designated game time.

- c. Games ending in a tie will be decided by a two-minute overtime. If still tied, another two-minute overtime, and if still tied, sudden death. The clock will stop on all whistles during overtime.
 - d. **Teams must provide someone 16 years old or older to help keep score and run the clock. Teams with only five players will be required to use the fifth player as scorekeeper.**
 - e. There is no bonus system for team fouls.
 - f. Teams will shoot two shots on all defensive fouls in the last two minutes of each half and in overtime. Offensive fouls in the last two minutes of each half and in overtime do not result in free throws unless it was an intentional or flagrant act.
6. **Technical Foul Policy**—Definition of an unsportsmanlike or flagrant technical foul: This includes, but is not limited to, act or conduct such as:
- Disrespectfully addressing, threatening, or contacting an official, or gesturing in such a manner as to indicate resentment.
 - Using profanity.
 - Baiting or taunting an opponent or official.
 - Any act towards an official or player that is perceived to be unsportsmanlike.
 - Fighting. Players will be ejected and suspended for three games.
 - Dunking before, during, and after the game. This includes halftime and time-outs.
 - Delay of game.

Note: All technical fouls are penalized by two points and possession at half court.

Note: Once a player has received two technical fouls, he has 60 seconds to leave the gymnasium. If violated, his team shall forfeit immediately. Two technical fouls will also create a one-game suspension for the player, where the player cannot play or be in attendance for their team's next game.

Note: Because of the difficulty in hiring officials, negative conduct by players will not be tolerated. Officials will enforce all discipline rules.

7. High School Federation Rules to remember:
- a. Alternate possession rule in effect.
 - b. Three-point line will be in effect.

- c. Players on the free-throw lane may leave on the release of the shot, and those behind the foul line—extended—may not cross until the ball hits the rim. The player occupying the first space will be allowed to use the block.
 - d. No jewelry may be worn by players on the court.
8. Four time-outs per game with one additional time-out per team for each extra period.
 9. If a team is trailing by 30 or more points in the final 10 minutes of a game, the clock will not stop. This rule goes into effect as soon as a team reaches the 30-point margin any time during the last 10 minutes of the game and continues even if the lead drops below 30 points. **Exception:** Any time-outs.
 10. Fast-breaks off of jump balls at the center are legal.
 11. Blood Rule: City League procedures to deal with bleeding participants:
 - a. Whenever a player suffers a laceration or wound where bleeding or oozing occurs, the game will be stopped immediately.
 - b. The player will be removed from the game until bleeding is stopped.
 - c. If a legal substitute is available, he/she will replace the injured player and play will continue.
 - d. If no substitute is available, the game clock will be stopped for a reasonable length of time (one to two minutes). Play will be resumed after two minutes with a reduced number of players.
 - e. The player may re-enter the game only with the gym supervisor's approval. This means bleeding must be stopped and/or wound covered. Any piece of clothing saturated with blood must be removed and replaced. Replacement jerseys are not required to have numbers.

CONTROL OF CHILDREN

1. If an official must stop play due to a child's action, the official may sanction the team whose player is responsible for the child. If the official has to stop play again because of a child on the same team, the official may request that a player leave the court to monitor the child. This could result in a forfeit if that team does not have enough players to continue.
2. Children **MUST BE SEATED IN THE GYM**. They are not to be running around on the sidelines or anywhere in the school or community center. **PARENTS WILL BE RESPONSIBLE FOR PAYING FOR ANY DAMAGE CAUSED BY THEIR CHILD/CHILDREN.**

CARE OF EQUIPMENT

1. Equipment is expensive and valuable. Mistreatment of equipment could mean being expelled from a game. These are three areas we will be asking for your help in refraining from while playing basketball:
 - a. Kicking basketballs.
 - b. Hanging on the nets.
 - c. Dunking. A player breaking or bending a rim or backboard will be charged for repair or replacement.

JEWELRY/FORBIDDEN OBJECTS

- **FORBIDDEN OBJECTS:** It is forbidden to wear any object that may cause injury to another player, such as pins, bracelets, casts, etc. (Watches, rings, and dangling earrings will not be allowed.) If the official requests that a player remove an item, that player must do so before being allowed to return to the game.

LEAGUE TOURNAMENT/AWARDS

1. There will be a tournament following the regular season that teams may choose to participate in. Teams will be seeded according to their regular season record. Please notify the league supervisor or the Parks and Recreation office if you feel that your league standings are incorrect.
2. Tournament brackets will be provided to each team captain after their last regular season game via email and online. It is the responsibility of the captain to provide copies to his/her teammates.
3. Awards will be given to the following finishers in each league:
 - a. Eight T-shirts will be awarded to the top two teams in each division.
2. Tiebreaking Method:
 - a. Win percentage
 - b. Head-to-head
 - c. Total points scored
 - d. Total points allowed

MINIMUM NUMBER OF PLAYERS/FORFEITS

1. Game time is forfeit time. Teams must be able to field a team of at least four players by game time. Teams will be allowed to begin a game with four players, but cannot finish with less than four. At any time during a game when a team drops below four players due to injury or disqualifications, the game is forfeited.
 - a. Teams will forfeit the current game if players are caught using false names.
2. Teams forfeiting more than two games throughout the season will not be allowed to play in the end-of-the-season tournament.
3. Any team suspended from the league for any reason will not be given a refund of their entry fee.

UNSPORTSMANLIKE CONDUCT

Don't trash your officials!

1. No player shall at any time lay a hand upon, shove, strike, abuse physically or verbally, or threaten an official, player, teammate, or spectator. Officials are required to suspend the player immediately from further play and report such players to the Parks and Recreation League Supervisor. Such player shall remain suspended until the Parks and Recreation Coordinator has considered the case.
2. Minimum penalty: Suspension from two games or for two weeks, whichever is longer.
3. Maximum penalty: Suspension from all recreational activities for the rest of the season and probation for the following year.
4. Repeat offenders of unsportsmanlike conduct may be suspended for the remainder of the season.
5. Any player that has amassed a total of four technical fouls during the season will be disqualified from play for the remainder of the season, which includes the league tourney. This total carries over into the league tourney at the end of the season and does not reset once the regular season concludes.

UNSPORTSMANLIKE CONDUCT is NOT part of this GAME!

ADDITIONAL TEAM AND PLAYER CONDUCT POLICIES

1. Only the team captain may confer with the officials regarding a dispute during play. A violation may result in ejection from the game or a forfeit.
2. Fighting during league play will automatically result in a suspension of a minimum of three games.
3. Verbal abuse and threats of violence directed at a league referee (whether during or after a ball game) may result in a one-year suspension.
4. Anyone physically attacking a league official will automatically be suspended for the year.
5. No smoking, drinking, or use of foul language is permitted in the recreation center or on school grounds. Players suspicious of being intoxicated will be asked to leave.

UNIFORMS

Uniforms are mandatory for all leagues. All team members must wear the same shade of jersey/T-shirt with numbers (minimum 6" in height) clearly printed on front, back, or both. Beginning week 3 of play, players cannot enter the game without a numbered shirt. Numbers that are taped on a shirt are no longer acceptable.

MANAGER'S RESPONSIBILITIES/GENERAL INFO

1. Collect all players' signatures and turn in the roster before play begins the first night.
2. Roster changes or additions must be reported by week 5.
3. Provide copies of league schedules to all team members or direct them to the website.
4. Inform teammates of all rules and guidelines.
5. REVIEW the SCORES and sign the score sheet at the end of the game. We will not change scores once the score sheet has been signed. It is your responsibility to make sure the score is correct before you sign.
6. Any contact with the officials during the game is to be made by the team manager.
7. Managers are responsible for all player and spectator behavior on his/her team and must ensure that the official and the opposing team are always treated with respect.
8. **FORFEITS:** If you know you will not have a team ready to play, please call the Parks and Rec Main Office at 605-367-8222 by 5 p.m.

Basketball Roster

Team Name: _____
League/Night: _____

Name	Email	Signature	Phone

Adult Release:

I assume all risk of injury, damage, and liability arising from this Parks and Recreation activity and agree to release and waive any claim or legal cause of action that may arise of any bodily injury or death against the City of Sioux Falls, its officials, employees, and agents.

