



ADULT BASKETBALL
SUMMER 2025



PURPOSE

The purpose of the League is to provide residents of Apex and the surrounding area the opportunity to play basketball. The League will promote, regulate, develop and conduct competitive play and good conduct among affiliated members. APR&CR will develop and administer rules that will be for the general good of the League and have sole authority over the operation of the League.

MEMBERSHIP

The league will be divided into an A & B division. The A Division is for more skilled teams. Membership in each division shall be open to a maximum of 8 teams per division. A minimum of 4 teams is required to create a Division. APR&CR reserves the right to place teams in either division once a determination has been made concerning the strength of the submitted roster. Divisions will not be combined due to insufficient team registration in either Division. All teams must comply with the rules and regulations as set forth herein. All teams must qualify for membership in the league through the priority point system as established by APR&CR.

Priorities: Points will be awarded in three areas:

- 1) **Returning Teams** - 5 points awarded to returning teams. A returning team is defined as a team composed of **six or more players** from the previous season's team roster.
- 2) **Resident Players** - One point will be awarded for each Town of Apex resident; maximum 15 points.
- 3) **False Resident** – players that sign-up with a false address, claiming to be an Apex resident, will cost their team minus one point.

NOTES: 1. Maximum points that may be obtained by a team is **20 points**.

2. The original percentage of Apex residents **may not** be lowered by adding players.
3. Team rosters must be submitted, fully completed, prior to deadline in order to be eligible for League consideration.

Each team must submit **no less than seven (7) players completed registration forms at the time of registration**; no more than fifteen (15) players.

Players must complete an individual registration form which must be submitted to the department prior to practicing/playing. **Any player or coach forging names and/or using false addresses on the individual registration forms will automatically be disqualified from participation in the program for 1 calendar year from the point of discovery.**

RULES

National Federation of State High School Playing Rules will be used except where changes noted. Department reserves the right to make any changes deemed necessary within the season.

FEES

All teams applying to play in the League must pay an **entry fee of \$550 and must pay all Non-resident (NR) fees of \$25/player when notified of acceptance into the league.** **INITIAL TEAM REGISTRATION DEADLINE IS THURSDAY, JUNE 12.** Teams accepted into the league have until Thursday, June 26th at noon to submit FULL PAYMENT. If full payment of all entry fees and NR Fees is not received by this deadline, the team in question will be removed from the league and the team with the next highest point total will be contacted. Fees will not be refunded if a team is expelled or withdraws once the season schedule is released.

Any team that wishes to withdraw from an organized adult athletic league shall receive a full refund, less **50%** of the base entry fee if the team representative (the captain listed on the team registration form) notifies APR&CR Department, in writing, prior to the announcement of the league schedule. The league schedule is considered to be announced at the time schedules are emailed to the respective teams. **ONCE THE SCHEDULE IS ANNOUNCED NO REFUNDS WILL BE REWARDED.**

Any team **forfeiting two (2) games** will be required to pay a reinstatement fee of \$25 in order to continue participation in the program. **Forfeiture of three (3) games** will result in expulsion from the League.

REGISTRATION AND ELIGIBILITY

Players must be **35 years old prior to 6/30/25**

Team managers are responsible for the enforcement of and adherence to all eligibility rules and submission of a completed team roster no later than **THURSDAY, JUNE 12, 2025.**

An eligible player in the League is one registered and playing with only one league team.

Any player that is in violation of above regulations will be suspended for the remainder of the season, and the team will forfeit all games he/she played in.

ROSTERS CHANGES

- **No more than 15 players** shall constitute the eligibility roster of any team.
- Teams are encouraged to submit a full 15-man roster at the beginning of the season. Should a team need to make roster adjustments after **June 12, but before July 17 by 5pm (no exceptions); they may add a maximum of three (3) players to their roster.** **Additional players will not be added to rosters at the court; they must come into the community center between 8:00am-5:00pm Monday-Friday to be added.** After season play begins teams must follow the exception below.

- **Exception: Once in a season**, when forfeiture is eminent, **before July 17 by 4pm** at the program supervisor's discretion a team may reduce its roster to less than ten (10) players and then add players filling back to a maximum of ten (10) players on its roster. All waivers and non-resident fees (\$25 each) **must be signed and paid BEFORE a player is eligible.**
 - **A PLAYER'S NON-RESIDENT FEES WHO HAS BEEN DROPPED CAN NOT BE COUNTED TOWARDS A NEWLY ADDED PLAYERS NON-RESIDENT FEES.**
- Players added must be done Monday-Friday before 4pm to added to the roster the same day. Players signing up after 4pm will not be eligible until the following day.

UNIFORMS

- All players must have matching uniforms. Team members cannot have the same numbers; it is illegal to use any tape as a number. **A TEAM'S GAME JERSEY IS TO BE THE OUTER-MOST LAYER SO THE STAFF AND OPPONENTS MAY IDENTIFY THE PLAYERS.**
 - **Penalty:** Player will not be allowed to play.
 - **NOTE: Jerseys are considered to be matching if the primary color of the shirts is the same, the primary color of the numbers is the same, and the team name/logo on the jersey is the same. The supervisor's decision in this matter shall be final.**

PLAYING TIME

- A team failing to place at least **four (4) eligible players** on the court at game time will forfeit the game. Starting time shall be as indicated on the playing schedule.
- After game begins, you may add the fifth player.
- There will be **no grace period** for any games. A team having four (4) players present at game time must begin play immediately or the official, after fair warning, may forfeit the game.
- **Teams will be allowed a maximum of two (2) games during the course of the regular season with only four (4) players present at game time to be played. Any games after that point will result in an automatic forfeit being assessed at game time.**
- Game time is as indicated on the schedule. **The supervisor's clock shall be the official time.**
- TEAMS WILL PLAY TWO 20 MINUTE HALVES, WITH A RUNNING CLOCK. THE CLOCK WILL STOP FOR SHOOTING FOULS (ONCE PLAYERS ARE SET IN THE FREE THROW LANE), TIME OUTS, AND UNUSUAL DELAYS AND ON ALL WHISTLES INSIDE THE TWO-MINUTE MARK OF EACH HALF. UNLESS ONE TEAM IS AHEAD BY 20 OR MORE POINTS. **IF ONE TEAM IS AHEAD BY 20 OR MORE, THERE WILL BE A RUNNING CLOCK FOR THE FINAL TWO (2) MINUTES OF THE SECOND HALF.**
- Two (2) minutes will be allowed for each overtime period. Games will be played until a winner is determined.
- Halftimes will be three minutes.

MISCELLANEOUS PLAYING RULES

- Teams whose line-ups are reduced due to injury may continue play as long as they have **(4) eligible** players.
- Teams whose line-ups are reduced due to ejection may continue the game as long as they have four (4) **eligible** players.
- **Four (4) timeouts per team per game.**
- **One (1) timeout per team per each overtime period.**
- EACH PLAYER WILL BE ALLOWED FIVE (5) PERSONAL FOULS PER GAME IN REGULATION PLAY.
- ONE AND ONE WILL BEGIN ON THE SEVENTH (7TH) TEAM FOUL.
- THREE (3) POINT SHOTS WILL BE ALLOWED.
- **NO DUNKING ALLOWED**
 - DUNKING IS NOT ALLOWED BEFORE, DURING, OR AFTER A GAME.
 - Per Game
 - 1st Dunk – Individual Technical Foul and player ejected from the game.
 - 2nd Dunk – Entire TEAM forfeits game. (Counts as a loss)
 - Per Season
 - The 2nd ejection of a player during the season may result in expulsion from the league; this determination will be made by the Program Supervisor.
 - **EQUIPMENT DAMAGE RESULTING FROM DUNKING OF THE BALL WILL BE PAID FOR BY THE PARTY RESPONSIBLE.**
- **FREE THROWS:** PLAYERS CAN ENTER THE LANE ON THE RELEASE OF THE BALL BY THE FREE THROW SHOOTER.

PROTEST

- The only legal protest is one involving an interpretation of playing rules or the use of an ineligible player.
- If a manager decides that an official's decision is in violation of the playing rules and intends to register a protest, he shall **notify the official and gym supervisor immediately of protest...before the ball is put back into play.** The official shall inform the opposing manager and the scorekeeper who shall enter the protest in the official scorebook. All protests of this nature shall be submitted to APR&CR in writing and accompanied by a **\$50 protest fee** (checks made payable to APR&CR), within 48 hours, Saturday & Sunday not included. If a protest is ruled against the official's decision, the fee will be refunded.
- The team protesting ineligible players does not have to notify the official at the time of game in question; however, this protest must be made in writing to the League within 48 hours after said game. Protest must be accompanied by a **\$50** protest fee (checks made payable to APR&CR) Saturday & Sunday not included.
- If the protest of an ineligible player(s) is upheld, the protest fee will be returned and the team in question will lose by forfeiture ALL games in which said player(s) participated.
- **The scorer's table is required to stop play and notify the head official any time an illegal player is suspected/discovered involved in a game. Play will resume if the player is declared legal; if the player is illegal, a forfeit is declared and the offending team's head coach and illegal player will be suspended from play in APR&CR programs for one calendar year.**

TOURNAMENTS/SEEDINGS

A Single elimination tournament will be held at the completion of the season. In the event of a tie in the final league standings of two or more teams, the tie shall be broken by first determining which team won over the others most times in regular season play. If this results in a tie for first place, we will determine the best record for each of the tied teams against the third seed first and then the fourth seed etc. (This option will only be used to determine the 1 seed; all other seeds will be determined by the flip of a coin). If this still results in a tie for first, a flip of a coin will break the tie.

GENERAL

All authority not covered in these Rules and Regulations shall be invested in the Apex Parks, Recreation and Cultural Resources Department. The League will have jurisdiction over all managers and players.

Amendments may be made to these rules by the League as circumstances dictate.

PLAYER CODE OF CONDUCT

All players shall be guided by the following:

1. NO PLAYER OR COACH shall refuse to abide by an official's decision.
2. NO PLAYER OR COACH shall be guilty of objectionable demonstration of dissent at an official's decision.
3. NO PLAYER SHALL, other than the manager or captain, discuss with an official in any manner the decision reached by an official.
4. NO PLAYER OR COACH SHALL be guilty of using unnecessary rough tactics in the play of the game against an opposing player.
5. NO PLAYER OR COACH SHALL be guilty of personal verbal abuse upon any official for any reason.
6. NO PLAYER OR COACH SHALL be guilty of physical attack as an aggressor upon any players, official or a spectator
7. NO ALCOHOLIC BEVERAGES are allowed on town property, on which the facility for this League lies. **Anyone violating this rule is subject to arrest and expulsion from the League.**
 - a. NOTE: A player suspended may appeal this suspension to the APR&CR.
 - b. Retaliation is not a point of argument concerning code of conduct.
8. NO PROFANITY IS ALLOWED IN TOWN OF APEX PARKS/FACILITIES. OFFENDING PLAYERS/COACHES WILL BE SUBJECT TO IMMEDIATE EJECTION; POSSIBLE SUSPENSION; POSSIBLE EXPULSION FROM THIS LEAGUE

PENALTY: For the above unsportsmanlike acts, a player or coach shall be ejected from the game. Any time a player, coach or spectator is ejected by an official or APR&CR staff member, they must leave the playing site immediately. That person shall be automatically suspended for a minimum of the next game the team plays in. More games can be added to the suspension at the determination of the Department. A suspended player, coach or spectator may not be present at the playing site for the game(s) in which they are suspended. Game suspensions may apply to regular season games, tournament play and, may, at the discretion of the Department, be carried over to the next season the

player or coach registers for. Failure to abide by these policies may result in the team forfeiting the game and/or additional penalties.

AWARDS

T-shirts shall be awarded for 1st place in the tournament.

COACHES CORNER

1. Teams are limited to a maximum of 15 players on their rosters.
2. The deadline to register a team is **Thursday, June 12, before 4pm**. League size is limited; a minimum of 4 teams is required to have a league. A maximum of 8 teams will be assigned to each league. Registrations will only be taken from 8am-5pm Monday-Friday during the registration period.
 - a. To register a team; a minimum of 7 individual registration forms must be completed and turned in at the time of registration. Due to the different strengths of the divisions, after your original registration you are only allowed to add a maximum of three players to your roster before the deadline of **July 17 before 4pm**.

Coaches are responsible for the completion of a registration form/waiver form by each of their players; teams must have submitted a minimum of 7 registration forms by the initial registration deadline. **Teams accepted into the league have until Friday, December 1st at 5pm to submit FULL PAYMENT. If full payment of all entry fees and NR Fees is not received by this deadline, the team in question will be removed from the league and the team with the next highest point total will be contacted.**

3. Fees will not be refunded if a team is expelled or withdraws once the season schedule is released.
4. No players may be added after **July 17**. Additional players will only be added from 8:00am-5:00pm, Monday-Friday. **Additional players will not be added to rosters at the court; they must come into the community center during business hours to be added.**
 - a. **Exception: Once in a season**, when forfeiture is eminent, **before July 17 by 4pm** at the program supervisor's discretion a team may reduce its roster to less than ten (10) players and then add players filling back to a maximum of ten (10) players on its roster. All waivers and non-resident fees (\$25 each) **must be signed and paid BEFORE a player is eligible.**
 - b. **A PLAYERS NON-RESIDENT FEES WHO HAS BEEN DROPPED CANNOT BE COUNTED TOWARDS A NEWLY ADDED PLAYERS NON-RESIDENT FEES.**
5. All games and practices will be held at Salem Middle School.
6. Games will begin the week of **June 30**, and will play on Mondays and Wednesdays, game times will be 6:30pm, 7:30pm, or 8:30pm.
7. Players must have matching uniforms.