



40+ Men's Adult Basketball League Rules

(Updated February 2025)

[Current High School rules](#) will be used with the following exceptions:

Player & Team Conduct

The CCOB staff is here to make sure there are no patterns of misconduct with individual players and/or teams that impede us from providing everyone a safe & fun environment. Therefore, CCOB staff reserves the right to assign consequences for player or team conduct at our discretion. Consequences may include ejection from a game/facility, suspension(s) for a future game(s), and/or removal from the league. If misconduct occurs, CCOB staff will utilize the following tools:

- Documentation of the conduct
- Verbal conversations clearly stating the misconduct
- Meeting with the team manager &/or player(s) involved
- Possible ejection from the game & facility, suspension(s) from future game(s), and/or removal from the league

Misconduct includes, but is not limited to the following:

- Continual use of foul language
- Patterns of behavior that are perceived by CCOB staff as taunting or instigating
- Engaging in -or- escalating conflict with players, staff, or spectators
- Player/team conduct not covered above will be subject to the [CCOB - Code of Conduct](#) and will be enforced by the program coordinator

Spectator Conduct

Players/Teams are accountable for the behavior of their spectators. All spectators are subject to the [CCOB - Code of Conduct](#). If misconduct from a spectator occurs, CCOB staff will utilize the following responses:

- Documentation of the incident
- Verbal conversations clearly stating the misconduct
- Possible ejection from the facility and/or suspension(s) from future game(s)
- Misconduct from a player/team's spectators may result in a player/team being ejected from the game & facility, possible suspension(s) from future game(s), and/or possible removal from the league

Team Rosters & Uniforms

- All teams are required to have numbered uniform shirts of the same color. If numbered uniforms are not available, the team will need to wear numbered pinnies provided by the CCB staff.
- All players must register and sign acknowledgement of the following items prior to participating in any games
 - Men's Basketball Rules
 - City and County of Broomfield's Code of Conduct

- Players **must not** be rostered for different teams in the same league but **may** play in other leagues.
- All players must be 40 years old by the start date of the league, or turn 40 before the end of the season, if their age is questioned, they must present a valid I.D. with a picture and a birth date.
- Team managers are responsible for reporting names and numbers of all players to the scorer prior to the start of the game
- Teams may change their roster up until the 3rd game. Any additions after that time will be left to the discretion of the league coordinator
 - It is up to the opposing team's manager to question player eligibility before the game starts. If the player in question is not on the roster, it's an automatic forfeit.

Game Regulations

- Games will be four 10 minute quarters
- In case of a tie, a 3-minute overtime will be played.
 - If still tied, a 2nd 3-minute overtime will be played.
 - If tied after the 2nd overtime period, sudden death or next point wins the game.
- Halftime will be 3 minutes long
- Teams must have at least 4 players to start and continue playing the game
 - A grace period of 5 minutes will be given if a team does not have the minimum number of players (4) required to play. The game clock will start at the scheduled start time. If a team still does not have enough players after the 5-minute grace period, then the team has forfeited.

Stopping the Clock

- The clock will only stop in the last 3 minutes of the 4th quarter **ONLY** if the differential is 10 points or less. Once the differential is 11 points or more the clock will not stop. This also applies to overtime.
- The clock will stop on all team and/or official's time outs
- The clock will stop during the administration of all technical fouls shots

Time Outs

- Two 1-minute time outs are allowed each half
- One 1-minute timeout will be allowed in each overtime
- Time outs are not cumulative or carry over to the 2nd half or overtime

Tie Breaker Procedures

- If Teams are tied at the end of the regular season, then we will use the following to determine seeding for the tournament:
 - 1st - Regular season record
 - 2nd - Point differential
 - 3rd - Coin flip

Personal Fouls

- A player will be disqualified from the game after committing five fouls.
 - Minimum number of eligible players is 4, anything below this will result in a forfeit
- Foul shots will be administered:
 - If a player is fouled during the act of shooting
 - If a team has committed 7 or more fouls in one half, the opposing team will shoot 1-and-1 free throws (Team Fouls 7, 8 & 9)
 - If a team has committed 10 or more fouls in one half, the opposing team will shoot two free throws

- All technical and intentional fouls will result in the opposing team shooting two free throws and possession of the ball

Technical Fouls, Flagrant Fouls, Player Ejection and Team Forfeiture

- A player who receives a technical foul will be required to pay a fee before participating in further league or tournament play. For one or each single technical foul, the fine is \$10.
- A player who receives 2 technicals or 1 flagrant technical foul will be:
 - Disqualified from the game
 - Charged a \$20 fee
 - Suspended at least 1 game up to the remainder of the season based upon severity
- Any player ejected from two games during the season or assessed a cumulative 3 technical fouls during the season will be:
 - Suspended from future league or tournament play
 - Charged a \$100 fine
 - Required to meet with the CCOB athletics team before coming back to the league
- Any team that is collectively assessed 5 technical fouls during the season will be removed from the league including all regular season or tournament play

Dunking

Dunking will not be allowed at any time during a game. A technical foul will be assigned for all dunks and follow the technical foul guidelines defined above.

Alcohol

There is no alcohol allowed in any City of Broomfield park, school or facility. No player, manager, coach, or team representative is allowed to drink alcoholic beverages before or during a game. Violation of this rule will result in that person being unable to participate in the game or ejection from the game. The City of Broomfield Police Department is enforcing the open container ordinance. No open alcoholic containers at the facilities or in the parking lot.

Open Container Law

The City and County of Broomfield has an "Open Container" law that states: It is unlawful to have open containers of alcoholic beverages in any City park, school, or ballfield. In accordance, the City and County of Broomfield Police will issue citations -and- the City's Athletic Division will suspend participants from league play in the following manner:

- First Offense - Two game suspension and a letter sent to the manager/coach informing the team of the offense and suspension
- Second Offense - League suspension for one full year from the date of offense and a one game suspension for the entire team. A letter to the team sponsor informing them of the violation and suspension.

Thoughts about onboarding/staff training:

- Site Supervisors:
 - Sexual Harassment
 - Heads Up Concussion
 - Scorebook
 - Keeping track of game score
 - keeping track of team/individual fouls
 - Keeping track of possession
 - De-escalation techniques for players and/or spectators
 - Gym set-up/tear down

- Scorekeepers:
 - Sexual Harassment
 - Heads Up Concussion
 - Scoreboard
 - Setting time
 - Starting a new game
 - Tracking score
 - Sounding the horn
 - Stopping/starting the clock
 - Gym set-up/tear down

5. I have been thinking about changing up the on-boarding process. This could be sport specific or season specific by adding all the programs they would be interacting with during that season. How do you feel this would impact programs? How could we balance out this new request for training each season?

Staff Circle Meeting - Start of shift

- Update on trends happening in league play
- Assignment of courts
- Review specifics for teams on assigned court

6. I have been thinking about instituting a staff circle meeting for all programs. I like the idea to formally start a shift and build in interactions with all staff assigned.