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ADULT BASKETBALL LEAGUE RULES – 2026 Season

The Official Rule Book will be the National High School Federation Handbook.
We will default to the officials & handbook for anything not covered with these rules.

1. Women & Men aged 16 & above are eligible to play; under 18 must have parent sign waiver.
2. A player may play on one (1) team only. Each player must play 3 regular games to play tournament games.
3. Teams must have similar or matching colored shirts with numbers on the back.
4. Laramie Recreation will provide 1-3 officials, one scorekeeper, scorebook, & game ball.
5. Two twenty-minute halves (20) will be played with a three (3) minute break for half-time. Clock stops on all dead balls in last two minutes. OT is three minutes.
6. Each team will be allowed two (2) time outs per period.
7. NO DUNKING!

a. Regular Season & Practice Games:

- i. 1st dunk: Technical foul, \$20 fine, and 1 game suspension
- ii. Any additional dunk: \$20 fine and removal from the league for the remainder of the season
- iii. If fewer than 4 games remain in the season, the player will also be expelled from the next season

b. Tournament Games:

- i. ANY dunk during the tournament will result in a \$50 fine and expulsion from the remainder of this season AND next season
- ii. To participate in Tournament games, players must have played at least 3 regular season games — there is no excuse for not knowing this rule.

Financially Liable:

Please remind your teams that a new backboard costs approximately \$2,000 plus installation. If damage occurs due to dunking, the responsible player will be financially liable for repair or replacement.

Typical Game Outline*:

Period 1	20 minutes
Last 2 minutes	Clock stops when ball stops
Half time	3 minutes
Period 2	20 minutes
Last 2 minutes	Clock stops when ball stops
Over time	3 minutes; No time outs

Each Period:

Each team gets 1-60 second & 1-30 second time out

No need to record sub-ins

>7 fouls per team bonus one & one

>10 fouls per team double bonus

*Officials may adjust the timing to 4 quarters with a 1-minute time out after the first and third quarters.

Zero Tolerance Policy

The purpose of this policy is to help coaches, managers, and players make appropriate choices without punitive actions. The zero-tolerance policy affords all participants direction in developing self-discipline, leadership, integrity, character, commitment, teamwork, a healthy attitude, and respect for rules and regulations.

The City of Laramie supports the zero tolerance rules. The position of the Laramie Parks & Recreation Department is that abusive or excessive behavior by any coach, manager, or player will not be tolerated. All persons associated with any City of Laramie recreational activity must understand that situations will arise during the course of the season, which may upset them. However, we must work through these occasions to set an example for the entire organization and the community through appropriate conduct.

Any violation of this policy constitutes conduct detrimental to the spirit of sportsmanship and makes the player, coach, manager, team or official subject to disciplinary action, with possible suspension from recreational activities. A minimum suspension of one (1) game will be imposed if a violation is found to be justified. A second finding of a violation constitutes a minimum of a two (2) game suspension. A third violation will receive a minimum four (4) game suspension from all associated City of Laramie activities. All violations are subject to probation.

Any person charged with a zero-tolerance violation has the option of accepting the punishment; or has five (5) days in which to notify the Recreation Program Coordinator to request a hearing. The coordinator will make their best effort to conduct a hearing within ten (10) days. Upon receiving the results of the hearing, you have the further right to appeal to the City of Laramie Recreation Manager. Players, coaches, and officials need rules and regulations by which their actions are guided. When they violate these rules, there must be consequences.

Types of Abuse:

1. Verbal Abuse of an Official or Employee or Others (serious, repetitious dissent to provoke an argument, criticism or demeaning language but which does not include offensive, insulting, or foul language) – first offense one (1) game suspension.
2. Serious Verbal Abuse of an Official or Employee or Others (e.g. using offensive, insulting, or foul language or repeated incident of less serious abuse) – two (2) game suspension – Disciplinary Committee hearing to consider additional sanctions and/or remedial actions.
3. Stepping onto the court/field or other threat to an Official or Employee or Others (by word or action) – four (4) game suspension – Disciplinary Committee hearing to consider additional sanctions and/or remedial actions and, if required, by a letter of apology to the players, official, employee, managers, and/or coaches of the teams affected by the conduct.