

BISMARCK PARKS AND RECREATION DISTRICT
2025-2026 Amateur Basketball Program

FEES AND ROSTERS

Player fees must be paid by 5:00 p.m. on the day the player wishes to begin play, before she/he steps on to the floor. **IN ORDER TO PARTICIPATE IN SUNDAY GAMES, THE FEE MUST BE PAID BY THE PRECEDING FRIDAY BY 5:00 PM.**

The fee must be paid at the Parks & Recreation Office, 400 E. Front Ave.

Scorekeepers and game officials will not accept player fees. **A team using a player who has not paid the fee will forfeit all games in which the player participated. Substitute players are not allowed.** No refunds will be given once the program starts.

All players must be listed on the team roster before they play in a game. The deadline to add players to a roster is February 13, 2026. Players may only play on one team per night but could play on two or even three nights per week.

If a player wants to transfer from one team to another, a Parks & Recreation release form must be signed by both managers and returned to the Parks & Recreation Office.

PLAYER ELIGIBILITY

1. Players must be at least 18 years of age.
2. A college "red shirt" is eligible.
3. Players cannot be a member of a college varsity, JV, or freshman team.
4. A college player declared ineligible before January 1, 2026, may play if a written release is obtained from the player's college coach.
5. To be eligible for "Old Pro" a player must be 35 or 50 by March 29, 2026.
6. Old Pro 35 or 50 players are allowed to play on another team in a different division. They must be on a 35 or older roster to do this.

PLAYING RULES

Games will be played under National High School Federation Basketball Rules, with some exceptions.

1. **FREE THROW.** The two lane spaces closest to the end line will remain open. Players may enter the lane when the shooter releases the ball.
2. **JERSEYS.** By January 4, 2026 teams must have similar jerseys with permanent numbers. Numbers may not be taped on. Prior to January 4, a player who does not meet the jersey requirements may play but the other team gets two free throws and the ball to start the game; further, that player's team may be required to wear mesh pullovers. Beginning January 5, 2026, a player who does not meet the jersey requirements will not be allowed to play. Game officials have discretion to decide what constitutes a "similar" jersey. Teams can avoid any problems by having identical jerseys.
3. **PLAYERS TO START A GAME - GAME TIME FORFEIT.** A team may start a game with four players. A team **without four players at game time** will forfeit the game. A team that accumulates three forfeits will be eliminated from further league, tournament, and state tournament play and team members may not be picked up by other teams.

4. **DUNKING AND GRABBING THE RIM PROHIBITED.** Dunking and grabbing the rim are not allowed before, during, or after a game. Dunking includes attempted as well as successful dunks with or without the ball. The penalty for the first offense is sitting out for the game plus the next league or tournament game. The second offense will result in suspension for the remainder of the season (2025-2026) including the state tournament. Also, a player who dunks or grabs the rim will be assessed an unsportsmanlike technical foul and the opposing team will get two free throws and the ball at the division line. The cost to repair damage done to rims and backboards must be paid by the player causing the damage or by that player's team manager.
5. **COOLING OFF PERIOD.** A player may be required to sit out ten minutes for any unsportsmanlike act. A player assessed the ten minutes will also be assessed a personal foul and the opposing team will get two free throws and the ball at the division line. A cooling off does not have to be given if the player's actions warrant a technical foul. A player is allowed one cooling off period per game. A cooling off assessed with less than ten minutes remaining must be served for the remainder of the game, with the balance served at the beginning of the next league game.
6. **TECHNICAL FOULS - FIGHTING AND ABUSE - PROFANITY.** A player called for a technical foul involving unsportsmanlike acts will be removed from the game and has one minute to leave the gym. If a player does not leave in one minute the official may forfeit the game to the opposing team. **A player getting a technical will not play in the next league game** (This is at the official's discretion along with BPRD Staff). A player getting a second technical during the season will not play in the next two league games. A player getting a third technical during the season is suspended for the rest of the 2025-2026 seasons, including the state tournament, and is on probation during the next basketball season.

If any technical foul must be assessed and no one admits to the violation the team manager will be assessed the technical. The manager is responsible for the actions of his or her team and its supporters.

If a cooling off period or a technical foul is assessed, all parties involved must provide a written statement about the incident.

If a team or its supporters receive three misconduct technical fouls in one game, that team will automatically forfeit the game regardless of the score and time remaining and will be on probation the rest of the season.

We will be enforcing a ZERO tolerance procedure for players involved in fighting (punches thrown, etc = automatic suspension while the incident is under review). Verbally assaulting an official, player, or scorekeeper may result in probation; physically assaulting any of the above will result in an automatic suspension for the remainder of the season, including the state tournament and suspension from all Parks & Recreation programs. The incident will be reviewed by the game officials along with BPRD staff. MAKE SURE YOUR PLAYERS ARE AWARE OF THIS!!

If a game is getting out of control by the actions of one or both teams, the officials may call the game.

Profanity of any sort will be deemed unsportsmanlike conduct.

In order to maintain a safe and quality program and in the best interest of the adult basketball program, the game officials along with BPRD staff reserve the right to impose additional penalties for any misconduct.

7. **CLOCK - TIMEOUTS - MERCY RULE - OVERTIME.** There will be two 20-minute halves with a three-minute half-time. Overtimes are three minutes. Each team gets four timeouts per game plus one additional timeout for each overtime.

In “run-clock” leagues, the clock stops only on free throws and timeouts. It will, however, also stop on all dead balls during the last five minutes of the second half if the point difference is less than 15 points. During overtime the clock stops on free throws and timeouts, and also on all dead balls during the last minute if the lead is less than ten points.

There is no “mercy rule” in “run-clock” leagues.

8. **SCOREBOOKS - PROTESTS.** Managers must sign the scorebook after the game. The scorebook and decisions by game officials are final. Protests will not be allowed.
9. **SPECTATORS.** Spectators are there to watch, not to question scorekeepers and officials or hassle players. Team managers are responsible for the conduct of their players and also their fans.

FACILITIES

Please respect the facilities used for our program. Parks & Recreation is allowed to use Bismarck Public Schools by following these rules:

1. No smoking and no pets in the buildings. No soda, food, or alcohol in the building. Trash must be properly disposed of.
2. Children must be supervised and not allowed to run around the facility. While in the gym, children must stay seated. If a game is stopped due to an unsupervised child a timeout will be charged to the team whose player is responsible for the child. If the situation with an unsupervised child or children continues, the site Supervisor and Game Officials will have the discretion to discontinue or forfeit the game. We do not want anyone to get hurt or have damage occur to the facility. We would appreciate your cooperation.
3. Dark-soled shoes that mark the playing floor are prohibited.
4. If any regulations are violated, the violator must leave the facility.
6. Parks & Recreation is not liable for any injuries that occur at a facility.

MISCELLANEOUS

1. **Officials and scorekeepers.** Please respect all officials and scorekeepers. Their job is not easy and we have difficulty getting officials willing to work amateur basketball. If you have concerns with officials and scorekeepers contact Brandon Wilkens at 223-3600 or Joe Ware at 471-8684.
2. **FORFEITS.** If a team will be forfeiting a game it must inform Parks & Recreation by 5:00 p.m. the day before the game. If the game is on Sunday Parks & Recreation must be informed by Friday noon. This information is needed to inform the other team and officials scheduled to work the game. **Make-up games will not be scheduled.**
3. **TIE-BREAKER.** End-of-season ties in league standings will be decided by head-to-head games, and, if necessary, point differences in those games, and then a coin flip.
4. **LEAGUE STANDINGS.** League standings can be found on the BPRD website: www.bisparks.org.
5. **MANAGERS.** Managers must inform their team members of the information on this sheet. They must ensure their players serve cooling off periods and game suspensions. They should encourage team members to play hard and fair and remind them that while basketball is a competitive game, it is just a game. Tempers and emotions must be controlled.

STATE TOURNAMENT

The North Dakota Amateur Basketball Inc. State Tournament will be in Bismarck March 27-29, 2026. Teams will be classified according to the NDABI guidelines, that is, Class A, Commercial, Recreation, Old Pro 35, Old Pro 50 yr. old and over and Women's I and Women's II. To be eligible for the Old Pro 35 and Old Pro 50 Division's is a player must be 35 or 50 by March 29, 2026.

A player can only be on one roster for the State Tournament, unless the player is 35 or 50+, then they are eligible to play on both an Old Pro team as well as a team in another Division.

HAVE FUN & ENJOY YOURSELF!!