



ADULT BASKETBALL LEAGUE RULES

Recreation Division

The 2008/2009 National Federation High School Basketball Rules will be used for the adult basketball league. There are modifications to the rules set by the City of Sacramento, Sport Section:

*****Managers are responsible for informing their team of the rules*****

ROSTERS AND LIABILITY WAIVERS

All players must be listed on the City of Sacramento official team roster prior to playing in the City basketball league. Roster changes may be made prior to your FOURTH game. Twelve (12) players is the maximum allowed per team.

Each player must have a signed "General Release - Adult Basketball Release of Liability" form on file prior to participating in the league.

UNIFORMS

Teams MUST have matching uniform tops of similar and a jersey number at least 4-inches or larger on back of the jersey. No player may get on the floor without a number. Duplicate numbers are also not permitted. A technical foul will be called in both cases. Player will be removed from game. A proper uniform is defined as: matching tops of similar color with permanent numbers. ***Taped on numbers are not acceptable.*** Each team is allowed one player with similar color jersey with no number. The play will be called number "0."

Basketball/Tennis shoes must be worn. No hard soled shoes, sandals or bare feet will be allowed.

LEAGUE RULES

All games will be governed by the current National Federation (High School) Rules with the exception of additional modifications to the rules set by the City of Sacramento, Sports Section.

1. Game time is forfeit time. Teams forfeiting two (2) games may be dropped from the league and all their games, wins and losses, will be deleted from the league standings.
2. A minimum of four (4) players will be required to start and finish a game, or the team will forfeit that game.
3. Games will consist of two (2) - 20 minutes halves, running time. The clock will stop for timeouts and dead ball situation in the last three (3) minutes of second half. The one plus one free throw will be in affect the last three (3) minutes of second half and last two (2) minutes in all overtime periods. Stop time will not be played if one team is winning by 20 or more points.
4. During the last three (3) minutes of second half: The clock will stop for all fouls and when

ADULT BASKETBALL LEAGUE RULES

the ball goes out of bounds.

5. First (1st) possession will be determined by a jump ball. Alternating possession following thereafter. Each overtime period will begin with a jump ball.
6. A three (3)-point field goal will be in effect in gyms where a three (3)-point line is present.
7. Foul shots are on release of ball.
8. The "One-and-One" free throw will be in effect during the last three (3) minutes of second half and the last two (2) minutes of all overtime periods.
9. Technical fouls will be an automatic two (2) points and ball possession goes to opposing team.
10. There will be no faking to submarine a player. The team of the player violating this rule will first be warned and then will be assessed a technical foul for each subsequent violation.
11. All players must play in a minimum of one (1) regular league game in order to be eligible to play in playoffs.
12. **No dunking will be allowed before, during or after the game.** Players dunking the ball will be ejected from the game. The dunking policy will be enforced at all Sacramento City Unified School (SCUSD) gymnasiums.
13. Each team is allowed three (3) timeouts per game. A maximum of three (3) minutes will be allowed for halftime.
14. Overtime periods will be three (3) minutes in length; the last two (2) minutes are stopped time. Each team will be given one (1) additional timeout for each overtime period.
15. Player's names must be legible on roster and waivers. If names are not legible, new rosters and/or waivers must be redone.
16. No bouncing of basketball in gym while game is being played.

PERSONAL FOULS

1. A maximum of five (5) personal fouls per player will be allowed before the player is disqualified for the remainder of the game. A technical foul is also considered a personal foul against a player.
2. The penalty situation will be in effect on all fouls only in the last two (2) minutes of 2nd half. Clock will stop for all fouls and when the ball goes out-of-bounds.

TECHNICAL FOULS

1. All technical fouls will be an automatic two (2) points and the ball out-of-bounds. Technical fouls are also counted as personal fouls. Two (2) technical fouls on a

ADULT BASKETBALL LEAGUE RULES

player/coach will result in automatic disqualification for the remainder of the game. Player/coach must leave the gym before play can resume. **The player or coach, who is removed from the game for two (2) technical fouls, will also be disqualified for the next league or tournament game.**

2. A technical foul may be called for any of the following actions:
 - a. **FLAGRANT** - Where a player makes unnecessary aggressive physical contact with an opposing player, which, in the opinion of an official, may result in serious injury to the opponent. This type of foul will result in immediate disqualification of the offending player for the remainder of the game and the next schedule league/tournament game.
 - b. **VERBAL OR BEHAVIORAL** - Where a player or coach verbally abuses or taunts an opposing player, coach, official, or spectator. Behavioral foul examples include slamming the ball onto the floor or kicking it in frustration after a play, kicking chairs or other items along the bench or fighting. Depending on the severity of the verbal abuse or behavior, the game officials may disqualify the player/coach from the game after the first (1st) infraction.
 - c. **INTENTIONAL** - Where a player commits a physical foul that is not a legitimate attempt to directly play the ball or player. Examples are holding an opponent to stop play, pushing an opponent in the back to prevent a score when there is no chance, or committing an obvious hard foul on a player with no intention of playing the ball or player during a press to stop the clock.

SUBSTITUTIONS

When a player is "subbing in" for another player, he/she must check-in with the scorer's table prior to the substitution. Only the game officials can beckon the "subs" to enter the game.

OFFICIALS/STAFF

1. Two (2) officials will be requested for each game and a scorekeeper will be scheduled.
2. Should an official be late or not able to be at the game, the game will begin on time with one (1) official.
3. City assigned staff will open and close the gym, keep the scorebook, run the clock and have the final authority on decisions that may need to be made. Failure to comply with the decisions may result in forfeiture of a game or the team being dropped from the league/tournament.

CODE OF CONDUCT

The Recreation Division's "Code of Conduct" will be in effect for this league. All staff assigned to the basketball leagues are considered "officials" when referring to the "Code of Conduct". (See attached City of Sacramento "Code of Conduct")

PROTESTS

ADULT BASKETBALL LEAGUE RULES

1. Protests will only be allowed for eligible players. Protest must be made in writing and filed with a \$50.00 protest fee by 5:00PM on the following working day. The written protest must be brought to the Folsom Blvd. Office at 6005 Folsom Blvd. If the protest is found to be valid, the \$50.00 will be refunded.
2. To protest player eligibility, the offended team must protest prior to the beginning of the game, or when the player in question is participating. The staff will note the protest and will request for the player's identification. If the player in question is unable to produce a valid identification, then the player is declared ineligible and the game will be immediately forfeited. It is necessary for all players in the league to have their identification with them at the gym. Random roster checks may be made at anytime.
3. Protest will not be accepted on judgment calls made by an official.

BLOOD RULE

1. The National Federation of High Schools has adopted a policy to address the issue of a participant that is bleeding, or has an open wound, or has an excessive amount of blood on his/her uniform.
2. When an official or staff member observes an affected person, he/she will be removed from the game immediately. A substitution will be allowed.
3. The removed player is expected to receive appropriate treatment before returning to the game.
4. If a player must change a shirt, no penalty is involved. No penalty is to be assessed if the replacement shirt style or color does not match exactly, as long as basic team colors are the same.

LEAGUE REPRESENTATIVES FOR THE CITY OF SACRAMENTO

Should you have any questions during the season, please contact **Rebecca Hale** at (916) 808-7805 or rhale@cityofsacramento.org