

3-ON-3 ADULT BASKETBALL LEAGUE RULES

I. OBJECTIVES:

The objectives of the Carmichael Adult Basketball League is to promote and conduct a positive leisure-time activity which encourages fitness, healthy competition and an atmosphere conducive to fun and fellowship.

II. RULES:

All games in the Carmichael Recreation & Park District's Adult Basketball League are governed by the current C.I.F. Basketball Rules except as specified herein.

III. PLAYER'S CODE OF CONDUCT:

All players, managers, coaches and spectators will abide by the Carmichael Player's Code of Conduct. It will be the Manager's responsibility to see that all players on his team are aware of and abide by the Code of Conduct.

IV. NO OFFICIALS OR CHAMPIONSHIP GAME:

This league is designed for recreational purposes. There are no league standings or championship play. Please honor the game and show good sportsmanship at all times.

V. SCHEDULE:

- A. Games will be played as called for by schedules made up by the Carmichael Recreation & Park District.
- B. Game time will depend upon the number of teams in the league. All games will be played at the La Sierra Community Center and will be posted on the season schedule before the league starts.

VI. REFUND POLICY:

- A. Please refer to the Carmichael Recreation and Park District Refund Policy located on the CRPD website at www.carmichaelpark.com.
- B. No refunds will be granted for no-shows.

VII. ROSTERS AND PLAYERS:

- A. All players **must be 18 years of age or older** and signed up on the **Official Team Roster** which the team manager may pick up at the La Sierra Community Center Office or from the gym supervisor at their game.
- B. Teams must have a minimum of three players.

- C. A game can be played with a minimum of two players on a team. In such case, the opposition may play with three players as usual.
- D. Players must fill out and sign the roster prior to the start of the first game. The gym supervisor will supply you rosters for your team to sign.
- E. Players who play in current high school, junior college, college, or semi-pro rosters **ARE NOT ELIGIBLE TO PARTICIPATE IN THE CARMICHAEL PARK DISTRICT B or C LEAGUES.**

VIII. LENGTH OF GAMES:

- A. 60 minute running clock.
- B. The clock starts at the designated time on the schedule.
- C. The Carmichael Park District reserves the right to reschedule any games.

IX. FORFEITED GAMES:

- A. **IF YOUR TEAM NEEDS TO FORFEIT**, please call the La Sierra Recreation Office at 916-483-7826 before 4:30pm or email mzimmerling@carmichaelpark.com
- B. A team that forfeits more than twice in a season may not be allowed to register for the following season, the decision will be made by the league supervisor after reaching out to the team manager.
- C. Teams forfeiting two successive games may be dropped from the league pending review by the league supervisor – LEAGUE ENTRY FEES WILL NOT BE REFUNDED.

X. LEAGUE SPECIFIC RULES:

- A. Teams play 3 games of 15 baskets.
- B. A team must win by 2 baskets.
- C. If time runs out in the third game, the game is over.
- D. There are no free throws.
- E. All balls must be cleared past the foul line. No side clearances.
- F. All out of bounds balls are put into play at the top of the court.
- G. Jump balls shall be brought in alternatively by one team and then the other.
- H. No timeouts will be allowed. One minute between games.

XI. FOULS:

- A. Fouls are called by players with honesty and integrity serving as best policy.
- B. Once a foul is committed, the opposite team takes the ball out at the top of the key.
- C. There is no limit on the number of fouls per player or team.
- D. Each team will call their own 3 seconds in the key violations.
- E. There are no free throws.
- F. After a basket has been scored, it will be the opposing team's ball at the top of the court.
- G. No flagrant or abusive conduct will be tolerated. Any striking or kicking will result in ejection from the game and the league. Please see the Player Code of Conduct.