

5-ON-5 ADULT RECREATIONAL BASKETBALL RULES AND CODE OF CONDUCT

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:

- A. 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 player's on his team are aware of and abide by the Code of Conduct.

IV. OFFICIALS:

- A. Officials assigned to games have complete charge of the gymnasium and games. They have the authority to banish players, managers or spectators from the game, the player's bench and the gymnasium for misconduct, delay of the game or for the good of the game.
- B. Official's decision is final except as to misinterpretation of rules.
- C. Officials will submit a report to the League Director within 24 hours after any game in which a protest is filed or when it has become necessary to banish players from a game. **Any player who continues to direct remarks toward the officials or opposing players after being banished from a game will be suspended from further play in the league. This includes players who abuse game or league officials after a game is completed.**
- D. League officials make all decisions on protests and their decisions are final. The league officials include the Recreation Supervisor and Recreation Manager. Game officials include the two referees, the timer and scorer, and their assistants.

V. ELIGIBILITY:

- A. All players must be signed up on the **Official Team Roster** which the team manager may pick up at the La Sierra Sports Office or from the scorekeeper at their game.
- B. Teams using unregistered or ineligible players, will forfeit the game in which said players took part to the opposing team. Responsibility for enforcing this rule lies with the **official scorer** for each game. **Scorer will check rosters before each game.** Any team entering an ineligible player name in the scorebook will forfeit said game. A practice game may then be played. The opposing captain or any official may request a check of a player's identity.
- C. If a player's identity is in question, the player will be required to submit identification to the scorer. If the player is unable to prove his identity, he will not be allowed to play in the game. Any player unable to identify himself prior to the game will be required to come to the Carmichael Recreation and Park District Office on the day following the game and present valid I.D. Failure to do so will result in the forfeiture of the previous day's game.
- D. Each team will be able to carry a maximum of twelve (12) players on their roster at any one time. **After the fifth game, no new players may be added.**

- E. The Carmichael Recreation & Park District have the final authority in determining a player and/or team eligibility.
- F. 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.**
- G. A-league skilled players are not eligible to play in B or C Leagues. District representatives may approach manager if teams look to have A-league players. The identified A-league players at that point would no longer be allowed on the team's roster.

VI. LENGTH OF GAMES:

- A. Games are twenty (20) minute halves, with the last two minutes of each half being stop time. Only team and official time-outs will stop the clock prior to the final two minutes of each half.
- B. Games ending in a tie will be decided by a three-minute overtime period. If a tie still exists, play will resume with a jump ball. The first team to score will be declared the winner.
- C. All games will start as per official schedule. There are no provisions to make up postponed games. If a team cannot field a team when scheduled, they should contact the La Sierra Sports Office at 483-7826.
- D. The Carmichael Park District reserves the right to reschedule any games because of emergencies.

VII. FORFEITED GAMES:

- A. Teams have a 5 minute grace period after their scheduled game time before a forfeit is called.
- B. Teams can play with a minimum of four players.
- C. Officials will not be required to officiate pick-up games.
- D. Teams forfeiting two successive games shall be dropped from the league. LEAGUE ENTRY FEES WILL NOT BE REFUNDED.

VIII. ATTIRE:

- A. **All teams must have uniforms;** uniforms will consist of matching colored shirts or jerseys with numerals on front or back.
- B. All players will be required to wear gym shoes.
- C. Player's shorts must have no pockets, or if they do have pockets, the player must put the pockets inside out or tape them closed.
- D. Each team must provide their own practice balls and towels. The District will provide the game ball. There are no shower or locker facilities available.

IX. PROTESTS:

- A. Teams may protest a game based on the misinterpretation of a playing rule. Judgment calls cannot be protested.
- B. All protests must be made by phone or in writing twenty-four 24 hours after the protested game has been played. If the following day is a holiday or weekend, the time limit is the day after such holiday or weekend. All phone protests must be followed by a written protest. Any protest filed after the twenty-four (24) hour limit will not be accepted.
- C. All protests must be accompanied by a deposit of \$25. The twenty-five dollars is returned only if the protest is allowed.
- D. All protests must be declared immediately following the point in question and recorded in the official scorebook. Protests should include all the facts pertaining to the point in question (specific rules).
- E. Protests will be reviewed by Carmichael Recreation & Park District, providing the protest is accepted. The protest action is final.

X. **SPECIFIC RULES:**

- A. A team must finish the game with at least three (3) players.
- B. A five (5) foul rule will be in effect in the Carmichael League.
- C. The following acts constitute a foul when committed against a ball handler/dribbler:
 - i. Placing two hands on the player
 - ii. Placing an extended arm bar on the player
 - iii. Placing and keeping a hand on the player
 - iv. Contacting the player more than once with the same hand or alternating hands
- D. An intentional foul includes excessive contact with an opponent while the ball is live or until an airborne shooter returns to the floor. **Defenders must leave a clear space for the shooter to land.**
- E. **Family Friendly Environment** – This is a recreation league played at a community center where families are welcomed and encouraged to come and support their loved ones. No cursing, arguing, and rough play will be permitted. Please review our Player Code of Conduct for a detailed description.
- F. No consumption of any type of alcoholic beverages will be allowed in or about the gym facility (this is a State Law). No smoking in gym area is allowed.
- G. Each team is allowed two (2) one-minute time outs per half. These time outs cannot be carried over from one half to the other or in the overtime periods. One time out per team will be allowed in overtime.
- H. Common fouls will be shot only during the last two minutes of each half (one and one).
- I. All technical fouls during the game will be an automatic two points per foul plus loss of possession. Any unsportsmanlike technical foul also requires player to sit out remainder of that half.
- J. Review the Player Code of Conduct Rules regarding technical fouls.
- K. No Dunking will be allowed in warm-ups prior to game or at half time. Violations will be a technical foul against player. Any technical foul committed during this time will be two points and loss of possession.



Adult Basketball **PLAYER CODE OF CONDUCT**



The Carmichael Recreation and Park District has adopted the following "Player Code of Conduct." These rules of conduct will be strictly enforced during the season. A violation committed in any activity conducted under the auspices of one of this organization will be honored by ALL members there of.

- 1) **NO PLAYER SHALL:** Refuse to abide by officials' decisions. Upon initial argument by a player, the official will give such player a verbal warning. Any continued protest will result in an automatic technical foul and the player sits the rest of the half. If a player has a concern about a call (or calls), he needs to approach the manager of their team. The manager may have a polite and short discussion with the official regarding a calling on the side (not yelling from the court). Once an official has made a final decision, no protests will be permitted. Any disrespectful behavior or further questioning of calls will result in a Technical Foul and the player sits out the rest of the half. Two points and the ball are awarded to the opposing team.

Any further protest officials are required to immediately call a second technical foul. On the second technical foul, the player is suspended from further play and such player is reported to the League Director. Such player shall remain suspended until the League Supervisor has considered his/her case.

Minimum Penalty: Technical foul – sit out the remainder of half.

Maximum Penalty: Suspension for two or more league games and placed on probation for remainder of the season.

- 2) **NO PLAYER SHALL:** At any time lay a hand upon, shove, strike, or threaten an official. Shoving or striking an official is a felony. Please see California Penal Code 243.8. Officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until his/her case has been considered by the League Supervisor.

Minimum Penalty: Suspension from participating in Carmichael Recreation and Park District Basketball Programs for a minimum period of one calendar year from the date of the violation.

Maximum Penalty: Suspension for life and/or assault charges filed.

- 3) **NO PLAYER SHALL:** Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately call a technical foul and suspend player(s) from further play and report such player to the League Director.

Minimum Penalty: Suspension from one league game and placed on probation for the remainder of the season.

Maximum Penalty: Suspension for life and/or assault charges filed

- 4) **NO PLAYER SHALL:** Be guilty of physical attack as an aggressor upon any player, official, or spectator. Officials are required to call a technical foul and immediately suspend player from further play and report such player to the League Director. Player will remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Suspension for the remainder of the season.

Maximum Penalty: Suspension for life and/or assault charges filed.

- 5) **NO PLAYER SHALL:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Officials are required to call a technical foul and immediately suspend player from further play and report such player to the League Director. Should the verbal attack occur either before or after the player's game is completed, or from with the spectator area, said player will still be reported to the League Director, with possible suspension being the result of said player's actions. Player shall remain on suspension until the League Supervisor has considered his/her case.

Minimum Penalty: Suspension from one league game and placed on probation for remainder of season.

Maximum Penalty: Suspension for the remainder of the season.

- 6) **NO PLAYER SHALL:** Appear upon the court at any time in an intoxicated condition. Officials are required to immediately suspend player from further play and report such player the League Director for further consideration.

Minimum Penalty: Suspension for two league games and placed on probation for the remainder of the season.

Maximum Penalty: Suspension from participating in Carmichael Recreation and Park District Basketball Programs for a minimum period of one calendar year from the date of the violation.

- 7) **NO PLAYER SHALL:** Be guilty of gambling upon any play or the outcome of games with any spectator, player, or opponent. Officials are required to report violation of this rule to the League Director.

Minimum Penalty: Placed on probation for the remainder of the season.

Maximum Penalty: Suspension for the remainder of the season

- 8) **NO PLAYER SHALL:** Complain in excess towards scorekeeper and/or officials including but not limited to: cursing, interrupting scorekeeper during game play, and complaining about officials during game play.

Minimum Penalty: Suspension from one league game and placed on probation for remainder of season.

Maximum Penalty: Suspension for the remainder of the season

Technical Foul Summary

- **One Technical Foul by one player in a game** – Player sits out the rest of the half. Two points and the ball are awarded to the opposing team.
- **One Technical Foul categorized as Flagrant-** Player will be ejected as well as suspended from league play for the following game. Player will be placed on probation for the remainder of the season.
- **Two Technical Fouls by one player in a game** – Player will be ejected from the game and site and will be suspended from league play for the following game. If conduct warrants, player may be suspended permanently. **Manager will also be ejected.** Two points and the ball are awarded to the opposing team.
- **Two Technical Fouls by one player in a season-** Player will be suspended for one league game. Player will be placed on probation.
- **Three Technical Fouls by one team in a game** – The game will be forfeited and the team will be dropped from the league.
- **Four Technical Fouls by one player during a season** – Player will be suspended from participating in Carmichael Recreation and Park District Basketball Program for a minimum period of one calendar year from the date of the violation.
- **Five Technical Fouls by one team during a season** – The team will be suspended for their next schedule league game.
- **Six Technical Fouls by one team during a season** – The team will be suspended for the remainder of the season and cannot play in the following season.

Special Notes:

- Any player being placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of the season.
- All technical fouls in playoffs carry into the following season.
- Any player removed from the game must leave facility immediately. Failure to do so will carry a maximum penalty of suspension for the remainder of the season. Any suspended player cannot attend league games during their suspension.
- Teams are responsible for their spectators. All of the above rules apply to spectators too. Teams will be punished according to the rules above for their spectator's behavior.
- Appeals may be lodged with the League Supervisor ONLY at alaina@carmichaelpark.com

Remember this is a Recreation League. Poor player, team and spectator behavior will not be tolerated. **Please respect the integrity of the game.** Any questions, comments and concerns can be directed to the League Supervisor at alaina@carmichaelpark.com.