

5-ON-5 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. 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. Officials include the two referees, the timer and scorer, and their assistants.
- B. Official's decision is final except as to misinterpretation of rules.
- C. Officials will submit a report to the League Supervisor 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 Supervisor and Recreation Manager make all decisions on protests and their decisions are final.

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 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 their identity, they will not be allowed to play in the game. Any player unable to identify themselves prior to the game will be required to come to the La Sierra Community Center 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 10 players on their roster at any one time. **After the fifth game, no new players may be added.**
- E. The Carmichael Recreation & Park District has 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.

VIII. UNIFORMS:

- A. **All teams must have uniforms;** uniforms will consist of matching colored shirts or jerseys with permanent numbers (no tape) on front or back.
- B. All players will be required to wear gym shoes and appropriate basketball attire.
- C. 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. LENGTH OF GAMES:

- A. Games are twenty 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. If a team cannot field a team when scheduled and needs to forfeit, they should contact the La Sierra Community Center Office at 483-7826.
- D. The Carmichael Park District reserves the right to reschedule any games.

X. 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. Teams have a 5 minute grace period after their scheduled game time before a forfeit is called.
- C. Teams can play with a minimum of four players.
- D. Officials are not required to officiate pick-up games.
- E. 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.
- F. Teams forfeiting two successive games may be dropped from the league pending review by the league supervisor – LEAGUE ENTRY FEES WILL NOT BE REFUNDED.

XI. 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 within 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 24 hour limit will not be accepted.
- C. 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.
- D. All protests must be accompanied by a deposit of \$10.
- E. If the protest is upheld, the \$10 will be returned. If the protest is denied or disallowed, the \$10 deposit will be kept by the recreation department.
- F. Protests will be reviewed by Carmichael Recreation & Park District, providing the protest is accepted. The protest action is final.

XII. PLAYOFFS AND CHAMPIONSHIPS:

- A. League playoff information will be noted on the schedule.
- B. Playoff notification and brackets will be completed after the last scheduled games and qualifying team managers will be notified.
- C. If teams are tied for a spot in the playoffs, the tie breaking method will be as follows: 1) Winning Percentage, 2) Head-to-Head, 3) Head-to-Head Differential, 4) Winning Percentage vs. Like Opponents, 5) Point Differential vs. Like Opponents, 6) Lowest Number of Forfeits, and 7) Coin Toss.
 - 1) If more than two teams are tied for multiple spots in the playoffs the above tie breaking method will be followed for each playoff spot. For example, in the event of a three way tie for two playoff spots, the three teams will follow the steps until one team advances. The remaining two teams who are still tied will start the tie breaking method over again with step 1) Winning Percentage, etc. until a team advances.
- D. Team rosters will be checked prior to the start of playoff games. Only players listed on team roster are permitted to play. Subs cannot play in playoffs unless a league representative has been notified at least 24 hours prior to the game and the circumstance justify a change in the roster (illness, injury, pregnancy, etc.). If a sub is allowed to be added to a team's roster as a permanent player, that sub cannot play on any other teams in that league during the playoffs.
 - 1) Honor the game and only use players from your roster who have been playing all season with your team. Using players only for playoffs goes against the goal of the league.

- E. **CHAMPIONSHIP PRIZES** – The league champion has two choices for prizes. The manager can either choose to have a championship coupon worth \$50 off league registration for any adult sports league or championship t-shirts for each individual player. The t-shirt max is 10.

XIII. LEAGUE SPECIFIC RULES:

- A. A team must finish the game with at least 3 players.
- B. A 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:
- 1) Placing two hands on the player.
 - 2) Placing an extended arm bar on the player.
 - 3) Placing and keeping a hand on the player.
 - 4) 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. Each team is allowed two 1 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.
- F. Common fouls will be shot only during the last two minutes of each half (one and one).
- G. 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.
- H. 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.

XIV. TECHNICAL FOUL SUMMARY:

- A. **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.
- B. **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.
- C. **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.
- D. **Two Technical Fouls by one player in a season** – Player will be suspended for one league game. Player will be placed on probation.
- E. **Three Technical Fouls by one team in a game** – The game will be forfeited and the team will be dropped from the league.
- F. **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.
- G. **Five Technical Fouls by one team during a season** – The team will be suspended for their next scheduled league game.
- H. **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.