



7801 Auburn Blvd.
Citrus Heights, CA 95610
(916) 725-1585

ADULT BASKETBALL RULES AND REGULATIONS

1. LEAGUE OVERVIEW

The Sunrise Adult Basketball League strives to promote sportsmanship, competition, community involvement, and health and fitness in a recreational setting. This document serves to help guide the league to meet these goals and should not be used to gain a competitive advantage. This is a non-contact league; however, accidental contact may occur and penalties for contact may be assessed at the official's discretion. Contact does not automatically mean a penalty.

Sunrise Recreation and Park District reserves the right to modify any rule that it deems fit to better enhance the quality of the program at any point before, during or after the season.

2. ELIGIBILITY & ROSTER

- a. All eligibility questions arising that are not specifically addressed in these rules shall be decided by the Senior Recreation Services Manager or Senior Recreation Coordinator.
- b. All team managers shall file a roster of players, giving their first and last names along with their addresses and phone numbers. This roster must be on file in the Recreation office by the designated deadline. **Minimum Players:** Teams must carry a **minimum of 7** players on the roster. **Maximum Players:** Teams may carry a **maximum of 12** players on their roster. More than 12 players must be approved by the Site Coordinator.
- c. Players must participate in at least two regular season game to be eligible for the playoffs.
- d. Rosters must be submitted at the gym prior to the first game. Failure to have a roster on record by the deadline results in a forfeit.
- e. Only managers are allowed to make changes to the team roster. All changes must be made at the gym, no exceptions. All roster changes must be approved by the Senior Recreation Coordinator or Site Coordinator.
- f. Any player who does not personally sign the roster will be declared an illegal player. All games in which this player participated may be forfeited.
- g. Players will not be added during the last three weeks of league play.
- h. Players may not play on more than one team or change teams during the season. If this occurs, those games will be forfeited.
- i. Any player whose eligibility is challenged during the game must be able to produce picture ID on the spot. If they are unable to do so, the game will be forfeited.
- j. Players participating in the Sunrise Recreation and Park District's basketball program must reach their 18th birthday before participating. All players must have a form of legal identification (driver's license/military ID) in their possession at all league games.

- k. Players must sign the roster with their legal name, nicknames may not be used.

3. **RULES & REGULATIONS**

- a. The league is governed by the current N.C.A.A. Basketball Rules, with supplements provided by the Sunrise Recreation and Park District.
- b. Two 20-minute running halves with the clock stopping in the last 2-minutes of the second half, only if the losing team is within 15 points.
- c. Games ending in a tie shall be decided by a three-minute overtime period. If a tie still exists, play shall resume with a jump ball and the first team to score shall be declared the winner.
- d. Seven team fouls to 1 bonus. Ten team fouls to double bonus. Fouls do not reset in overtime.
- e. Jump ball at the start of each game and overtime period.
- f. A team may start a game with four players, and may finish with no fewer than four players.
- g. Teams are allowed three 1-minute time outs per game and no more than two may be used in a half.
- h. There are no provisions to make-up postponed games. If a team cannot field a team when scheduled to play, they cannot postpone the game and make it up at a later date.
- i. A player desiring release to play with another team must secure a written release from the manager of his/her team and must remain out of play for seven (7) days after the date of his release being filed in the Recreation office before he/she will be eligible to play with any other team.
- j. All releases and additions to rosters shall be considered as filed at the time and date they are received in the Recreation Office. Entries mailed shall be considered filed at the time and date post marked on envelope.
- k. A released player, who plays with another team, shall not be eligible to play with his/her original team during the current season.

4. **EQUIPMENT**

- a. Gym shoes must be worn for warmups and games. Officials will request that players remove bracelets, earrings, necklaces or other items that may be hazardous to themselves or other players.
- b. Teams are expected to have matching jerseys with numbers on the back (reversible jerseys with numbers on both sides are preferred). May not have repeat numbers, could result in technical.
- c. Officials and District staff determine if a uniform or player is eligible for play. This decision cannot be protested.
- d. Each team must provide their own practice balls. The District shall provide the game ball. Teams may not use the game-ball for warm-ups.

5. **FORFEITS**

- a. Games are forfeited if a team fails to appear on the court ready to play at the time indicated by the official league schedule; (a 10-minute grace period is allowed). After 5 minutes, the game clock will start. The team unable to field a team will lose a timeout. Should neither team be able to field a team, the game is declared no contest and both teams will be credited with a loss by forfeit.

- b. Any team forfeiting two games without appropriate notice is subject to removal from the league, without refund.
- c. Teams can avoid the two-forfeiture expulsion rule by notifying the Senior Recreation Coordinator 24 hours in advance of the game in question, allowing notification of the opposing team and scheduled officials.
- d. Any team using unregistered or ineligible players shall forfeit game in which such players participated.
- e. Teams failing to appear with four (4) players at game time shall forfeit the game.
- f. Teams forfeiting two successive games shall be dropped from the league.

6. GYMNASIUM RULES

- a. Teams are expected to leave the gym promptly at the conclusion of the game and are to discuss game situations and socialize outside.
- b. Sunrise Recreation and Park District is not responsible for loss of property. All valuables should be kept in secure location.
- c. Dunking is permitted during games only. Any player caught dunking a ball before games or during warm-ups will be assessed a technical foul and 2 points are awarded to the opposing team.
- d. Excessive hanging on the rim is not tolerated. Any player who hangs on the rim is assessed a technical foul. The official will determine if the action of hanging on the rim was excessive. The official's decision is final.

7. DISTRICT RESPONSIBILITIES

- a. Provide a schedule of games (regular season, and end-of-season playoffs).
- b. Provide a game ball and score books.
- c. Provide at least one official, scorekeeper, and site coordinator.
- d. Provide all necessary personnel to handle maintenance and other duties as needed.
- e. Keep a record of all games played and maintain standings on Teamsideline.
- f. Handle all misconduct situations within the guidelines stated in the "Code of Conduct".

8. MANAGERS' RESPONSIBILITIES

- a. No smoking, eating or drinking (excluding bottled water) is permitted in the gym. Managers must enforce this rule.
- b. Player's Bench: Only the team's rostered players will be permitted on the team's bench.
- c. The manager is responsible for their players and fans and is expected to curtail any excessive or unwarranted actions between them and the game in progress.
- d. Any manager (registered or acting) who plays an illegal player will be removed from the league and a new manager will be selected from the team's remaining eligible players. The manager may be suspended for one year from the date of incident, if warranted.
- e. Managers are to ensure that bench areas are policed following each game. Trash should be deposited in containers provided.
- f. Managers must be listed as rostered players subject to the player code of conduct. Managers, players and spectators are subject to technical fouls and/or ejection from the

facility.

9. CODE OF CONDUCT

- a. All coaches, managers, players and spectators shall abide by the Adult Sports Code of Conduct. It will be the manager's responsibility to see that all players on his/her team are aware of and abide by the Code of Conduct. (Refer to attached copy.)
- b. No coach, manager or player shall push, strike, or threaten to strike an official, site coordinator, scorekeeper(s), spectator or any other player. The officials are required to immediately suspend any violator from further play and if the charge is found to be substantiated the player will be suspended from participating in the Sunrise Adult Basketball Program for a minimum period of one calendar year from the time of the violation.
- c. **Any player who receives two (2) technical fouls in one game will be suspended from further play and shall leave the gym immediately. The player will not be allowed to participate in the team's next game.**
- d. Any player who accumulates four (4) technical fouls in one season will be suspended from participating in the Sunrise Adult Basketball League for a period of one year from the time of the violation.
- e. **No technical fouls will be shot.** Two points will automatically be awarded instead of shooting a free shot on a technical foul, and possession will go to the team that was awarded the points. The player that committed the technical will be required to sit out of the game for 2 minutes.
- f. Any foul meant to do bodily harm shall result in immediate removal from the game and two (2) foul shots awarded to the player who was fouled and possession of the ball.

10. SUSPENSION PROCEDURES

The Senior Recreation Coordinator reviews and transmits such reports along with their recommendations to the Senior Recreation Services Manager who has the authority to discipline offending individuals or groups in accordance with decency and severity of the charges.

11. PROTESTS

- a. Protests based solely on a decision that involved accuracy of judgement on the part of the official will not be received or considered.
- b. Protests based on the misinterpretation of a playing rule will be received and considered. Failure of any official to apply the proper penalty for a certain violation of the rules can be protested.
- c. If a protest arises during a game, the manager or coach of the protesting team must notify the official and the site coordinator, prior to the next dead ball, that the game is being continued under protest. This enables all parties to take notice of the conditions surrounding the making of the decision and aids in the proper determination of the issue. This will be followed by submitting the protest, in writing to the Recreation Coordinator within 24 hours of the time of the occurrence of the protest. All protests must be accompanied by a \$30 check made payable to Sunrise Recreation and Park District to be refunded only if the protest is upheld. **Please Note:** Be sure that the official includes notes on the scorebook showing that the game is being played under protest.

A FORMAL PROTEST SHOULD CONTAIN THE FOLLOWING INFORMATION:

- Date, time and location of game.
- The rule and section of the official rules and local rules under which the protest is made.

- The official's decision and conditions surrounding the making of that decision.
 - All essential facts involved.
- d. The protest committee consists of the Senior Recreation Services Manager, Senior Recreation Coordinator and the Site Coordinator. The decision of the committee is final.

12. **OFFICIALS**

- a. Officials assigned to games shall have complete charge of the gymnasium and games. They shall have the authority to banish players, managers, or spectators from the game, the player's bench and the gymnasium for misconduct, delay of game, or for any other reason deemed necessary for the good of the game.
- b. Officials will submit a report to the Senior Recreation Coordinator or Site Coordinator within 24 hours after any game in which 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 shall be suspended from further play in the league for such length of time as determined by league officials.

13. **SITE COORDINATOR**

The site coordinator's responsibility is to enforce all rules of proper conduct and operation of the gymnasium and league. In addition, the site coordinator is to assist the officials in any manner necessary to maintain control of the game and conduct of the players.