

City of Seaside Recreation
ADULT BASKETBALL LEAGUE RULES

GENERAL INFORMATION

League Coordinator: Gianna Stagnaro (831) 899-6806 or gstagnaro@ci.seaside.ca.us

Court Locations: Boys and Girls Club, Seaside

TEAM ROSTER & PLAYERS

- 1) **Age:** Players must be at least 18 years old with valid ID (No ID no play)
- 2) **Illegal Players:** Illegal players participating in a game will result in a forfeit for that team.
- 3) **Players:** Players who have started the season on one team may not change to another team during that season. Penalty: Player is then recognized as an illegal player and subject to disciplinary action & forfeiture for team played on as illegal
- 4) **Roster Size:** A minimum of eight (8) players and a maximum of twelve (12) players are permitted for each team roster.
- 5) **Pre Tip Off:** Managers or a team representative must fill out the scorebook at the score table prior to each game. Players first and last name along with jersey number shall be entered into the scorebook.
 - A. Only players who are present shall be listed in the scorebook at the beginning of regulation
 - B. Players arriving late may be added to the scorebook without penalty
 - C. Players may not enter the game until they've been entered into the scorebook

EQUIPMENT & UNIFORMS

- 1) **Game Balls:** Balls will provided by Seaside Recreation staff. Only Seaside Recreation balls will be used during games, unless both team managers agree on a different ball.
- 2) **Shoes:** Players must wear closed-toed athletic shoes with a non-marking sole.
- 3) **Jerseys:** Teams must have jerseys of the same color and permanent numbers for each player in every game (including the first game)
 - A) Numbers must be permanent
 - B) Tape on numbers will not be permitted
 - C) Legible, numbers with permanent marker will be permitted
 - D) Tee shirts are acceptable
 - E) **Non – Jersey Penalty:** Any player who does not have a jersey that meets the above criteria will be assessed with a personal foul.
This rule will be enforced, including the first week of play. Home team wears light colored jerseys, away team wears dark colored jerseys.
- 4) **Jewelry:** For the safety of the players, jewelry must be removed prior to the game. This includes watches, rings, earrings, including wedding rings. Medical alert tags and bracelets are approved. All other jewelry must be removed. Seaside Recreation is not responsible for lost or stolen jewelry. Players must sit out until they have complied.

MANAGER'S RESPONSIBILITIES

- 1) Managers are responsible to see that all their players know and abide by the league rules and regulations.
- 2) Managers are responsible to communicate all schedules and schedule changes to their players.
- 3) Managers are responsible to inform all players of proper behavior conduct, league and game rules.
- 4) Managers are responsible to demonstrate cooperation with umpires, scorekeepers and other league officials.
- 5) Managers are responsible for the actions of their players both on and off the field, as well as any actions of spectators affiliated with their team.

PLAYER CONDUCT

- 1) **No alcohol or other drugs are permitted** anywhere on the Sports Grounds or parking lot. No exceptions. Forfeiture of game and player(s) suspension will result in the event that alcohol is used. Anyone in possession of an alcoholic beverage will be automatically suspended for one game and the whole team will be placed on probation. **No warning needed.**
- 2) **No Smoking.** There is no smoking allowed at the Boys and Girls Club. Smoking is only allowed at the parking lot outside of the Boys and Girls Club.
- 3) **Children are not allowed** on the playing court. Supervision must be provided for children at all times. **Children may be asked to leave if they are on the court during games. No warning needed.**
- 4) **PETS:** Are not allowed inside the Boys and Girls Club.
- 5) **Appropriate Sportsmanlike behavior** is expected of all players and spectators at all times. Anyone displaying or threatening violence against a person or property will be automatically suspended from further play.
- 6) **Ejected Manager:** An Ejected Manager must sit out a minimum of one game. The minimum one game suspension will begin after the manager has met with League Coordinator. The manager may not coach, manage or play during the suspension.
- 7) **Ejected Player: An ejected player must leave the court and building following the ejection. Failure to do so will cause the player's team to forfeit the game. Any player ejected from a game will be suspended for minimum of 1 game, and he/she must meet with League Coordinator to compete in any subsequent games in ANY league or other Seaside Recreation programs. The ejected player MUST call 899-6806 to make an appointment. Should an ejected player attempt to play before meeting with the League Coordinator, his/her team will forfeit the game in which he/she played.**
- 8) Players, Coaches, Managers, Referees or Spectators will not make disparaging or insulting remarks to or about opposing players, coaches, managers, officials, spectators, or Seaside Recreation Staff- use expletives or negative comments that may be heard by those in the stands and surrounding area of the playing field, or commit other acts that should be considered unsportsmanlike. **Penalty.** The game official will have discretion to warn teams or the referees will assess penalties against the offending team or eject players. **The league coordinator may also issue suspensions for negative remarks or unsportsmanlike comments directed towards players, Referees, spectators or Seaside Recreation staff.**

League and Playoff Procedures

- 1) There will be five (5) weeks of regular season play (Round Robin format), followed by one (1) week of playoffs/finals (single elimination format).
- 2) No schedule changes are allowed.
- 3) All league games are played with five (5) players. No team shall start or continue a league game with less than four (4) players. Having less than four (4) players constitutes a forfeit.
- 4) The referee is empowered to call a game at any time because of darkness, rain, fire, panic or other causes, which places the patrons or players in peril.

Playoffs and Championship Games

- 1) The top four (4) teams with the best record will make the playoffs, the top seeded team will play the fourth place team and the second place team will play the third place team. The winning team of each of these games will advance to the championship game.
- 2) Tie breakers will be determined in the following procedures:
 - a. 1st tie break: head-to-head record, exception is a forfeit, which is automatic lower seeding.
 - b. 2nd tie break: point differential in head-to-head record.
 - c. 3rd tie break: fewest points given up in head-to-head.

GAME RULES

All rules follow 2018-19 National Federation High School Basketball rules except for the following:

- 1) Game score will be kept. Tie games remain tied unless both coaches and the facility coordinator agree to continue (a 3 minute running clock overtime may be played).
- 2) Game length is four 10 minute quarters with a running clock. The clock does not stop for any reason except for an extended injury or a referee timeout, or on a whistle during the last 2 minutes of the 4th quarter. In games where the lead is greater than 20 points the clock will not stop in the last 2 minutes of the 4th quarter.
- 3) Each team is allowed two 1 minute time outs per half.
- 4) Personal and team fouls are kept. Technical fouls will also be counted as a personal foul. Any participant who is assessed five personal fouls will be removed from the game. ***For example: a player who receives four personal fouls and one technical has fouled out.***
- 5) Technical fouls will result in 2 free-throws and possession of the ball at half court for the other team. A flagrant foul is considered the same as a technical foul plus the player who commits the flagrant foul is ejected from the game. 2 technical fouls by the same player in a game will result in an ejection. Bonus (1 & 1) begins on the 7th team foul in a half. Double bonus (2 shots) begins on the 10th team foul of the half.
- 6) Fast breaking and full court press are allowed at all times.
- 7) Free substitutions may be made at any time during the game when official is notified.
- 8) All players are expected to wear their team uniforms for all games and shoes must have non-marking soles.
- 9) Ball size is regulation adult size.
- 10) Basket height will be 10 feet.
- 11) The 3 second (in the key) rule, 5 second (close coverage), and 10 second backcourt advance rules will be enforced. Over and back (backcourt) will be enforced.

- 12) All players, coaches, and spectators will act in a respectful manner at all times while they are in the gyms. Questioning referee decisions, criticizing others, or poor sportsmanship of any kind will not be tolerated.
- 13) At the end of each game the teams will shake hands with them.

Fighting

Any player who is ejected for, or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season. SRD will use a strict definition of fighting, and shall impose the fighting for penalty for any of the following action:

- i. Throwing a punch (regardless of whether or not it is landed)
- ii. Slapping or pushing a player's face or head area
- iii. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team)
- iv. Any violent, physical act on another player outside of the actions allowed in basketball

Example: throwing a player to the court

The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.

Game Time & Length

- 1) **Game Clock:** game clock will be kept by the scorekeeper, or referee
- 2) **Game Start Times:** Leagues are scheduled per night at, 6:05pm, 7:05pm and 8:05pm. (See game schedule for your league)
- 3) **Game Length:** Games will consist of four 10 minute quarters with 3 min halftime.
- 4) **Grace Period:** All games have a 10 minute grace period before a forfeit is called. The game clock will start at game time. After 15 minutes, if one or both of the teams do not have a minimum of four (4) players required, the game is a forfeit.

Forfeits

- 1) **Forfeit Game Score:** Forfeiting team will be one (1) and the non-forfeiting team will be five (5). There is also a (-1) point in the standings.
- 2) **Minimum Number of Players:** A team must have four (4) players to start a game. An injury or player ejection that reduces the team to fewer than four players causes a forfeit.
- 3) Any team forfeiting two (2) games may be dropped from the league at the discretion of the League Coordinator.