

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 Five (5) players and a maximum of Ten (10) players are permitted for each team roster.

EQUIPMENT & UNIFORMS

- 1) **Game Balls:** Balls will provided by Seaside Recreation staff. Only Seaside Recreation balls will be used during games.
- 2) **Shoes:** Players must wear closed-toed athletic shoes with a non-marking sole.
- 3) **Uniforms:** Teams are encouraged to furnish their own like colored jerseys. If teams do not have like colored jerseys, or two teams have the same color jerseys then they will be required to use Seaside Recreation scrimmage vests (**pennies**).
A.) Headgear: Players may not wear baseball hats, or any type of hat with a brim. Knit stocking hats are OK... Rubber or cloth elastic bands are recommended to help control longer hair.
- 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.
- 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

- A. There will be seven (7) weeks of regular season play (Round Robin format), followed by one (1) week of playoffs/finals (single elimination format).
- B. Each team member **MUST** have identical jerseys with numbers to designate players. Numbers may be written on with a felt pen.
- C. No black-soled shoes are allowed on the court.
- D. No schedule changes are allowed.
- E. 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.
- F. 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.

I. 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 2018-9 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. If the lead is 20 or more the leading team may not fast break, or play defense outside of their own 3 point circle until the lead drops back down to 10 points or less. Games will end on schedule regardless of if there is time remaining on the clock.
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. 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.
5. Fast breaking and full court press are allowed at all times.
6. Free substitutions may be made at any time during the game as stated in National High School Basketball Rules, however it is expected that all players will play at least ½ of the game.
7. All players are expected to wear their team uniforms for all games and shoes must have non-marking soles.
8. Ball size is regulation adult size.
9. Basket height will be 10 feet.
10. 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.
11. 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.
12. At the end of each game the teams will give the opposing team a cheer and then shake hands with them.

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 three (3) games may be dropped from the league at the discretion of the League Director.