

# *City of West Sacramento Adult Basketball Rulebook*

(Revised 12/22)

## Rules

All games are governed by (NFHS) National Federation of High School Association rules except as specified by the City of West Sacramento Adult Bylaws herein.

## Game Time

1. All games will start on the hour or (5) minutes after the previous game has ended with the exception of the 1<sup>st</sup>. game in the gym, which will always begin on the hour as stated on the official league schedule.
2. (2) 20 minute running halves will be played. (C, B and A divisions will use 24 second shot clock.) Each team is allowed two (2) one minute time out per half.
3. The clock will stop in the last two (2) minutes on all whistles by the officials of the 2<sup>nd</sup>. half if the point spread is within 15 points.
4. Halftime will be (3) minutes in length.
5. Overtime is a (3) minute overtime period. Stop clock at (1) minute.
6. Should a 2<sup>nd</sup>. Overtime period be necessary, the 1<sup>st</sup>. team to score will be the winner. (*Championship games that go into 2<sup>nd</sup> or more overtime periods will play a (1) minute overtime period. Stop clock at 30 seconds*)

## Team/Rosters

7. Each team roster shall consist of a minimum of 5 players and maximum of 15 players.
8. No team roster may reduce to less than four (4) players.
9. All players must be on the team roster to be allowed to play. Any player found to not be on the team roster will be asked to leave the game. The team will be assessed a team technical foul and the other team will be rewarded 2 points.
10. If you want to add/drop players you must contact the league director a week in advance. Then you must have the player sign the roster at least 5 minutes before your game time. If a player shows up late and needs to sign the roster, he/she will not be allowed to play until the roster is signed. The team must take a timeout or wait until halftime to sign the roster. *Please see Adult Sports Handbook section Team Rosters and Roster Changes.*
11. All teams must have a number on their jersey or shirt. Teams also must have matching jerseys that are either all light or dark. The Recreation Center has jerseys for you to purchase or borrow. If you borrow a jersey, you must return it the same day. Players on the same team can't have matching numbers. Players who don't have jerseys or have matching numbers will be given a technical foul and the other

team will be rewarded 2 points for each technical foul. These technical fouls do not count as behavior technical fouls or team technical fouls that could result in a forfeit.

### **Forfeits**

12. Teams must have at least four (4) players at the start of the game who are dressed and ready to play.
13. A (5) minute grace period will be given once the game start time has passed.
14. For each minute a team is late the other team will be rewarded 2 points, and if the whole 5 minutes grace period has passed then the game will be ruled a forfeit. NO EXCEPTIONS.
15. If a team arrives within the 5-minute grace period, the officials will call game time and the clock will start running at that time.

### **Fouls**

16. The 5 foul out rule is in effect. On the 5<sup>th</sup> foul a player is considered disqualified and must leave the game.
17. Bonus fouls on the 7<sup>th</sup>. team foul the other team will shoot a 1 and 1 foul shot, and on a Double bonus situation on the 10<sup>th</sup>. team foul the other team will shoot 2 fouls shots at anytime of the game.

### **Technical Fouls**

18. Any type of technical foul committed will result in an automatic (2) points per foul plus loss of possession and the player committing the technical foul will be awarded a personal foul and will count towards their 5 fouls out rule and the team of the player committing the technical foul will also be awarded a team foul and it also go towards the total team foul count.
19. If any player receives more than 1 technical foul in a game that player will be ejected from the game and suspended for a minimum of 1 league game.
20. Depending on the severity of the ejection, the player may be suspended for the entire season.
21. If a player is ejected from 2 games in a season, he/she will be suspended for the remainder of the season.

### **Team Technical Fouls**

22. Any team that accumulates a total of 3 technical fouls in 1 game will automatically forfeit that game.

## Dunking

23. Dunking is allowed during live play only **NO EXCEPTIONS**.
24. There is no dunking during dead ball situation at all **NO EXCEPTIONS**.
25. If any teammate dunks at any other time such as warm ups before the game half time, or even after the game that player will awarded a Technical foul and technical fouls rule will apply.
26. Any teammate dunking before the game will be assessed an automatic technical foul, and 2 points will be awarded to the opposing team and the game will start with the opposite team taking the ball out of bounds at half court opposite the table.
27. There is **NO** hanging on the rim during a dunk except for unsafe reason.
28. The unsafe reason will be ruled by the referee.
29. Hanging on the rim will result in a technical foul anytime other than for unsafe reasons.

## Free Throws

30. When shooting a common foul free throw players may enter the lane when the shooter releases the ball except the free thrower he has to wait until the ball becomes live.

31. **The ball is live once it hits the rim.**

## Forfeited games

32. All forfeits will count as a loss and a half (1.5) If your team has more than 2 forfeits in a season, you will not qualify for the playoffs.

## Managers

33. **Only** the team managers will be allowed to approach the scorekeeper's table during dead ball situation.
34. If any teammate abuses any of the table personnel of any kind the official can and will assess a team and personal technical foul to the offender.
35. **Stay away from the table!!!**

## Playoffs

The following criteria shall be used to break ties to determine playoff seeding for head-to-head records amongst tied teams.

36. If tied: Winner is whichever team has the least total amount of points given up in head-to-head games against team(s) that you are tied (same record).
37. If still tied: Winner is whichever team has the least total amount of points given up in the overall season.

### **Playing in multiple leagues:**

**38.** Playing on two separate teams in two separate divisions is permitted. However, there is one exception. A player cannot play in two divisions that are separated by another division. In other words, a player cannot play in a division that is either two divisions up or down from the other division they are playing in. For example:

Permitted divisions:

A and B

B and C

C and D

D and Rec

**35+ can play in any other two divisions as long as you don't skip divisions.**

Not permitted divisions:

A and C

A and D

B and D

A,B,C and Rec

### **Women's Basketball League Only**

**39.** There is no 10 second back court since there is no shot clock.

### **Behavioral Technical Fouls**

**40.** Are defined as acts from foul language, verbal or physical abuse to anyone in the gym, and/or attempting to fight anyone in the gym and this is ruled by the officials or by West Sacramento City gym personnel.