



Adult Sports Rulebook

2010



Basketball

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CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be at least 18 years old and must ***sign*** an official roster form with their ***complete*** valid address and valid phone number.
- All players must be prepared to show valid photo identification at every game to Sports Staff or an umpire/official in the event of a protest.
- Rosters must be turned in with the minimum number of players (listed below per sport) signed by 8:00am the Wednesday prior to the Manager's Meeting.
- Players may be added through the fourth week of the league. Once a player is on the roster, they may not play with any other team in that league. Rosters will be pulled after the fourth week and the players listed on this final roster will be the only players eligible to play in playoffs.
- Participants are not allowed to wear jewelry (with the exception of medical bracelets and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.
- Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the game.
- Teams must have a manager, assistant manager, or team representative at all games and must circle which player that will be at each game on the line up card provided to the scorekeeper.
- If a team forfeits two (2) or more games, that team will not be eligible for post-season play. If no post-season play, teams with two (2) or more forfeits will not be eligible for first place.

Minimum/Maximum number of players allowed on the Team Roster:

Basketball – 5/15

Volleyball – 6/12

Softball – 8/15

Soccer – 7/23

Flag Football – 7/16

Playoffs:

- Playoffs are not guaranteed. Teams are guaranteed a minimum number of games. If the Recreation Coordinator cancels any regular season games, post-season games may be rescheduled so all teams have a minimum number of regular season games as set forth prior to the season. If your league has a playoff system, it is the manager's responsibility to know when his/her team is playing. CSD will not reschedule any games for teams assuming they are a

different seed than what they are or for any verbal miscommunication. If you don't receive playoff information prior to the scheduled playoff date, it is the manager's responsibility to either call the Recreation Coordinator or check the CSD website to verify playoff dates and times. If your league is a round robin format, a playoff game will be held only if two or more teams have the same record for first place. This game may be scheduled in accordance with the policies under "Postponed" games or teams could be required to remain until all games are completed on the final night of play and, if necessary, a playoff game will be played on that same night.


Playoff Seeding/Tie Breaking Policy*:

1. Head-to-Head records among the tied teams.
 2. If still tied: Winner is whichever team has the least total amount of points given up in head to head games with team(s) that you are tied (same record) with after using criteria 1.
 3. If still tied: Winner is whichever team has the least total amount of points given up in the overall season after using criteria 1 & 2.
- * *For final placement in leagues with no playoffs – playoff game(s) will be scheduled.*

BASKETBALL SPECIFIC RULES:

All games in the CSD League are governed by the current Sacramento Metropolitan Officials Association (SMOA) rules except as specified herein. Officials - Two (2) officials will be scheduled for all league games.

- **Game Time** – All games will start at the top of the hour or five (5) minutes after the previous game has ended with the exception of the first game in the gym, which will always begin at the top of the hour as stated on the official league schedule. (official's watch is the official clock).
- **Line Ups** – Complete line ups including players' first and last names are due to the gym supervisor at least five (5) minutes before the scheduled game time. Games will not start until line ups are verified and approved by CSD gym supervisors. The game clock will start at game time.
- **Late Policy** – The game clock will begin at the originally scheduled game time. There will be a five (5) minute grace period for the late team and the team that is on time will be awarded 10 points. When the five (5) minute period is up, the game will be forfeited. If both teams are late but within the five (5) minute grace period, the game shall be played as scheduled. Forfeited games will be scored 2-0. ***Game will continue with remaining time on clock.***
- Four (4) players must be present to start and continue each game. If a team wishes to add player(s), that individual may be added at any point in the game as long as the player is on the roster.



Updated
7/14/10

- **Players Bench** – Only participants on the current roster are allowed on the player’s bench. All other non-team members (i.e. fans, children, etc.) must sit in the stands. *Children 14 and under must be supervised by a non-playing adult during games.* Another **team member** on the bench is **not** considered a non-playing adult.
- Only managers, assistant managers, or team representatives will be allowed to approach the scorekeeper’s table and officials on questions concerning the game.
- **Uniforms** - All teams must have jerseys/shirts that are of the same color and style. No pockets are allowed on jerseys/shirts and they *must* be tucked in. The home team is listed first on the schedule and will wear white. The away team is listed second and will wear a color other than white (dark). Each player shall have a number on the back of his or her uniform. No number on uniforms or shorts with pockets will consist of a technical foul and automatic two (2) points for the opposing team. All players must wear tennis shoes in the gym. Hard-soled shoes are not allowed inside the gym. *Shorts with pockets are not permitted.*
- **Jump ball** will start the game.
- **Delay of game** or throw-in interference will result in a technical foul, and automatic two (2) points for the opposing team and loss of possession for the team committing the technical foul.
- **Shot Clock** is in effect – after 35 seconds a shot clock violation will be assessed and possession will be given to the opposing team.
- **Fouls**- The 5 foul rule is in effect. A player will be disqualified on the fifth foul. Teams are allowed six (6) team fouls per half. After six, the opposing team will go into “Bonus”. Teams will go into “Double Bonus” after nine (9) team fouls.
- **Technical Fouls**- Any type of technical foul committed will result automatic two (2) points per foul plus loss of possession.

Individual Fouls:

- **First Technical Foul** – Opposing team is awarded two points and will receive the ball out of bounds.
- **Second Technical Foul committed in same game** - Player must sit out for the remainder of that game.
- **Third Technical Foul (due to behavioral issues) committed in the same season** – Player must sit out for the remainder of that game and is suspended for the next game. This policy is automatic and does not require written confirmation from CSD to be effective.

- **Four Technical Fouls (due to behavioral issues) in one season** – Player will be suspended from participation in the CSD League for the remainder of the season.

Team Fouls:

- **Third Technical Foul:** Any team that accumulates a total of three (3) behavioral technical fouls in one game will automatically forfeit that game.

Managers are responsible for the conduct on the bench. Players must remain seated and within the confines of the bench area, except when substituting. Failure to do so may result in a technical foul.

No taunting is allowed. Violations will be a technical foul and/or removal from the game.

- **Timing** - Regulation play will be two twenty-minute halves, running time. The last two minutes of each half will be stop time.
- **Timeouts** - A player's request for a timeout shall be granted only when the ball is dead or in control of the team making the request. A request at any other time shall be ignored. Each team is entitled to 2 timeouts per half. Timeouts do not carry over into the second half or over time period. Each timeout will be 30 seconds.
- **Free Throws**- When attempting free throws after a timeout during running time, the clock will start when the ball is handed to the shooter. During stop time (last two minutes) the clock starts when a player touches the ball after a miss or if made when it is touched on the inbound pass. When a foul shot is being taken, players cannot move into the lane for a rebound until the ball leaves the shooter's hand. That is a lane violation and results in a turnover or another free throw.
- **Dunking** is ***NOT*** allowed before, during or after the game.
**Any player that dunks (which includes intentionally touching, hanging, or ripping on the rim or net) will be immediately ejected from the game and must serve a one (1) game suspension along with the team manager. The team will also automatically forfeit that game. If the player dunks again during the season, he/she will be removed from the league and the team manager must serve a two (2) game suspension.*

**If a person dunks or hangs on a rim and results in damage to the rim or backboard, the Cosumnes CSD will bill the participant for material and labor to fix the broken parts.*

35+ Leagues Only:

- **Roster** – 2/3 of the roster must be 35+ in order to be eligible for this league.

- **On Court Rule** – during play at least three (3) or more of the five (5) players on the court must be 35+. If playing with four (4) players, two (2) or more players on the court must be 35+. Any violation of this rule will consist of a technical foul, automatic two (2) points for the opposing team, and substitution is required.

Single Game Tie-Breaking Policy:

Regular season games ending in a tie will be decided by one three-minute overtime period. If a tie still exists after this overtime period, play shall resume with a jump ball and the first team to score shall be the winner. If overtime is needed during a **playoff game**, and a winner is still undetermined after the first three-minute overtime period, additional overtime periods will be played until a winner is determined.