



SPORTS OFFICE

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RULES AND REGULATIONS GOVERNING ADULT BASKETBALL

The rules of National Federation of High Schools (CIF), will apply unless amended below. Situations not specifically covered in these league rules will be left to the discretion of the Sports Office Staff.

1. General Information and Team Classifications:

- Divisions created based upon ability and number of registered teams for the current season.
- Managers and Players are responsible for knowing "General Rules & Regulations Governing Adult Sports."

2. Pre-Game Meeting:

- At the start of the game, the managers should meet with the Officials to discuss any special rules that are pertinent to the game and sportsmanship.
- The team managers are the only individuals to enter the court for the purpose of a clarification of rules from the Officials.
- Lineup cards will be submitted and teams ready to play 5 minutes before game time.

3. Regulation Game:

- All League Games will consist of the following:
- Two 20-minute halves.
- 3 Minute Half Time.
- **Overtime:**
 - 3 minutes long. (Extension of the 4th Quarter)
 - 2 minutes running clock, last minute stop clock.
- **Sudden Death:**
 - Still an extension of the 4th quarter.
 - First team to score 2 points wins the game.

4. Running Clock:

- Clock will continue to run except for the following situations:
 - All Timeouts.
 - Player injury when requested by the Officials.
 - Last 2 minutes of the 4th quarter unless a team is leading by 15 points, or the last minute if a team is leading by 10 points or more.
 - During a timeout, if there are free throws, the clock will start once the ball becomes live.

5. Forfeits: Time Out option

- A team must have a minimum of four players at game time.
- At game time, if a team has less than 4 players, they may use their time outs one at time until they are all used up. If the 4th player has not showed up, the game will be forfeited.

- **If the opposing manager agrees,** they may use their allotted time outs to avoid a forfeit by the other team. This agreement must be documented on the back of the official scorecard.
- If a team drops to less than four players after the game has started, the game will continue only so long as the team with less than four players holds the lead or stays within three points of its opponents.
- The game will be played without any timeouts if both teams have exhausted their allotted timeouts prior to the start of the game.

6. Team Benches:

- Home team will occupy the bench on the left side of the score table. The visiting team will occupy the bench on the right side of the score table.
- Home team is listed on the right side of the schedule.
- All players and coaches must be in the bench area during the game. Non-rostered personnel/family/friends will not be allowed to occupy the team benches.

7. Substitution:

- Unlimited free substitution is allowed during the game.
- Substitutes must enter the game by notifying the score table and being recognized by the Officials.

8. Timeouts:

- Three timeouts per game will be allowed.
- Timeouts can be used at any time during the game.
- During Overtime/Sudden Death, left over timeouts will carryover plus 1 extra timeout.
- **SPECIAL RULE: MASK TIMEOUT RULE** – While teams are required to wear masks, additional timeouts will be put in throughout the game:
 - A one-minute mandatory time out will be called at 10:00 minutes into each half.
 - Half time will be extended by one minute.

9. Equipment:

- Women's League: Game ball regulation size (28.5").
- Men's League: Game ball regulation size (29.5").
- Both teams must furnish their own practice basketball and a game ball.
- Game Officials will choose the best ball available at game time.
- No street shoes or any shoes that mark gym floors will be allowed at any time.

10. Uniforms:

- All teams must have a light and dark color jerseys.
 - Home team will wear light colored jersey, and the visiting team must wear a contrasting color. (Recommended light and dark reversible jerseys.)
- Teams must have legal visible numbers on the back of their jerseys.
- Similar shades of the same color may be acceptable- Officials decision..
- Teams may have any number between 1-99.
 - Players may have two of the following: no number, 0, and 00 on the jersey.
- Duplicate numbers and tape on the jersey will not be permitted.

11. Technical Foul Guidelines:

- Technical Fouls will be issued for the following:
 - Having two or more jerseys with no numbers or duplicate numbers.
 - Teams with unlike colors, taped numbers.
 - Jersey technical shots will be assessed per player at the time the player enters the game.

A team technical foul will be issued for each jersey violation and will not count toward individual player fouls.

- Dunking or hanging from the rim. Damage to the rim will be the responsibility of the offending team.
- A player receiving a technical foul will sit for two minutes on the bench. Time begins once the player leaves the floor and the technical shots have been attempted.
- Two technical fouls in a game will result in an ejection from the game. Player will be required to leave the gym immediately.
- A player(s) guilty of physical abuse towards another player, official, spectator or sports staff will automatically be suspended from the program until the player(s) appears in front of the Burbank Athletic Federation Board for reinstatement.
- Technical Fouls are accumulative over the season. Any player receiving three technical fouls in a season will receive a one game suspension beginning with the 3rd technical foul. A player receiving five technical fouls in one season will be suspended for the remainder of the season and be placed on probation for the next season.
- Any player ejected from two games will receive a two game suspension.
- Any player ejected from three games will be suspended for the remainder of the season.
- Any team receiving five technical fouls within the season forfeits the right to appear in playoff games and possible suspension from the league.

12. Administrative:

- Protest and Procedures
- Eligibility protest may occur at any time during the season.
- Staff will request, request the player in question to sign the scorecard and produce a valid picture ID.
- If the player is found to be ineligible, or the above requirements are not met, the following penalty will be issued.
- Forfeiture of the game(s) the player has participated in for the season.
- Suspension of the player and two game suspension for the manager.

13. Adult Sports Administrative Rules:

- Refer to the following guidelines for any items not covered in the specific rules for Adult Basketball.
 - General Rules and Regulations Governing Adult Sports
 - Technical Foul Guidelines
 - BAF Code of Conduct