

RULES AND REGULATIONS GOVERNING ADULT BASKETBALL

The Adult Basketball Program will be conducted under the rules of the National Federation of State High Schools Association unless otherwise amended in the rules stated below. These rules shall be in effect for all adult Men's Open and Women's basketball programs. League definitions:

- Open - open to any individual 18 years or above.
- Women's Open - open to any female 18 years or above

I. GENERAL INFORMATION

- A. Managers and all players are responsible for knowing the "General Rules and Regulations Governing Adult Sports" in their entirety.
- B. The Burbank Athletic Federation Board of Directors shall act as an advisory board, hear and rule upon protest appeals, and act on disciplinary cases.
- C. Where there is more than one league within a given group, grouping shall be determined by team ability, with the better teams grouped in the higher league.
- D. Players may only play on one Basketball team with the City of Burbank (1 Open or 1 Women's)

II. EQUIPMENT

1. Jerseys: Teams must have a light and a dark color jersey. All members of each team will be required to wear the same color jersey. Similar shades of the same color may be acceptable. Discretion is up to the referees.
2. The teams listed on the right side of the schedule will be the home team and wear the light color jersey.
3. Numbers: Teams may have two of the following numbers on their team:
 - a. one player with no number, one player with a printed 0, one player with a printed 00
 - i. Having two or more jerseys with no numbers or duplicate numbers will result in a technical foul for each violation. The technical fouls will count towards team fouls only.
4. Teams with unlike colors, taped numbers or duplicate numbers will be assessed a technical foul.
 - a. Technical fouls for the infractions listed above will be assessed per player at the time that player enters the game. A team foul will be assessed for each jersey technical foul.
 - b. If the game starts with a technical foul, the game clock will begin when the shooter receives the ball.
- B. Balls: The teams must provide a game ball to the official prior to the start of the game. The ball the official selects to start the game will remain the game ball for the duration unless the ball becomes unplayable or if both teams and the officials agree on a new ball. This may only happen at half time.
- C. Shoes: No street shoes or any shoes that mark gym floors are allowed at any time.

III. PLAYING RULES

- A. The length of playing time will be two 20-minute halves. A team will be allowed three timeouts per game.
- B. Running Clock: The clock will continue to run except for the last two minutes of the game.
 1. The clock will stop on all dead ball situations the last two minutes of the game. There will be one three minute half time.
Note: If a team is ahead by 15 points during the last two minutes of the game or ahead by 10 points during the last minute of the game, the clock will continue to run.
 2. Surrendering a game: the losing team may end the game by notifying the official that they surrender anytime within the last minute of the game.
 3. If it is not within the last two minutes of the game, the clock will restart after a time out once the ball becomes live.
- C. Warm up Period: Teams will only be given a warm up period if games are running on time. If games are late, there will be no on-court warm up time. Teams will be responsible for warming on their own prior to game time.
- D. Overtime Periods: The first overtime period will be three minutes in length. The clock will stop on all dead ball situations in the last minute of overtime. The second overtime period will be "sudden death" and the first team to score two points will be the winner. Each team will be given one additional time out during overtime. Timeouts left over from the second half will carry into overtime.
- E. Players: A team must field at least four (4) eligible players at game time.
 1. If a team does not have a minimum of four (4) players they may begin using their time outs one at a time until they are all used or the last eligible player arrives whichever comes first. If, by the end of the 3rd time out, the last eligible player has not arrived **in the gym**, the game will be forfeited. (See General Rules and Regulations of Adult Sports Rule IX)
 2. **NEW Fall 2019- If the opposing team manager agrees**, they may use up to three (3) of their timeouts to avoid a forfeit by the other team. This agreement must be documented on the back of the scorecard by the scorekeeper and initialed by the manager **PRIOR** to the running down of timeouts. **The opposing team may agree to donate one, two, or three**

timeouts . After all timeouts have been used, and the player is not in the gym, the game is forfeited-no exceptions.

3. Should the player enter gym as the time third timeout is exhausted, the game will be played without any timeouts being allowed.

F. Substitutes may enter the game only on dead ball situations and then the officials must beckon them in. Substitutes must first report to the scorer's table and wait to be acknowledged.

G. **Foul Shots:** Players lined up along the lane may enter the lane after the ball has left the shooter's hand. The shooter and those behind the three point line must wait until the ball strikes the rim before they may enter the lane area.

H. **Dunking:** There is NO DUNKING or hanging from the rim. Any infraction of this rule will result in a technical foul and possible suspension from the program. Damage to the rim will be the responsibility of the offending team.

I. **Technical Fouls**

1. A player receiving a technical foul will sit for two minutes on the bench. The time begins once the player leaves the floor and the technical foul shots have been attempted. A substitute may enter the game if there is one available.

2. A player receiving two technical fouls in one game will be ejected from the game and receive a minimum one game suspension. Any player guilty of physical abuse towards another player, official, or spectator will automatically be suspended from the program, and all other Burbank programs until the player appears in front of the Burbank Athletic Federation Board to apply for reinstatement and has served their suspension.

3. Technical fouls are accumulative over the season. Any player receiving three technical fouls in a season will receive a one game suspension for each technical foul beginning with the third technical foul and will be placed on probation for the remainder of the season beginning with the third technical foul. A player receiving five technical fouls in one season will be suspended for the remainder of the season and will be placed on probation the following season.

4. Any player ejected from two games will receive a two game suspension and be placed on probation for the remainder of the season.

5. Any player ejected from three games will be suspended for the remainder of the season.

6. Any team receiving five technical fouls within the season forfeits the right to appear in a playoff game and possible suspension from the league.

J. Leagues will be played in rounds. See General Rules and Regulations for Adult Sports Rule VI

IV. **FORFEITS**

A. Teams will be responsible for all forfeits regardless of when the forfeit is called into the Sports Office.

B. The forfeiting team is responsible for paying both sets of official's and scorekeeper's fees.

1. The fee must be paid prior to the next scheduled game. Failure to pay a forfeit fee could result in forfeiting the remainder of the games until the fee is paid.

2. Forfeits not paid within four (4) weeks may be sent to collections and the team will not be allowed to participate in the league until the fees have been collected.

V. **PROTESTS AND PROCEDURES**

A. Eligibility protests may occur at any time during the season. Eligibility protests are for the season.

1. When a player's eligibility is in question. The staff, official or scorekeeper will request the player in question to sign the scorecard & produce a valid picture ID. The game will continue at that time.

2. If it is found that the player is ineligible or the requirements listed above are not met the following penalty will be issued.

a. Forfeiture of the game(s) the player has participated in for the season.

b. Suspension of the player for the remainder of the season.

c. Minimum two game suspension of the manager of the team(s) involved.

VI. **ADULT SUSPENSION GUIDELINES**

See General Rules and Regulations Governing Adult Sports .

VII. **PREGNANCY RELEASE**

A. Any woman who knows she is pregnant shall be responsible for informing the Adult Sports supervisor and must obtain a Pregnancy Release Form. This form shall be signed by her doctor and returned to the Sports Office. Managers are responsible for informing players of this release form.