



San Carlos Parks & Recreation Department
1001 Chestnut St, San Carlos 650.802.4124 | 650.802.4123
Athletics Coordinator: tcook@cityofsancarlos.org
Athletic Programs Coordinator: bthomas@cityofsancarlos.org



City of San Carlos Adult Basketball League Rules and Regulations

LEAGUES

1. The Parks & Recreation Department shall determine number and classification of teams.
2. Teams must play at the time and place, and on the date specified by the League Director.
3. The League Director will determine the number of games plus playoffs for each session.

PLAYER ELIGIBILITY

1. All players must be at least 18 years old or out of high school.
2. Players may play for ONE TEAM ONLY within a division in a San Carlos Parks & Recreation Adult Basketball League.
3. A player playing under an assumed name will automatically be suspended for the season and all games in which they has played will be forfeited.
4. Players must be in good standing with other city recreation leagues within the Peninsula SANCRA jurisdiction.
5. Players must be able to show proof of age and/or San Carlos residency when required.
6. Teams may borrow a player from a different team if it will prevent a forfeit. The team NOT borrowing a player must be made aware of the situation and agree to play. If the team does not agree, the game will be ruled as forfeit for the team lacking players.

TEAM ROSTER

1. Each team should carry a minimum of 8 players and maximum of 15 players on their roster.
2. Rosters are due prior to playing your first game and are expected to be finalized after the 3rd week of the season.
 - a. Incomplete rosters after week 3 of the regular season will affect team eligibility to play in games moving forward.
 - b. Those who have not signed by week 3 will not be allowed to play for the rest of the season
3. Players must play in at least 50% of league games to be eligible to participate in playoff or championship games.
4. Once accepted into the league, a team forfeits their right to reclaim any part of their entry fee if they drop or are suspended from the league.

UNIFORMS

1. All teams are required to wear matching color shirts with numbers.
2. Each player must have his/her own jersey with a number on it. (No trading among players allowed during the game.)
3. Duplicate numbers or shirts without numbers will be considered a uniform violation. The penalty for a uniform violation will be 2 points per jersey at the start of the game for each violation.

GAME RULES

1. Official high school rules will be enforced with the exception of any local league rule.
2. Games can be played with a minimum of 4 players. (Less than 4 players on any team will result in a forfeit by that team.)
3. Games will begin with a jump ball. After that, possession will alternate.
4. There will be 2 - 20 minute running halves per game.
5. A regulation stop clock will be used in the last minute of the second half. The clock will stop for fouls, out-of-bounds, timeouts, etc. The clock will not stop after a made basket. A stop clock will not be utilized if a team is winning by 10+ points.
6. **Overtime:** in the event a game ends in a tie, a 3 minute overtime period will be played. The clock will be 2 minutes running and 1 minute stop clock. If the game is still tied, a "sudden death" period will be played until any point(s) is scored.
7. There will be a 5 minute warm-up period allowed prior to each game (time permitting).
8. **Substitutions:** All substitutes will report to the official scorer. Whenever there is a dead ball, or the referee blows his whistle, the scorer will sound the horn and the referee will allow the substitute to enter the game.
9. **Forfeits:** At all games, the clock will begin at the scheduled game time. Teams who are not present with 4 or more players will give up one point per minute on the clock through the first 10 minutes of the game, or until they have 4 legal players present and play can begin. Once both teams have a minimum of 4 players present, they may begin play with the clock continuing to run. **Forfeit time will be 10 minutes after the scheduled starting time of the first game, 5 minutes after the scheduled starting time of the 2nd game, and the scheduled game time for games thereafter, if a team cannot produce 4 legal players.**
 - a. The result of 3 players remaining on a team for any reason (foul-outs, injuries, etc.) will result in an immediate forfeit.
 - b. Illegal players will result in a forfeit by the violating team.
10. **Time Outs:** Each team is allowed 2 time outs per game. One additional time out is allowed per overtime period.
11. **Technical fouls:**
 - a. The clock will be stopped on all technical fouls and will not start again until the ball has been inbounded and play resumes.
 - b. Any player receiving 2 unsportsmanlike conduct technical fouls in a game will be ejected from the game immediately. A player ejected for unsportsmanlike conduct will be suspended from a minimum of one additional game pending review by the Recreation Department Sports Staff.
 - c. Ejected players must leave the gym and vicinity immediately and may not return to the facility until eligibility to play has been reinstated.
 - d. Uniform technical fouls do not count toward an ejection.
 - e. Warnings are not required before issuing a technical foul.
12. **Protests:**
 - a. Protests will not be received, or considered, if they are based solely on a decision involving the accuracy or judgement of an official.
 - b. Protests to be received or considered shall concern the following matters: misinterpretation of a playing rule; failure of an official to apply the correct rule to a given situation; failure to impose the correct penalty for a given violation; ineligible players, no later than 10 minutes, on the clock, into the game or upon entry into the game.

- c. Notify the referee and scorekeeper that the game is being played under protest at the time of the incident, not at the end of the game.
- d. Protests must be filed in writing (an email is acceptable) to the League Director within 24 hours, an explanation of the incident and the names of players involved, with a \$25.00 protest fee. If the protest is upheld, the fee will be refunded, if not, the City will retain it.
- e. A formal protest will contain the following information: Date, time and place of the game; Names of the officials (if possible); the rule and section of the official rules under which the protest is made; the decision and conditions surrounding the making of the decision.

13. Ejections:

- a. Conduct is governed by the SANCRA Code of Conduct. Any violation or unsportsmanlike conduct will result in immediate ejection and a minimum one game suspension.
- b. "Dunking" the ball, or hanging on the rim, at any time will result in immediate ejection with a minimum one game suspension.
- c. All ejections are subject to review by the Recreation Department staff.
- d. Consequences for ejections will be determined on a case by case basis depending on the nature of the infraction.

MANAGERS - CAPTAINS

1. Team managers and captains are responsible for the conduct of their players prior to, during, and after the game.
2. The team manager is responsible for informing his players of all league rules and regulations.
3. The team captain is the official representative of his/her team and is the only player that may address an official, in a courteous manner, on matters of interpretation, or to obtain essential information. Discussion concerning judgement calls is prohibited.

INSURANCE

Persons or players participating in activities sponsored by the San Carlos Parks & Recreation Department are not covered in any way for personal liability or property damage. Players competing in the Adult Basketball League are doing so at their own risk.

PLAYOFFS

1. Playoffs will be conducted at the conclusion of league play. Playoff options will be implemented as deemed appropriate by the League Director.
2. League standings will be determined by overall league record.
3. Ties will be broken according to "head to head" competition; point differentials from points scored in games involving tied teams (excluding forfeits); whether a team has a forfeit in their record; head to head competition against the team just above tied teams in the standings (or just below in the case of a 1st place tie).
4. The top 4 teams will advance to the playoff round, unless otherwise outlined by the League Director.
5. With the exception of absence due to injuries, players must have played in at least 50% of the league games to be eligible to play in any playoff games.

FEES

1. League fees are determined based on both direct, and indirect, costs of overall program operation. **Fees are to be paid at the time of registration.** A team is not considered registered without payment prior to the first league game.
2. Fees are based on an average 6-8 game league.
3. Fees are subject to change from session to session as determined by the Parks & Recreation Department.

Revised 05/25/2023