

City of Atascadero

Adult Basketball Rulebook

Recreation Division



Trey Gamble: Recreation Coordinator

ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

LEAGUE STRUCTURE:

This league consists of one division, teams are considered Coed.

1. ROSTERS/PLAYER ELIGIBILITY

- A. Rosters with a minimum of eight (8) players and no more than sixteen (16) players will be due when the league fee is paid. Only players listed on the official roster will be allowed to participate. Players whose names do not appear on the official roster are considered illegal players. Use of illegal players may result in forfeiture.
- B. Players must be 16 years of age or older. If under 18, then a parent needs to be present at all games and sign the waiver liability form.
- C. A player may be rostered for only one (1) team in a league.
- D. Once a player plays for a team in a league, they may not quit that team to play for another team in the same league.
- E. **Addition of any players must be done at Colony Park Community Center during regular working hours of 9:00 a.m. to 5:00 p.m., Monday through Friday.** Any teams playing ineligible players will forfeit those games. Further violations of this rule will result in that team being immediately dropped from the league and suspended from further competition.
- F. New players may be added to the roster prior to the fourth (4th) game of the season and must be approved by the league coordinator. Managers must pick-up **Add/Drop Forms** at the Recreation Office, or get them online at www.atascadero.org. Players may not play, or be added to the roster if an **Add/Drop Form** has not been submitted (SEE ADD/DROP PROCEDURES).
- G. All managers and gym supervisors may challenge the eligibility of any players. Protests on eligibility must be made by the team manager prior to the end of the game.
- H. If a team is unexpectedly short handed at game time, they may pick up a player who is rostered on another team as long as both team managers are in agreement of said player. This will be in an effort to avoid forfeited games. ONLY a player who is rostered within the league may be picked up temporarily for the game. A team must NOT continue using the same “temporary player” throughout the season.
- I. **“Temporary Player”** – in an effort to avoid forfeits, we will allow a team to use a “temporary player” ONLY when showing up for a game and unexpectedly not having 5 (or less) players. The conditions on this rule will be as follows:
 - Both Managers must agree to the Temporary Player
 - Temporary Player must be rostered on a team in the league with a waiver signed and documented in our Adult Basketball League Binder. (see scorekeepers)

2. ROSTER ADD/DROP

- A. Managers and Assistant Managers, as listed on the team roster, will be the only people authorized to add and drop players.
- B. Add/Drops can be made by emailing league coordinators or at the CPCC front desk during business hours M-F 9am-5pm & must be approved before player can participate.
- B. Players may be added or deleted to the roster up until the fourth (4th) game is played. At that time, all rosters are frozen and no player movement will be allowed unless approved by the league director. **Add/Drops can only be made after the fourth (4th) game if the**

ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

team roster drops permanently below the roster minimum of seven (7) and must be approved by league director.

- C. All players need to have their ID's with them at every game. If for some reason a player is suspected of playing illegally, by a manager, scorekeeper and/or official, time will be called and the official will request a photo I.D. by the suspected player. If the player can't produce an ID the official will forfeit the game. If the person in question is an illegal player, the game will be forfeited. The opposing team doesn't need to protest if the City, scorekeepers and/or officials find the error.
- D. **PLAYERS WILL NOT BE ALLOWED TO COME TO THE COLONY PARK COMMUNITY CENTER TO ADD THEMSELVES TO A TEAM. MANAGERS AND/OR ASSISTANT MANAGERS ARE RESPONSIBLE FOR THAT TASK. NON-APPROVED ADDS OR FEES WILL NOT BE ACCEPTED AT THE GYM.**

3. UNIFORMS/SHOES/JEWELRY

- A. All **MUST** have matching shirts of the same color with numbers on either the front or back. **NO DUPLICATE NUMBERS.** In the event two teams have the same color of jerseys, a coin toss will decide which team will wear pennies furnished by the Recreation Department. Failure to comply with this regulation will result in game forfeiture.
 - *If both teams do not comply with any uniform policy, both teams will be issued a technical foul and both teams will shoot two free throws. The game will then begin with a regular jump ball.*
 - *If only one team does not comply with any uniform policy, the team will be issued a technical foul and the opposing team will shoot two free throws. The game will begin with the complying team inbound the ball.*
- B. **If a team does not have numbered shirts, they will wear the City provided pennies.**
- C. Non-Marking Basketball Shoes Only
- D. **NO JEWELRY IS ALLOWED.**

4. OFFICIALS & SCOREKEEPERS

- A. Physical or verbal abuse of any official or scorekeeper for any reason shall result in automatic suspension from the league and possibly other Department sponsored athletic events for an indefinite period of time.
- B. When the official is ready to start the game and the players continue their warm-up or in any way delay play at the start of each half, the clock will be started and will continue running at the discretion of the officials.
- C. Officials for league games are contracted by the City of Atascadero, Recreation Division. Scorekeeper's are hired staff with the City of Atascadero, Recreation Division.
- D. Team managers or players may only approach the scorekeeper's table during their scheduled game time.
- E. ***All calls will be made by the official, except in matters related to the Players' Code of Conduct (refer to Section 18). In such cases, officials OR any member of the Recreation Staff has the authority to give a player/team technical or eject a player.***
- F. **No spectator may approach the scorekeeper's table or the officials at any time.**

5. PLAYING TIME

August 8th, 2025

ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

- A. Games will consist of two halves. Each half will be 20 minutes of running time. The clock will be stopped on all whistles, the last two minutes of the 2nd half, unless one team is ahead by more than 15 points. Game clock will be stopped for time outs, injuries and at the discretion of the officials.

6. TIE GAME

- A. In case of a tie game, there will be a three (3) minute over time starting with a jump ball. If another over time is needed, the same rule will apply for a maximum of three (3) overtime periods. The clock will be stopped the last minute of the over time.

7. TIME OUTS & HALF TIME

- A. Each team will be allowed four (4) time outs per game, two (2) in the first half and two (2) in the second half. Half time consists of five (5) minutes.
- B. Half time consists of five (5) minutes.
- C. In case of overtime, each team will be given one (1) time out per overtime period. Time outs do not carry over.

8. FOULS & TECHNICAL FOULS

- A. Fouls will be shot following the seventh (7th) team foul of each half. Each player will be allowed four (4) fouls before fouling out on the fifth (5th) foul.
- B. A Technical Foul will be assessed at the start of the game to each team that fails to comply with the uniform policy. *See 3A*. Clock will not run and will start upon inbound of basketball after the technical free throws have been shot.
- C. Any team receiving three (3) unsportsmanlike technical fouls in any game will result in forfeiture of that game.
- D. Any player or manager who receives two unsportsman like technical fouls will be ejected from the game.
- E. Any player receiving a single technical foul for unsportsman like conduct must sit out five (5) game-time minutes before re-entering the game. (Referee's discretion)
- F. Any player who is deemed by the officials to have exaggerated or fabricated contact in an attempt to deceive the referees (commonly referred to as "flopping") may be assessed a technical foul at the discretion of the officials. Repeat offenses may result in further disciplinary action, including ejection.
- G. Any player **ejected** for unsportsmanlike conduct or for receiving two (2) unsportsmanlike technical fouls must sit out the next game.
- H. **If a player receives four (4) technical fouls in one season that player will automatically be suspended for four (4) consecutive games. This player MAY NOT be eligible to play in other leagues in San Luis Obispo County as well. If technical fouls are received during the last 4 games of the season, these will roll over to the next basketball season.**
- I. **Any player ejected from a game must leave the premises immediately. If a player plays in more than one league and is ejected, he may not play in any other scheduled games for that day. The ejected player may NOT play in the following scheduled**

ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

league game. If the player is caught playing in the next game, the game will be forfeited.

- J. If a technical foul is called after a game, it will be carried over to the following week.
- K. Absolutely no dunking, hanging on the rim/net or pulling on the rim/net is NOT permitted before, during or after any game. Any player who deliberately holds onto the rim or dunks the ball will receive a technical foul and must sit out five (5) minutes before re-entering the game. **If a rim is damaged, the player & team are responsible.**
- L. These rules are in effect **BEFORE, DURING** and **AFTER** the game.

Good sportsmanship should be stressed at all times. Profanity directed towards anyone in the gym will not be tolerated and the guilty party (ies) will be banned for the remainder of the game. In the event of any rule questions, the League Director, shall have the authority to institute new rules or to change old rules, to maintain a continuity of the overall sports program. Their interpretation of the rules shall be final.

9. RULE BOOK

The NFHS handbook will be used for all situations not covered in this handbook.

10. GAME TIME FORFEITS

- A. Games will start on time as scheduled. Teams will be allowed to warm-up only if extra time is available. (See item A1)
 - 1. **No teams will be allowed on the gym floor until the referee gives them his/her approval.** Team Managers must deal directly with the referees in this situation.
- B. Game time is forfeit. The gym supervisor, officials and/or scorekeepers watch is the official time in establishing a forfeit.
- C. A team must have four (4) players to start a game. Should a team drop to below three (3) players at any time during the game, the decision to forfeit or not will be determined by the official.
- D. **Upon agreement from both managers, a team who has eligible players available within five (5) minutes of game start time may play the game so long as time is removed from the first half clock to reflect the late start of the game.** (For example, a team has an eligible number of players arrive on court four minutes after scheduled start time. The first half clock is set at 16 minutes and the game starts.)
- E. Forfeits count as a loss and a half in the standings.
- F. Teams must have their line-ups to the scorekeeper five (5) minutes before the game time.
 - 1st Forfeit - \$31 fee payable to the City of Atascadero before your next scheduled game.
 - 2nd Forfeit - \$31 fee payable to the City of Atascadero before your next scheduled game.
 - 3rd Forfeit - Dropped from the Recreation league with **NO REFUND**.

Forfeit fee will be waived if team manager contacts the Recreation Division office by 5pm the Friday before game day.

11. PROTESTS

August 8th, 2025

ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

- A. Protests will only be allowed when a players' eligibility is questioned by the opposing team.
- B. In case the protest is not decided at this time, the team making the protest shall submit a check for \$26.00, made payable to the City of Atascadero and delivered to Colony Park Community Center the next work day immediately following the game, to 5599 Traffic Way, any time between 9:00 a.m. and 5:00 p.m., Monday through Friday. This includes eligibility protests.

12. BLOOD RULE

- A. If an athlete has any blood on his uniform, the athlete must be removed from the game at the earliest possible time. This is not restricted to someone who is bleeding.
- B. An athlete cannot return to the game until:
 - a. The bloodied portion of the uniform must be cleaned with 70% isopropyl alcohol that will be in the first aid kit provided by the scorekeepers.

12. BLOOD RULE (continued)

- b. The athlete may change his/her jersey or pants. Scorekeepers will have numbered pennies at the score table. An athlete who chooses to change will be allowed to enter the game with the same or new number without penalty.
- c. An athlete who must leave the game because he is bleeding or has blood on his uniform immediately becomes a substitute. Time must come off the clock before the athlete can come back into the game.

13. ALCOHOL/SMOKING

- A. **NO SMOKING, VAPING OR DRINKING** is allowed in or around the Colony Park Community Center.
- B. Any manager or player suspected of being under the influence of drugs and/or alcohol will be asked to leave the premises. Any manager or player caught drinking and/or using drugs on the premises will be immediately suspended for the remainder of the season.

14. EJECTED and/or SUSPENDED PLAYER

- A. Depending upon the violation of the Code of Conduct, a player may be suspended for one game, two games, or longer. The League Director and/or Sports Supervisor will determine the suspension time.
- B. The manager will be notified in writing of the grounds for suspension and suspension time. A suspended player who plays a game(s) during his time of suspension, shall cause his team to forfeit those games.
- C. Any player who is ejected for the second time in a season will be ineligible to participate for the remainder of the season.
- D. In addition, any player who is suspended for the remainder of the season, or the year, **MAY BECOME INELIGIBLE TO PARTICIPATE** in any other local City league games within San Luis Obispo County. This will be determined by the League Coordinator with the cooperation and agreement of other local City Recreation Departments, i.e. Paso Robles.

ADULT BASKETBALL LEAGUE RULES AND REGULATIONS

15. MANAGERS

Team managers will be responsible for the overall conduct of their team and fans and will see that all players are familiar with all rules, regulations and Players Code of Conduct for the Atascadero Recreation Division Adult Basketball League. The privilege of entering the league next season will be based on the conduct of you, your team and fans.

16. INJURIES:

1. Officials, Scorekeepers and Team Managers are not authorized to medically assess a player. If a player is removed from the game due to a major injury (unconscious, dazed, etc.), he by rule, must be cleared by certified medical personnel to return to the game, and they must have that clearance (in writing) prior to reentering the game.

17. GAME SITE

Games will take place at the Colony Park Community Center, 5599 Traffic Way, Atascadero.

18. PLAYERS CODE OF CONDUCT

A. NO PLAYER OR SPECTATOR SHALL:

1. At anytime lay a hand upon, push, shove strike or threaten to strike an official.
2. Refuse to abide by the Official's decision.
3. Be guilty of objectionable demonstration of dissent at any official's decision by throwing any personal, team or game equipment.
4. Be guilty of heaping personal verbal abuse upon officials/staff for any real or imaginary wrong decision, or judgment.
5. Discuss with an official in any manner the decision reached by said official except by the team's manager, or team captain.
6. Be guilty of using unnecessary rough tactics in the play of game against the body and person of an opposing player.
7. Be guilty of physical attack as an aggressor upon any player, official/staff, or spectator.
8. Be guilty of abusive verbal attack upon any player, official/staff, or spectator.
9. Use profane, obscene, or vulgar language in any manner, or at any time directed towards another person.
10. Be guilty of gambling upon play or the outcome of the game with any spectator, player, or opponent.
11. Be guilty of discussing publicly with the spectators in a derogatory or abusive manner any play, decision, or personal opinion of officials or other players during the game.
12. Smoke/Vape/Drink while in the gym.
13. Be guilty of using, playing or having knowledge of an illegal player, or player using an assumed name.

NOTE: Penalties for the above actions will vary depending upon the degree of the infraction. Such penalties may include removal from the game, suspension from further games, probation, or suspension for the remainder of the season, or permanent suspension. League officials will determine league violations.