



ADULT SPORTS RULEBOOK

2022



Together We Play

BASKETBALL

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For All Adult Drop In Programs – Player registration must be completed prior to coming into the Wackford Gymnasium. Registration will be taken on our ActiveNet website which can be located on <https://yourcsd.com/> at the top right corner where it says "Register Online". TeamSideline will also have a link that will redirect you to the registration page. (<https://www.teamsideline.com/sites/cosumnes/home>)

CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be at least 18 years old and must ***register online via ActiveNet*** with their ***complete*** valid address and valid phone number.
- CSD reserves the right to ask any player at any point during Open Gym to show proper photo identification to continue play. If a player is determined to be ineligible or unable to provide proper photo identification, that individual could be suspended from further play in future to all Drop in Programs (at the CSD's discretion).
- Participants are not allowed to wear jewelry (with the exception of medical bracelets, wedding rings, 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.

Drop In Basketball SPECIFIC RULES:

- **Game Play** – Play shall consist of a “King of the Court” style format. The duration of each game will be eleven (11) minutes or once a team has reached 11 points (No win by 2).
- **Game Scoring** – First team to 11 points will be the winner of the match. Each basket in front of the three-point line is worth one (1) point. Each basket “behind” the three-point line is worth two (2) points.
- After a score, or if the ball goes out of bounds the offense will begin possession at the sideline or baseline. If a foul occurs the ball must be taken out at the top of the key. The offensive team must “pass the ball in” before a shot is attempted (make one pass before a shot is taken).
- **After Game Rotations** – The Winners of Court 1 will rotate to Court 2 and the Winners of Court 2 will stay on. Both losing team will then step off the court and will wait to play on Court 1. The 10 players who are currently waiting will then step onto Court 1 and the rotation continues.

30 players will be allowed in the gym. 10 players will always be waiting on the side for the game on Court 1 to conclude.

Those on Court 2 can continue to play on Court 2 up to 3 games in a row. Once winning their third game in a row they must move back to court 1.

- **Timeouts** – There are No timeouts. In the event of injury, time will be kept by the gym supervisor for the affected game.
- **Delay or Slow Play** – There will be no shot clock. However it is a violation to “stall” or attempt to “freeze” the ball during the play. Teams are expected to develop their own pace of play and maintain this throughout the contest. Holding the ball or stalling will result in a turnover to the opposition.
- **Possession** - A three-point shot will be taken by a player from each team to determine the games first possession. If the shot is made and the other team misses, the team who made the shot will begin the game with the ball at the top of the three-point arc. If both teams make the shot, both individuals will shoot again till the possession will be determined.

Once the game begins the Possession of the ball shall change after each made basket.

- **Jump Ball** – On a jump ball situation, the ball is awarded to the offensive team.
- **Dead/Foul Ball** – After each dead/Foul ball situation, the ball must be “checked” to a defender, then passed to another player before a basket may be scored. If this does not occur, any basket scored will be taken away and possession will be awarded to the opposing team.
- **Disputes** – A “do or die” shot will be taken if a disagreement about a call ensues that cannot be decided by discussion. The player making the call will shoot the “do or die” from the top of the three-point arc. If the shot is made then the call stands. If the shot is missed then there is no call.

Note – A gym supervisor shall be on duty at all times to settle any disputes that cannot be resolved through conversation. The gym supervisor shall have final say over any disputes. If arguments and disputes continue players or team can be removed from the Drop In Program.. The gym supervisor reserves the right to disqualify any player that continuously commits harsh and unnecessary fouls in an attempt to influence the outcome of the game.

- **Out of Bounds** – If a player causes the ball to go out of bounds or over the mid-court line the opposing team receives possession at the top of the key.
- **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 gym and must serve a one (1) week suspension. If the player dunks again during the drop in program, he/she will be removed from the program.*

**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 and any revenue lost due to programs not being able to run.*

**Intentionally slapping/hitting the backboard will be considered a dunk and the same penalties will be assessed.*

- **Officiating** – All games are self-officiated. There is no fouling out and fouls will be called on the honor system but may be ejected for any cause by the gym supervisor.

Common fouls (non-shooting) result in loss of possession for the offending team.

Offensive fouls shall result in disallowing any converted basket and loss of possession.

Shooting fouls with a missed basket shall result in retained possession for the shooting team (recheck). **NO FREETHROWS will be taken on shooting fouls.**

Shooting fouls with a converted basket shall result in the basket counted and loss of possession (no penalty, play continues as if there were no foul with the defense taking the ball).

Unsportsmanlike Conduct – Fighting or excessive arguing can result in participant ejection from the program which then can lead to suspension.

