



CITY OF FRESNO PARKS, AFTER SCHOOL, RECREATION AND COMMUNITY SERVICES

ADULT SPORTS SECTION

BASKETBALL RULES

10 Second Violation:

A player must cross the half-court line within 10 seconds after their team inbounds the ball. If the team in possession of the ball does not cross the half-court line in 10 seconds, possession is awarded to the opposing team.

Age Requirement:

18 & over. Any player found to be under the required age will be disbanded from the league. Any other action will be at the discretion of the Sports Supervisor.

Basketball Sizes:

In all levels of basketball for boys over age 12 or men, the standard ball size is 29.5 inches in circumference. Women and girls over age 12 at all levels use a ball that is 28.5 inches in circumference. Basketball Air Pressure – 7.5 – 8.5 PSI.

Closely Guarding

To be closely guarded, a defender must be within 6 feet of the offensive player. During a City of Fresno Basketball League, closely guarding is called if a player is holding or dribbling at the frontcourt at the six foot distance.

Code of Conduct:

NO PERSON UNDER THE INFLUENCE OF ALCOHOL OR DRUGS will be allowed to play at any time. A technical foul and ejection from the game and facility will be the penalty for the violation.

Dead Balls:

The ball becomes dead and/or remains dead when the following occurs:

- Official blows his/her whistle
- Free throw which will not remain in play (free throw which will be followed by another free throw, technical, flagrant,)
- Following a successful field goal or free throw that will remain in play, until player possession out-of-bounds. Contact which is NOT considered unsportsmanlike or unnecessary shall be ignored.
- Time expires for the end of any period.

EXCEPTION: If a field goal attempt is in flight, the ball becomes dead when the goal is made, missed or touched by an offensive player.

Dribbling:

- A player shall not run with the ball without dribbling it.
- A player in control of a dribble who steps on or outside a boundary line, even though not touching the ball while on or outside that boundary line, shall not be allowed to return inbounds and continue his dribble. He may not even be the first player to touch the ball after he has re-established a position inbounds.
- A player may not dribble a second time after he has voluntarily ended his first dribble.
- A player who is dribbling may not put any part of his hand under the ball and (1) carry it from one point to another or (2) bring it to a pause and then continue to dribble again.

- A player may dribble a second time if he lost control of the ball because of:
- A field goal attempt at his basket, provided the ball touches the backboard or basket ring
- An opponent touching the ball
- A pass or fumble which touches his backboard, basket ring or is touched by another player.
- **PENALTY:** Loss of ball. Ball is awarded to the opposing team on the sideline nearest the spot of the violation but no nearer the baseline than the foul line extended.

Dunking:

Dunking is allowed during game time in all City League games. Hanging on the rim for an excessive amount of time is not allowed.

Forfeiture:

The referee shall forfeit the game if a team refuses to play after being instructed to do so by any official. The referee may also forfeit a game if any player, team member, bench personnel or coach fails to comply with any technical-foul penalty, or repeatedly commits technical-foul infractions or other acts which make a travesty of the game.

Note: In the event a forfeit takes place:

- Scheduled games (excluding the final game of the night), where players for each game are present will be allowed the use of the gym at their own risk for practice/scrimmage purposes for a maximum 30 Minutes (1st Game) and 40 Minutes (for remaining games on the schedule).
- **Alert: Sports officials will not officiate, and administrative staff will not keep score.**
- In the event a forfeit takes place during the final scheduled game of the night sports officials will no longer officiate while administrative staff begin closing facilities.
 - Scheduled players for each game that are present will be allowed to use the gym at their own risk for practice/scrimmage purposes for a Maximum of 20 Minutes.

Fouls:

A common personal foul is illegal physical contact which occurs with an opponent after the ball has become live and before the horn sounds to end the period. If time expires before the personal foul occurs, the personal foul should be disregarded, unless it was

EXCEPTION: If the foul is committed on or by a player in the act of shooting, and the shooter released the ball prior to the expiration of time on the game clock, then the foul should be administered in the same manner as with any similar play during the game.

- **Bonus Free Throw:** The bonus free throw (1+1) will be in effect on the seventh team foul.
- **Double Bonus Free Throw:** Double bonus on the tenth team foul.
- **Technical Foul:** A technical foul is the penalty for unsportsmanlike conduct or violations by team members on the floor or seated on the bench.
 - During a City of Fresno Basketball League, two free throws are allowed, and possession is awarded to the offended team after a technical foul is called. Play resumes by a throw-in opposite the table.
 - During a City of Fresno Basketball League, a person with two technical fouls in one game for unsportsmanlike conduct is ejected from the game. This player may also, be subjected to additional suspension for future games (subject to City of Fresno League Administration).
- **Double Foul:** A double foul is a situation in which any two opponents commit personal fouls at approximately the same time.
- **Offensive Foul:** An offensive foul is illegal contact, committed by an offensive player, after the ball is live and there is team control.
- **Loose Ball Foul:** A loose ball foul is illegal contact, after the ball is alive, when team control does not exist.
- **Flagrant Foul:** A flagrant foul is unnecessary and/or excessive contact committed by a player against an opponent whether the ball is dead or alive.

- **Punching Foul:** A punching foul is a punch by a player which contacts an opponent whether the ball is dead or alive.
- **Away-From-The-Play Foul:** An away-from-the-play foul is illegal contact by the defense (1) in the last two minutes of each period, and last two minutes of any overtime periods, which occurs deliberately away from the immediate area of offensive action, or (2) prior to the ball being released on a throw-in at any point during the entire game.
- **Clear Path Foul:** A clear path foul is when a foul is committed with no defender ahead of the offensive player who has control of the ball and is running in transition, denying the offensive team an opportunity to score in transition.
 - Penalty: If a foul is deemed a clear path foul, the offensive team receives two free throws and the ball.
- **Transition Take Foul:** A “transition take foul” is a foul that is purposely committed by the defense to stop the offensive team from having a fast-break opportunity without making a legitimate play on the ball.
 - Penalty: When a transition take foul is called, the offensive team is rewarded with one free throw and the ball.
- **5th Foul:** A player will be removed from the game upon receiving their fifth (5th) foul.
 - The substitute shall enter the game only when instructed by the official(s). Any substitute entering the game without being called in, shall be assessed a technical foul.
 - **Note:** If a team is reduced below five players by fouling out, injury, or ejection, play continues. A team is declared the loser if reduced to a single player.

Free Throw Violation:

The free throw shooter may not step over the plane of the free throw line until the ball touches the basket ring, backboard or the free throw ends. The shooter shall be above the free throw line and within the upper half of the free throw. He shall attempt the free throw within 10 seconds of controlling the ball in such a way that the ball enters the basket or touches the ring. **PENALTY:** This is a violation by the shooter on all free throw attempts and no point can be scored.

Game Length:

Men's basketball plays two twenty-minute halves with a running clock.

- **Note:** Teams must be ready 5 minutes prior to the start of games for final instructions from officials and official game tip-off.

Goaltending:

Touch the ball or the basket ring when the ball is sitting or rolling on the ring and using the basket ring as its lower base or hang on the rim while the ball is passing through.

Halftime:

There will be a three (3) minute intermission between halves. The arrow direction is not changed at half time and will determine which team receives the ball after they swap ends at half time. The arrow is switched after the ball is in-bounded in all these situations.

Held Ball Rule:

The alternating possession rule is done to settle all held ball situations after the opening tip. Held balls occur when two opposing players both lay equal claim to the ball, and after trying to wrestle it from each other, end up in a stalemate.

Inbounding Rule:

Once the referee hands the in-bounder the basketball, that player has five seconds to throw the ball into play. If the ball is being put back in play due to a violation, the game clock won't start until the ball is touched by a player on the floor. The five-second count is still on, and it's a turnover if the player doesn't beat the count.

Jewelry:

No jewelry, equipment or long fingernails which are dangerous to oneself, or other players shall be permitted. The officials will have the final decision.

Jump Balls in Center Circle:

A jump ball is when an official throws the ball up in the air to start a City of Fresno Basketball League game and two opposing players then attempt to gain control of the ball. Any re-jump in City of Fresno Basketball League must be by the players who were involved before establishing team control.

The ball shall be put into play in the center circle by a jump ball between any two opponents:

- At the start of the game.
- At the start of each overtime period.

The ball comes to rest on the basket flange or becomes lodged between the basket ring and the backboard.

Legal Guarding Position:

A defensive player establishes a legal guarding position when he has both feet on the ground and is facing an offensive player. Legal position may be established anywhere on the court in City of Fresno league.

Mercy Rule:

- The game will end in favor of the team with the most points when the following applies:
 - The score has a 40 or more-point differential.
 - 15 minutes, or less remaining in the 2nd Half.
 - Note: At that time
 - The scorekeeper will log the score at the time the mercy rule is applied.
 - The scorekeeper will run the game clock but discontinue scorekeeping.
 - Game officials will no longer officiate the game.
 - Players are still permitted to use the remainder of the running clock at their own risk for scrimmaging. **EXCEPTION: The final game of the night will end at the time of the Mercy Rule Application.**

Offensive Three-Second Rule:

Offensive 3-second violations are called when an offensive player stands in the lane for more than three seconds. Only the offensive team can commit this violation.

Officials:

If only one official is present, the game still must be played.

Overtime:

If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra periods with a one-minute intermission before each extra period.

- Time allotted for overtime will be 3 minutes.
- All team fouls will be carried over into the overtime period.
- Each team will be allotted an additional 60-Second Timeout.
 - Note: The clock will stop at one minute or less for timeouts if the score is under a ten-point lead and dead balls.
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Player Count:

A team must field four (4) contract players at the scheduled game time. If a team starts a game with four (4) players, they will be assessed a technical foul and lose the ball for both halves.

Game time is forfeit time (Exception early game).

If four (4) or five (5) players are present, the game must start or be assessed a

technical foul for delay of game.

Only the first scheduled game will have a ten-minute grace period with running clock -technical will be assessed.

Playoff Eligibility:

Player Eligibility: A participant must compete in two games during the regular season to be eligible for playoff competition.

Possession Arrow:

Before the game starts, the possession arrow is in the neutral position.

- Once the ball is tapped and a team gains control of the ball on the opening tip, the arrow is flipped towards the basket of the team that didn't get control of the ball.
- If one team commits a violation during the jump ball, such as hitting the ball out of bounds or committing a foul, the other team is awarded the ball and the arrow is turned towards the basket of the offending team who caused the violation.

Scoring:

A successful try, tap or thrown ball from the field by a player who is located behind the team's own 3-Point line counts three points.

A successful try, tap or thrown ball from the field by a player who is located within the team's own 3-Point line counts 2 points.

A successful try, from the free throw line due to fouls or technical fouls committed, count as 1 point.

The winning team is the one which has accumulated the greater number of points when the game ends.

Timeouts:

A timeout is a break in the game that stops the clock for a brief period so teams can substitute players, strategize, or give players a quick rest.

During game play **three (60 Second), timeouts are permitted per half.** Timeouts **WILL NOT STOP THE GAME CLOCK EXCEPT** for the following:

Note: During the last two minutes or less of the second half a team is allowed to use **ONLY two of their remaining allotted timeouts.**

- One timeout can be used to stop the game clock with one minute or less remaining in the first half.
- During the last two minutes or less of the second half:
 - The clock will stop for timeouts if the score is under a ten-point lead.

If more timeouts are requested in City of Fresno league, this will earn the team a technical foul. The penalty will result in two shots and possession of the ball for the opposing team.

Traveling:

Traveling is progressing in any direction while in possession of the ball, which is in excess of prescribed limits by sports officials.

Screen:

A screen is the legal action of a player who, without causing undue contact, delays or prevents an opponent from reaching a desired position.

An illegal screen in basketball is called when an offensive player setting a screen either moves their feet or leans into the defender. The penalty for an illegal screen will result in an offensive foul.

Undetermined Team Possession:

If the officials are in doubt as to which team last touched the ball before going out of bounds the team in possession of the possession arrow will receive the ball.

Uniform:

All teams must have numbers on the back of their jerseys along with the color being the same. Opposing teams must wear different colors. Players that do not meet these requirements are not permitted to participate. Note: Only numbers that are stitched, or screen printed are permitted.