



Mather Sports Complex  
3755 Schriever Ave., Mather, CA 95655  
Phone: 916-362-1704/[www.crpdpd.com](http://www.crpdpd.com)

## **Adult Basketball Rules & Regulations**

Revised Winter 2024

### **TeamSideline**

Team schedules, Rosters, Add Forms and other important information is available online on Cordova Recreation & Park District's official TeamSideline (TSL) page:  
[www.teamsideline.com/cordova](http://www.teamsideline.com/cordova).

### **Behavior and Sportsmanship Guidelines/Expectations**

Cordova Recreation & Park District's (CRPD) goal is to provide participants with the opportunity to participate in high-quality, recreational activities while encouraging physical fitness, healthy competition, fun and fellowship in the form of organized sports. Friendly competition and good-spirited rivalry are expected. However, officials and CRPD employees will not tolerate verbal abuse or physical threats directed at them or other participants, managers and/or spectators. Inappropriate conduct will result in penalties ranging from game ejection to lifetime suspension. Conversations with umpires shall be kept to a minimum. Only team managers should address the referee regarding matters of rule interpretation and/or essential game information and must do so in a courteous manner. The referee or CRPD scorekeeper may forfeit games if either team's participants or supporters act in such a way as to interfere with proper conduct.

It is every player's responsibility to know the rules and abide by them. It is also every player's responsibility to respect and cooperate with the officials. It is the responsibility of the **team manager** to insure proper behavior on the part of his/her teammates and spectators. The team manager is ultimately responsible to the Cordova Recreation & Park District for all the above. All infractions will be governed by the **Players Code of Conduct** and are subject to interpretation by the **Recreation Coordinator and/or Supervisor**.

### **Liability/Insurance**

Players participating in all CRPD leagues/athletic activities are **not** covered in any way by CRPD for personal liability, property damage, medical injuries, etc. **Persons competing in this program do so at their own risk.** For further information, please review the liability waiver on the back of your roster.

## Mather Sports Complex (MSC) Rules

### Prohibited

1. Food and drinks are prohibited inside the basketball gym. Water and sports drinks are allowed.
2. No spitting, chewing tobacco or alcohol beverages in the facility.
3. Players will refrain from any alcoholic beverage consumption while his/her game is in progress. Any player drinking within the facility will be ejected from the game and the "Code of Conduct" rules will be enforced.
4. Only scuff-resistant shoes are allowed in the activity areas of the building. Dark soled running shoes, turf shoes, spiked shoes and any other types of shoes which mark the floors, especially the gymnasium and aerobic floors are absolutely prohibited.
5. Players may be asked to remove jewelry, clothing, shoes or any other accessory deemed unsafe or inappropriate by the Official or MSC staff.

### Blood Rule

1. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, and/or the uniform is changed.

### Player Eligibility Guidelines

1. Players must be 18 years of age.
2. Players may not play on two teams in the same division on the same night. No exceptions.
3. Players MUST be on the roster to participate. Violation for use of non-rostered players is forfeiture of game(s).

### Rosters

1. Managers must submit a team roster to the Mather Sports Center office before the first game. Teams will not be permitted to play if a roster is not on file, and games will be marked as forfeits.
2. All teams must have a minimum of five and a maximum of 10 players on their roster. Player information must be accurate and complete, with a legible name, phone number, and signature.
3. Roster additions are permitted up to, and until the fourth week of the season. A player is eligible to participate once the Roster or Add Form is filled out by the manager, signed by the player, and submitted to the scorekeeper. An individual must play in one game during the regular season to be eligible for playoffs.
4. Hardships will be accepted when teams are down to five players, or, on a case-by-case basis. An email must be submitted to the Recreation Coordinator for approval, prior to additional player participation.
5. Only players who have signed the roster or the player Add Form are eligible to

participate.

6. Players must be on a signed roster and have a picture ID at the time of playoffs to be eligible to play. No Exceptions.

### **Uniforms**

All players must have numbers printed on their shirts. Teams must also wear color-matching jerseys or shirts. The home team is always light-colored jerseys or shirts. The away team is always dark-colored jerseys or shirts. A player out of uniform or without a number will not be allowed to play.

### **Staff**

CRPD staffs one scorekeeper (per game). Officials (two per game) are contract employees from the Sacramento Metropolitan Officials Association. Please contact Recreation Coordinator, Zach Raines (zraines@crpd.com) for all staffing compliments or concerns.

1. Scorekeeper – one per game.
  - a. Scorekeepers collect line-up cards, maintain the scorebook and operate the scoreboard. Scorekeepers must be notified in the event of an official protest.

## **Rules and Regulations**

### **Rules**

1. Official **NCAA Basketball Rules** will be used except where CRPD Rules take precedence. Official NCAA Basketball Rules are available online [here](#).
2. Rules are posted online at [www.teamsideline.com/cordova](http://www.teamsideline.com/cordova). Please contact MSC staff for a printed copy.

### **Safety**

1. CRPD's priority is safety. If there is a question about rule enforcement - officials and staff will assist with any clarification.

### **Playing Time**

1. All 5 on 5 games will consist of two 20-minute running halves. The final two minutes of the first half will be stop time unless a team is winning by 10 points or more.
2. Three-minute intermission will be used between halves at the discretion of the officials.
3. **Stop time includes:** all fouls, out-of-bounds, violations, and time-outs. The clock will **not** stop after a made basket in the final two minutes of the fourth quarter.

### **Overtime**

1. If necessary, a two-minute overtime period will be played. Stop time will be utilized for the entire overtime. Fouls accumulated in the second half will stay the same in the overtime period.

2. Only one overtime will be used during regular season games.
3. For playoffs, the second (double) overtime is 'sudden death,' with the first point ending the contest.

### **Forfeits**

1. Game time is forfeit time. Forfeits will not be rescheduled.
  - a. Exception: Games beginning at 6:00 p.m. will be given a 5-minute grace period.
2. 5 vs. 5 Division - Teams must start and finish their game with a minimum of 4 players, or the game will be forfeited.
3. Games will not be postponed or rescheduled unless a game is called or canceled due to weather.
  - a. Playing in another league or tournament shall not be considered sufficient reason to reschedule a game or withhold a forfeit.
4. Typically, CRPD will not schedule games on federal holidays.
5. Any team manager posting two "no call – no show" forfeits, will be suspended for one game.
  - a. Should a third violation occur, the team will be prohibited from finishing their current season and may be barred from further participation until the Recreation Supervisor considers the case.
6. Refunds will not be issued for forfeits.

### **Line-Up Substitution**

1. Managers are responsible for turning in a complete line-up to the scorekeeper 10 minutes prior to the game.
2. Players must be present to be included on the line-up.
3. Late players must be added to the end of the line-up when they arrive. The team manager must notify officials, the scorekeeper, and the opposing team manager.

If a player cannot continue due to injury, teams may substitute the injured player with a rostered player, not in the current lineup.

### **Protest**

1. All judgment calls will stand. Only rule interpretation calls may be protested.
2. When a matter of protest arises during a game, the manager of the protesting team must immediately, prior to the next inbound ball, notify the official, scorekeeper and

opposing team that the game is being played under protest. The protest must be noted in the official scorebook.

3. Protests of illegal players must be made prior to the start of the second quarter.
  - a. An official protest must be followed by submitting an email report of the protest by 5:00 p.m. the following business day to Recreation Coordinator, Zach Raines ([zraines@crpd.com](mailto:zraines@crpd.com)).
  - b. Failure to submit a protest email by 5:00 p.m. the following business day will result in a non-reviewal, as the protest is considered late and, by extension, invalid.

### League Specific Rules

In addition to the rules outlined above, the following rules pertain to specific divisions.

#### 5 vs. 5 Division Rules

#### 4. LEAGUE CHAMPIONS

1. League Champions will be awarded championship T-shirts, up to nine (9) shirts.

#### 5. TIMEOUTS

1. 5 vs. 5 leagues are allowed two time-outs per half.
2. Time-outs may not be carried over into the second half or an overtime period.
3. A team is allowed only one time-out in the overtime period.

#### 6. FORFEITS

1. 5 vs. 5 games must start with a minimum of four players.

#### 7. PLAYING RULES

1. Team fouls for 5 on 5 leagues: The seventh foul per half on either team will result in a one + one bonus free throw situation. After that, the tenth foul and all common fouls will result in a double bonus (two foul shots).
2. Once an individual reaches 5 personal fouls, they are ineligible to play (foul out). They are not required to leave the facility unless they have been ejected.
3. Dunking the basketball (i.e., Hanging on the rim/net, snapping the rim, etc.) is **NOT** permitted during regulation play or warm-ups and will be strongly enforced.  
**Penalty:** two technical fouls and ejection from that game. Continued issues for dunking or hanging on the rim by an individual or team could result in an extended suspension.
4. A technical foul is two free throws and possession of the ball.
5. Any two technical fouls on one player will result in ejection from the contest, and they will not be allowed to participate in the team's next game.
6. Flagrant fouls will be called for unnecessary or excessive roughness, unsportsmanlike conduct, or dangerous intentional fouls. **Flagrant fouls are two points and possession of ball.**  
**Penalty:** ejection from the game and further suspension may occur.

7. All technical fouls will result in two shots and the ball out of bounds for the opposing team.
8. Any player ejected from the game must leave the facility. The player has two minutes, or the game will be forfeited. This means out of sight and sound, completely off CRPD property.
9. FREE THROWS: Played on the release. The shooter and the players outside of the arc must wait for the ball to hit the rim.
10. Players must have a numbered shirt or jersey. Written numbers are acceptable. Taped numbers are not acceptable. The same numbers on the same team are not acceptable.

**The League Coordinator reserves the right to make changes at any time to the rules or code of conduct if he/she feels it is for the betterment or safety of the league. These changes may occur with little or no notice.**

**TEAM MANAGERS ARE RESPONSIBLE FOR  
THEIR TEAM.**