

# League Philosophy

The Parks and Recreation Department offers an adult athletic program that stresses high participation, recreation and sportsmanship. The City provides these quality services through a variety of structured leagues which include:

- Men's Basketball in the winter, summer and fall
- Women's Basketball in the spring, summer and fall
- Coed Bocce Ball in the spring, summer and fall
- Coed Cornhole in the spring and summer
- Coed Softball in the spring, summer and fall
- Men's Softball in the spring, summer and fall
- Coed Volleyball in the winter, spring/summer and fall
- Men's, Women's and Reverse Coed Volleyball in the spring, summer and fall

## INDIVIDUAL'S LIST INFORMATION

We only accept team registration. There are Free Agent Lists for men's and women's basketball, coed softball and men's softball, and coed, men's and women's volleyball. These lists are used by Novato teams who are looking for a player to add to their roster. Please visit us at [novato.org/sports](http://novato.org/sports) click on the tab "Free Agent Sign Up" and complete the form to be added to the list.

*Note: Your placement on the Individual's List does not guarantee your placement on a team. Names will remain on the list for one year.*

The City runs each league according to established rules, regulations, a Code of Conduct, and consequences specific to each sport. Adult athletic participants are subject to basic rules which emphasize sportsmanlike behavior and the recreational nature of City leagues.

Players shall not:

- Verbally abuse, threaten, lay a hand upon, push, shove, or strike an official, player, or spectator.
- Refuse to abide by an official's decision.
- Object to an official's decision through verbal abuse or throwing an object.
- Use unnecessary rough tactics against another person with the intention of causing injury.
- Display unsportsmanlike behavior.
- Be intoxicated immediately prior to or during a game. Alcohol is not allowed on-site.
- Smoke/vape at any recreation event.
- Leave trash outside of receptacles provided.
- Challenge an official's authority to impose penalties for violations of the code of conduct.

For more information:

Call Nick Malliaras, Recreation Coordinator at 415-899-8263 or e-mail us at [sports@novato.org](mailto:sports@novato.org). Visit us online at [novato.org/sports](http://novato.org/sports) for league schedules, standings and other league information.

# Adult Basketball League Protocols

1. Stay home if feeling sick and/or have COVID symptoms.
2. Players can only play for one basketball team per division, per season.
3. Arrive no more than 20 minutes prior to your scheduled game time. Leave the gym immediately after your game ends.
4. Scorebook: Scorekeepers will take down team points, individual player fouls, and team fouls in the scorebook. They are under no obligation to keep individual player statistics.
5. Shake hands with the opponent postgame regardless of the outcome of the game. Please show respect to all and the game of basketball itself.

**Expectations & Considerations:** Our goal is to protect the health and safety of our participants and staff, reduce the risk of transmission by following recommended guidelines and protocols, and to provide the best possible experience for our participants.

# Basketball Registration Information

A. There will be no priority given to a returning team.

B. Teams will be accepted on a first come first serve basis. Team registration is completed on Active Net by the team manager, where they will pay the team fee. Managers will receive an email from Team Sideline approximately 24 hours after registration, with information on how to fill out the roster. A completed roster is due by the registration deadline.

C. Space is limited to the first 10 men's/women's teams per division during all seasons. A waiting list will be established if a league is full.

D. The league fee for the men's season is \$780 per team, with women's being \$600, plus \$5 for each non- resident (approximately 10 week seasons).

**\*\*Dates are subject to change, please see [novato.org/sports](http://novato.org/sports) for current registration information.**

# League Format

A. Divisions are decided by each team's finish from the previous season. New teams placement will be decided at the discretion of the team manager or Recreation Coordinator. **\*Depending on registration numbers, divisions may be combined.**

B. When league schedules are prepared, we do not guarantee game times, and/or gym locations will be balanced.

Division	Number of Teams	Game Night	Facilities
Men's A/B	6	Sunday's	Hamilton Comm Gym, Novato High School Gyms
Men's C	8	Sunday's	Hamilton Comm Gym, Novato High School Gyms
Men's D	6	Sunday's	Hamilton Comm Gym, Novato High School Gyms

# League Facilities

The Gym Locations are as follows:

- Hamilton Community Gym
  - 5530 Nave Dr, Novato, CA 94949
- Novato High School Old Gym
  - 625 Arthur St, Novato, CA 94947
  - This gym is in front of the school near the upper parking lot
- Novato High School Gordon Gym
  - 625 Arthur St, Novato, CA 94947
  - Also known as "New Gym"
  - This gym is located near the back of the school; pass the tennis courts to find the entrance

# Team Rosters

- A. A completed roster is due before the final registration date. Rosters must be completed on Team Sideline. Players will agree to all league waivers when enrolling on their team. Contact Nick Malliaras (nmalliaras@novato.org) if any assistance is needed.
- B. Rosters must have a minimum of 7 and maximum of 12 players. More than 12 players must be approved by the Parks and Recreation Department. Players must be at least 16 years old.
- C. Roster information is for City use only and will not be given to other parties.
- D. Roster add/drop policy:
- Players may be added to a team roster provided the roster limit is not exceeded.
  - To officially drop a player from the roster, the team manager must sign the release clause on the player's contract add/drop form.
  - Players may be added until the fourth game of the season. The Parks and Recreation Department must approve any additions after the fifth game.
  - To officially add a player to the roster, a completed player contract add/drop form must be submitted to the scorekeeper at the gym prior to the game. The add/drop form must be filled out completely and include the signature of the player and manager.
  - Players must report to the scorekeeper their name and jersey number before the start of each game. Players must meet the 5 game minimum to be eligible for playoffs.

# Player Eligibility

A. All players must be at least 16 years of age. The parent or guardian will need to sign the roster for players under 18 years old.

B. A player may only play on ONE Men's/Women's team per division, per season.

C. Any player ejected from a game will automatically be suspended from his/her team's next game, playoff games included. Ejected player is required to vacate the game site immediately.

- Any ejection is subject to an evaluation by the Novato Parks and Recreation Department. Further punishment may be issued if deemed necessary.
- Any player who is ejected twice in one season, will be removed for the rest of the season, and jeopardize any future participation in any City of Novato Parks and Recreation athletic leagues.

D. A player must have participated as a player in at least 50% of the league games in order to be eligible for any playoff game.



# Tie Breaking Procedures

A. The following procedures will be used to determine final league standings when two or more teams finish the season tied:

1. Head-to-Head record among the teams involved in the tie.
2. Points scored/allowed differential in games between the teams involved.
3. Points scored/allowed differential in all games.
4. Flip of the coin.

B. After the tie is broken and we are down to two teams:

1. Head-to-Head record among the teams involved in the tie.
2. Points scored/allowed differential in games between the teams involved.
3. Points scored/allowed differential in all games.
4. Flip of the coin.

C. **All results are final once decided.**

# Playoffs

- A. All playoff games will be set at the beginning of the season and may vary from the normal league schedule.
- B. The higher seeded team in the playoffs shall be the home team.

# Awards

- A. Basketball playoff champions will receive 15 championship T-shirts.
- (2 Med, 4 Lrg, 7XL, and 2 XXL). Additional T-shirts may be purchased for \$15 each.

# Miscellaneous Information

A. **Insurance:** Persons or players participating in activities sponsored by the Parks and Recreation Department are not covered in any way for personal liability or property damage. This means that players are competing in the leagues at their own risk and are advised to obtain their own insurance as their personal needs may require.

B. **Sports Officials Wanted:** The City of Novato Parks & Recreation Department is seeking Adult Sports Officials. Applicants should have experience working in adult athletic leagues. Sports Officials are considered employees of the City of Novato. Please contact Nick Malliaras at 415-899-8263 for more information.

C. League information, including schedules, rules, standings, blank rosters, blank add/drop forms, and this manual are available on the City of Novato web site, [novato.org/sports](http://novato.org/sports).

# Basketball Rules and Regulations

## A. GROUND RULES

A. Official National Federation of High School Associations (NFHS) Rules and Regulations for the current year shall govern play with the exception of local league rules.

## B. LOCAL RULES

1. 5 Minute Rule: If a team does not have the 4 required players at game time, the clock will start. If after 5 minutes they do not have enough players, then the game will be declared a forfeit. Teams may play with 4 players for the entirety of the game.
2. Each team receives two one-minute time-outs and two 30 second timeouts per game
3. A game shall consist of two 20 minute running halves, with a three minute half- time. The clock will stop in the last two minutes of each half on all whistles. If the point difference is ten or more in the final two minutes of the game, the clock will continue to run.
4. Overtime shall be three minutes. The clock will stop in the last two minutes on all whistles. Each team will receive one additional time-out for each overtime. There is no limit to the number of overtimes.
5. The bonus situation will occur on the tenth team foul per half. At that time all free throws will be two shot fouls.

6. The second team foul in the last two minutes of the game will result in two shots for the team offended. This will continue should there be an overtime or subsequent overtimes.
7. All players must conform to the City of Novato Parks and Recreation Department Adult Sports Code of Conduct (page 34 of the Adult Sports Manual).
8. Three unsportsmanlike technical fouls on a team will result in a forfeiture of that game.
9. If a team accumulates 3 technical fouls during a season, the team manager will be suspended for one game. If a team accumulates 5, that team will be ineligible for the playoffs and the following season of recreation basketball.
10. A technical foul will result in an automatic two points and the ball for the other team.
11. Any player ejected from a game will be automatically suspended from his team's next game, playoff games included. Ejected player is required to vacate the game site immediately.
12. Teams are required to have numbered jerseys of the same color.
13. The home team shall be listed first and wear lighter color jerseys.
14. Forfeits will count as 1 ½ losses in the standings.
15. A team who forfeits two games in a season will be eliminated from the playoffs and receive no refund of the registration fee.

16. Dunking will be permitted during the game, but not prior to, or at any intermission of the game.

17. Any team that uses an illegal player in a playoff game will be suspended for the next season.

18. All trash must be deposited in receptacles provided. Please pickup your empty bottles and trash from the bench area after your game.

19. Smoking, vaping, alcohol and illegal drugs are prohibited at all times at all recreation events.

20. Two officials will be assigned to your game. If only one is present the game shall be played and will be official.

**PLEASE NOTE:**

Free Throws will be administered per official National Federation of High School Associations (NFHS) Rules and Regulations: players in marked lane spaces to enter the lane when the ball is released by the free thrower. The restrictions for the free thrower and players not in marked lane spaces remain in effect until the free throw touches the ring or backboard, or until the free throw ends.

Intentional Fouls will be administered per official National Federation of High School Associations (NFHS) Rules and Regulations.

# Protests

A. Protest concerning ineligible players must be stated to the scorekeeper at the scorer's table, and the referees prior to the start of the game. The player in question will be noted by the scorekeeper in the scorebook.

B. All other protests must be stated to the scorekeeper, referees at the gym, and noted in the scorebook. Judgement calls by the referees during the game cannot be protested. All protests will be settled by the Novato Parks and Recreation Department.