



ADULT BASKETBALL RULE PACKET

Last Updated: 11/26/25

Schedules, Standings, and League information are available at www.teamsideline.com/chico

Rulebook updates for each new season are highlighted in **yellow**.

BEHAVIOR AND SPORTSMANSHIP

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 ensure proper behavior on the part of their team's fans. The team manager is ultimately responsible to CARD staff for all the above. All infractions will be governed by the Player's Code of Conduct.

The objective of CARD sports leagues is to provide the opportunity for participants to benefit from a quality leisure time activity that encourages fitness, healthy competition, fun, and fellowship in the form of organized sports. Friendly competition and good-spirited rivalry are expected. However, officials and facility supervisors are CARD employees and will not tolerate verbal abuse or physical threats from or amongst players, coaches, or spectators. Managers are responsible for their team AND spectators. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. An official or facility supervisor may forfeit games if either the team's participants or supporters act in such a way as to interfere with the proper conduct of the game.

GENERAL

Conversations with officials will be kept to a minimum. Team managers, and only team managers, may address the officials. Managers may only address matters of rule interpretation or essential game information and must do so in a courteous manner. Any verbalization directed toward an official other than that outlined above will result in a technical foul and possible dismissal from the contest.

No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during the games (safety). Length of fingernails, if deemed dangerous, will be cause for removal of the player from that game.

BLOOD RULE

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, or the uniform is changed.



PLAYER ELIGIBILITY

1. Players may not play on more than 1 team in the same division.
2. All players must complete their roster registration **before** participating in any CARD league.
3. Penalties for playing with an ineligible or unrostered player include forfeiture from the game being played at the time the issue is brought to CARD staff attention (i.e. the game official or Adult Sports Director) and suspension of the team manager for the team's next game.
 - a. Any player suspected of playing under false pretenses or rule violation, must prove their identity to the Gym Supervisor or officials present before the end of the game, or game will be forfeited.
4. Minimum age for adult divisions: **16 years old** (must have a waiver signed by parent/guardian). Must be prepared to show proof of age if asked by CARD Staff.

FOOD AND DRINK

To protect the courts for not only the duration of our season but for many seasons to come, no food or drink is allowed in any Chico Unified School District or CARD gymnasium other than water.

LEAGUES

1. Teams must play at the time, place, and date specified on their schedule. No team shall be given special concessions on courts, game times, or nights of play.

ELIGIBILITY OF TEAMS

1. Team Roster: The maximum number of players on the roster is **15** in our 5 vs 5 leagues and **8** players in 3 vs 3 leagues. (This includes the manager, providing they are a playing manager)
2. Team Roster: The minimum number of players on the roster is **8** in 5 vs 5 leagues and **5** in 3 vs 3 leagues.
3. Only players who meet league requirements and who have signed up on their Team Sideline roster are eligible to play.
 - a. Penalty: Player removed from game, forfeiture of game, and possible suspension of manager.
2. Hardships will be accepted when teams are down to six players for 5 vs 5 teams and three players for 3 on 3 teams. A Hardship application must be filed with the Adult Sports Office requesting additional players at least 1 day before the team's game.
3. All 5 vs 5 games must start with a minimum of **four** players; however, games may be finished with fewer players if the score is within 10 points. 3 vs 3 league games may start with two players.



EQUIPMENT

1. All teams **MUST** have matching jerseys with numbers printed on them.
 - a. Loaner jerseys will be issued by CARD staff. If a team does not have jerseys.
2. Teams must have a light colored AND a dark colored jersey for each game. Players who do not wear a shirt matching the color of their team's uniform are not permitted to participate in the game.
 - a. Home teams will wear lighter colored jerseys.
3. The home team is responsible for providing the game ball.
 - a. 29.5-inch ball for Men's games.
 - b. 28.5-inch ball for Women's games.
4. No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during games for safety reasons. The length of fingernails, if deemed dangerous, can lead to the removal of a player from that game.

GAMEPLAY

1. Schedules will be available online at www.teamsideline.com/chico
2. All CARD basketball games are subject to modifications, and cancellations.

RULES AND REGULATIONS

CARD Basketball is structured to follow the **NFHS** Basketball Rules with modifications made to suit the specifications of CARD programs.

1. Forfeits:
 - a. Any team who forfeits a game will automatically incur a loss in the league standings scored at 99-0.
 - i. Affects tiebreaker scenarios for playoffs.
2. Time Limits:
 - a. All 5 vs 5 games will consist of four 10-minute running quarters.
 - i. 1st-3rd quarter: The final 15 seconds of each quarter will be "stopped time" **unless a team is winning by 10 or more points.**
 - ii. 4th quarter: The final 2 minutes of the quarter will be "stopped time" **unless a team is winning by 10 or more points.**
 - b. All 3 vs 3 games will consist of four 10-minute running quarters. The final two minutes of the second half will be stop time unless a team is winning by 10 points or more.
 - c. If necessary, a two-minute overtime period will be played. Stop time will be utilized for the entire overtime. Only **one** overtime will be used during regular season games.
 - i. For playoffs, a 2nd overtime period is "sudden death." The first point scored will during this period ends the game.



- d. One-minute intermission will be used between the 1st and 3rd quarters and a three-minute break between halves at the discretion of the officials.

3. TIME OUTS

- a. 5 vs 5 leagues are allowed **two** time-outs per half.
- b. 3 vs 3 leagues are allowed **two** time out per half.
- c. Time outs may not be carried over into the second half or an overtime period.
- d. Teams are given **one** time-out for the overtime period(s).

4. COURT PLAY

- a. Team fouls for all leagues:
 - i. The **seventh** foul per half on either team will result in a one + one bonus free throw situation. The **tenth** foul and all common fouls thereafter will result in a double bonus (two foul shots).
 - ii. All defensive fouls will be 2 shots, except if the basket is made, then one shot.
 - iii. Once an individual reaches **5** personal fouls they are ineligible to play (foul out). They are not required to leave the facility.
 - iv. All team and individual and team fouls carry over into overtime.
- b. Dunking: No touching the rim or backboard. Violation of this rule will result in a technical foul and immediate ejection from the game and/or the facility at the discretion of CARD staff.
 - i. If a player violates this rule on more than one occasion, they may be suspended for an extended period.
 - ii. If there are 2 dunking-related violations during a game by the same team, that team immediately forfeits the game.
- c. Ejections:
 - i. If an ejection takes place in the 4th quarter, players may be suspended for the team's next game.
 - ii. CARD staff have the authority to eject anyone from the game and/or from the facility at any time at their discretion.
 - iii. Any player who is ejected from the facility has two minutes to leave the facility, or the game will be forfeited.
- d. Technical fouls:
 - i. Results in a player receiving a warning along with a team warning. The opposing team is awarded **1** free throw and possession of the ball.
 - ii. A 2nd technical foul results in an immediate ejection from the game. The opposing team is awarded **1** free throw and possession of the ball.
 - 1. If the player remains respectful, they may stay on the team's bench.
 - iii. Technical fouls called after a game has ended will result in a forfeit.



- e. Flagrant fouls:
 - i. Will be called for any unnecessary roughness or unsportsmanlike conduct that does not warrant a technical foul.
 - ii. Result in the opposing team being awarded with 2 free throws and possession of the ball.
 - iii. Any 2 flagrant fouls by one team will result in immediate forfeiture of the game.
- f. Free Throws: Played on the release.
 - i. The shooter and the players outside of the arc must wait for the ball to hit the rim.
- g. Modifications based on score:
 - i. No "Full Court Press" allowed if a team is ahead by **20** or more points in the 4th quarter.
 - 1. Penalty- Team technical foul (1 shot and possession).
- h. Team Warnings
 - i. A team warning will be issued if any fans are on the court during gameplay.