



CARD
Chico Area Recreation & Park District

545 Vallombrosa Ave.
Chico, CA 95926
Phone (530) 895-4711
Fax (530) 895-4721
www.chicorec.com

ADULT BASKETBALL RULE PACKET

ROSTERS

Team rosters must be submitted via [Teamsideline](https://www.teamsideline.com). All players, including managers must enroll on their team roster as players.

Blank rosters can be found at <https://www.teamsideline.com/sites/chico/downloads>

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 his/her team's fans. **The team manager is ultimately responsible to the CARD staff for all the above.** All infractions will be governed by the Players Code of Conduct.

The objective of CARD Sports Leagues is to provide the opportunity for participants to benefit from quality leisure time activities which encourage 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. Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension. The Official or Facility Supervisor may forfeit games if either team's participants or supporters act in such a way as to interfere with proper conduct of the game.

INSURANCE

Persons or players participating in the activities sponsored by CARD are not covered in any way for personal liability or property damage. This means that people competing in this program do so at their own risk. CARD does not carry medical insurance for injuries incurred by participants of athletic events.

GENERAL

CARD SPORTS EJECTION CRITERIA

1. RESPECT OUR STAFF

- Questions regarding the officials' calls must be directed to gym supervisors only by the coaches or team managers.

- Team managers and coaches must ensure their players and spectators are respectful.

2. SPORTSMANSHIP

- CARD staff has the right to eject any player, manager, coach, or spectator for creating an unsafe or unsportsmanlike environment.
- Any use of profanity directed towards CARD staff, other players, managers, coaches, or spectators may result in ejection from the game and suspension from future CARD programming.

We are here to help people play.

ALCOHOL/SMOKING

No tobacco, marijuana, vape, drugs or alcoholic beverages on CUSD or CARD property: Managers will be held responsible for reminding their players and followers that it is against state law, school code and contrary to CARD rules. Violation could result in forfeiture and possible suspension.

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.

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. The number, variety and type of leagues shall be determined by the Chico Area Recreation and Park District (CARD).
2. 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 night of play.

ELIGIBILITY OF TEAMS

1. Team Roster: Maximum number of players on the roster is 15 in 5 on 5 leagues and 8 players in 3 on 3 leagues. (This includes the manager, providing they are a playing manager)
2. Team Roster: Minimum number of players on the roster is 8 in 5 on 5 leagues and 5 in 3 on 3 leagues.
3. Only players who meet league requirements and who have signed the league roster and/or player addition form and have it on file at the CARD office are eligible to play. **Penalty: Player removed from game, possible forfeiture of game, and possible suspension of manager.**

4. Hardships will be accepted when teams are down to six players for 5 on 5 teams and three players for 3 on 3 teams. A Hardship application must be filed with the Adult Sports Office requesting to add additional players.

PLAYER ELIGIBILITY

1. Players may only play for one 5 on 5 league team per night and/or one 3 on 3 team in the CARD leagues.
2. **Players may only participate on one team per sport per night.**
3. Any player questioned by a team manager who is suspected of playing under false pretenses or rule violation, must prove his/her identity to the Gym Supervisor or officials present before the end of the game, or game will be forfeited. Example: show Driver's License. Any player found to be playing under an assumed name will be subject to disciplinary action.
4. **18+ Leagues - All players must be at least 16 years of age to be eligible. Players between the ages of 16 and 17 must have a youth participation form signed.**

EQUIPMENT

1. All teams **MUST** have numbers printed on their shirts. Teams must have a white shirt **AND** a dark shirt 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.**
2. **HOME TEAM IS RESPONSIBLE FOR PROVIDING GAME BALL.** Men's ball will be used for men's games and a woman's ball will be used for woman's games.
3. No jewelry (rings, watches, necklaces, earrings, etc.) may be worn during the games for safety. Length of fingernails, if deemed dangerous, will be cause for removal of player from that game.

FORFEITS

1. All 5 on 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 on 3 league games may start with two players.

SCHEDULES

1. Schedules will be available online at www.teamsideline.com/chico

All CARD basketball games are subject to cancellations, sometimes without notice.

RULES AND REGULATIONS

CARD Basketball is structured to follow the NFHS Basketball Rules with modifications made to suit the constraints of the program.

TIME LIMITS

1. All 5 on 5 games will consist of four 10-minute running quarters. The final minute of each half will be stopped time unless a team is winning by 10 points or more. **Clock will stop during final 15 seconds of every quarter.**

2. All 3v3 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.
3. 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. For playoffs, 2nd overtime is “sudden death”, with the first point ending the contest.
4. 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.

TIME OUTS

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

COURT PLAY

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. The tenth foul and all common fouls thereafter will result in a double bonus (two foul shots).
2. Team fouls for 3 on 3 leagues: All defensive fouls will be 2 shots, except if the basket is made, then one shot.
3. Once an individual reaches 5 personal fouls they are ineligible to play (foul out). They are not required to leave the facility.
4. **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. If a player is in violation of this rule on more than one occasion, they may be suspended for an extended period. If there are 2 dunking-related violations during a game by the same team, that team immediately forfeits the game.
5. If an ejection takes place in the 4th quarter, players may be suspended for the team’s next game.
6. CARD staff have the authority to eject anyone from the game and/or from the facility at any time at their discretion.
7. Technical fouls result in the opposing team being rewarded with 2 free throws and possession of the ball.

8. Technical fouls result in immediate ejection from the game. If players remain respectful, they may stay on the team's bench. If a team receives a 2nd technical foul in the same game, that team will immediately forfeit. Any technical fouls called after the game has ended will result in a forfeit.
9. Flagrant fouls will be called for any unnecessary roughness or unsportsmanlike conduct that does not warrant a technical foul. Flagrant fouls result in the opposing team being rewarded with 2 free throws and possession of the ball. Any 2 flagrant fouls by one team will result in immediate forfeiture of the game.
10. Any player that is ejected from the facility has two minutes to leave the facility, or the game will be forfeited.
11. FREE THROWS: Played on the release. The shooter and the players outside of the arc must wait for the ball to hit the rim.

3 ON 3 SPECIFICS

1. Games will be played half court. The mid-court line will be considered out-of-bounds.
2. To start a game, a coin toss will determine which team will be awarded "first out".
3. All held balls will result in alternate teams taking the ball out of bounds, starting with the team losing the coin flip.
4. The team scored upon will receive the ball within the center court circle to continue play. Players must "check" the ball and must pass-in to begin play.
5. On all free- throws, offensive tip-ins will be allowed.
6. On all changes of possessions, the ball must be cleared (i.e. defensive rebounds, turnover, steals, etc.) Offensive rebounds do not constitute a change of possession.
7. When the ball goes out of bounds or there is a violation or offensive foul, the ball must be in-bounded behind the last line nearest the half court line.
8. Offensive Team Fouls: Ball will be taken out of bounds by the defensive team. No free throws will be shot.
9. 3 second rule is in effect.