

## **ADULT BASKETBALL RULES**

Updated 3/17/2026. Updates are in yellow.

Schedules, standings, and league information are all available at [www.teamsideline.com/chico](http://www.teamsideline.com/chico).

### **ROSTERS**

Rosters must be submitted via Teamsideline prior to the first game and include each player's full legal name, birth date, and an appropriate headshot photo. Teams that do not turn in their roster may not be placed on the schedule at the discretion of the CARD Leadership team; teams may also be subject to forfeit if they do not have a legal CARD roster.

### **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 team manager's responsibility 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 Adult Sports Code of Conduct.

The objective of CARD Sports Leagues is to provide participants with the opportunity to benefit from quality leisure-time activities that encourage fitness, healthy competition, fun, and fellowship through organized sports. Friendly competition and good-spirited rivalry are expected. However, Officials and On-site Leads 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. The Official or Facility Supervisor may forfeit games if either team's participants or supporters interfere with the proper conduct of the game.

### **GENERAL**

Conversations with officials should be kept to a minimum. Only team managers may address the officials. Managers may address only matters of rule



interpretation or essential game information, and must do so in a courteous manner.

### **CARD SPORTS EJECTION CRITERIA**

**Ejected individuals must immediately vacate the program site property.** At a minimum, an ejection results in **season-wide probation** across all CARD sports programs. All incidents are reviewed by the CARD Sports Leadership Team, which will contact the individual only if further disciplinary action is required.

Please note that further violations while on probation will result in an immediate suspension. To maintain the integrity of the review process, individuals should not contact the CARD Office regarding their status; all Leadership Team decisions are final and not subject to appeal.

#### 1. RESPECT OUR STAFF

Questions regarding officials' calls must be directed only by coaches or team managers to the gym/field supervisors. Team managers and coaches must ensure their players and spectators are respectful to the staff.

#### 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.

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 stops bleeding, is covered, or the uniform is changed.

### **FOOD AND DRINK**

To protect the courts not only for 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, except water.

## PLAYER ELIGIBILITY

1. Players may not play on two teams in the same division. Penalties for playing with an ineligible 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 on-site lead) and suspension of the team manager for the team's next game.
2. All players must complete their roster registration on Teamsideline 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 on-site lead) and suspension of the team manager for the team's next game.
  - a. Any player suspected of playing under false pretenses or of a rule violation must prove their identity to the onsite director or officials present before the end of the game; otherwise, the game will be forfeited.
4. Minimum age for adult divisions: 16 years old (must have a waiver signed by a parent/guardian). Must be prepared to show proof of age if asked by CARD Staff.

## ROSTERS

1. All teams must have a minimum of seven players on their roster by their first game of a new season. A maximum of 15 players can be rostered on a team.
2. Rosters are due prior to the start of the first game via Teamsideline. Managers can make changes until week 4 of the regular season.
  - a. All individuals in the team area and on the field of play must be on the roster.
  - b. Staff will conduct roster checks during the regular season and prior to the playoffs.
  - c. Managers and coaches must be listed on the roster as players.
  - d. No pick-up players (subs) unless they are on the roster.
3. Permission to Play (minors 16+)
  - a. A "Youth Add/Drop Form" must be submitted to CARD and signed by the youth's parent or guardian. This form will be kept on file with the team roster.

## **EQUIPMENT & UNIFORMS**

1. All teams **MUST** have matching jerseys. Players who do not wear a shirt matching their team's uniform color will cause their team to wear matching pinnies provided by CARD.
2. CARD requires all shirts to be made of appropriate, family-safe material and content. CARD reserves the right to ask any team to change shirts or jerseys. Teams that refuse to remove offensive clothing during league play are subject to removal from the league and forfeiture of fees.
3. 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.
4. 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.

## **RULES & 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 that forfeits a game will automatically incur a loss in the league standings, scored at 99-0.
  - b. 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. 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.
  - d. 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

- i. For playoffs, a 2nd overtime period is “sudden death.” The first point scored during this period ends the game.

### 3. Time Outs

- a. 5 vs 5 leagues are allowed two time-outs per half.
- b. 3 vs 3 leagues are allowed two time-outs per half.
- c. Time-outs may not be carried over into the second half or an overtime period. 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 free throw.
  - ii. All defensive fouls will be 1 shot for 2 points, except if the basket is made, then it will be 1 shot for 1 point.
  - 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. All ejections will automatically result in a season-long probation.
  - ii. CARD staff has 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 must leave the site property, or the game will be forfeited.
- d. Technical & Intentional Fouls:
  - i. Results in a player receiving a technical and a team warning.
    1. The opposing team is awarded 1 free throw for 2 points and possession of the ball.
    2. A 2nd technical foul results in an immediate ejection from the game. The opposing team is awarded 1 free throw for 2 points and possession of the ball.

3. Technical fouls called after a game has ended will result in a forfeit
  - ii. Flagrant & Intentional fouls:
    1. Will be called for any unnecessary roughness or unsportsmanlike conduct that does not warrant a technical foul.
    2. Result in the opposing team being awarded with 1 free throw for 2 points and possession of the ball.
    3. Any 2 flagrant fouls by one team will result in immediate forfeiture of the game.
5. **Free Throws:** To maximize play time and to encourage playing a cleaner game with less fouling, players will only ever shoot one free throw. The point weight for that free throw is determined by the following situations:
- a. Regular Shooting Fouls: 1 free throw for 2 points
    - i. Regular Shooting Foul (made basket): 1 free throw for 1 point
  - b. 3 Point Shooting Foul: 1 free throw for 3 points
    - i. 3 Point Shooting Foul (made basket): 1 free throw for 2 points
  - c. Bonus Fouls (opposing team has 7 fouls or more): 1 free throw for 2 points
  - d. Technical & Flagrant/Intentional fouls: Result in the opposing team being awarded with 1 free throw for 2 points and possession of the ball.
6. **Modification based on score:**
- a. No "Full Court Press" allowed if a team is ahead by 20 or more points in the 4<sup>th</sup> quarter.
    - i. Penalty- Team technical foul (1 shot for 2 points, and possession).
  - b. Team Warnings & Technicals
    - i. A team technical will be issued if any fans, including children, are on the court during gameplay.

## MISCONDUCT:

1. Ejections:
  - a. Game officials will report all ejections to the on-site lead and the Sports Leadership Team.
  - b. Ejected individuals must immediately vacate the program site property. At a minimum, an ejection results in season-wide probation across all CARD sports programs. All incidents are reviewed by the

CARD Sports Leadership Team, which will contact the individual only if further disciplinary action is required.

- c. Please note that further violations while on probation will result in an immediate suspension. To maintain the integrity of the review process, individuals should **not** contact the CARD Office regarding their status; all Leadership Team decisions are final and not subject to appeal.
- d. Suspended players are ineligible to play in all CARD adult sports during their suspension.

**CARD reserves the right to stop, end, or forfeit a game at any point.**

**Any CARD staff member has the right to eject any player, manager, coach, or spectator who creates an unsafe or unsportsmanlike environment.**