

San Carlos Parks & Recreation Department  
1001 Chestnut St, San Carlos 650.802.4124  
Athletics Coordinator: Holly Gonzales [hgonzales@cityofsancarlos.org](mailto:hgonzales@cityofsancarlos.org)  
[athletics@cityofsancarlos.org](mailto:athletics@cityofsancarlos.org)



**City of San Carlos  
Adult Women's Basketball League Rules and Regulations**

**LEAGUE FORMAT**

1. The Parks & Recreation Department shall determine number and classification of teams.
2. Teams must play at the time and place, and on the date specified by the League Director.
3. The League Director will determine the number of games plus playoffs for each session.

**TEAM ROSTERS**

1. Players must be 18 years of age to compete in all basketball leagues offered by San Carlos Parks and Recreation.
2. Each team will carry 7 players, including a player/captain. Only players who have registered in the league are eligible to play. 6 players will be allowed in certain circumstances.
3. Captains may call another team that they are not playing against for a sub if the team has less than 7 players.

**PLAYER ELIGIBILITY**

1. A player may participate in the league only if the player's name, address, telephone number, and signature appear on the official team roster as filed with San Carlos Parks and Recreation.
2. Players must be able to show identification on the court if a question of eligibility arises. No I.D. will result in a forfeit. **Questions of eligibility must be raised upon entry into the game and no later than halftime.** You must inform the Officials, the scorekeepers, and the Gym Supervisors of the protest, and any illegal players involved. The lead official will oversee checking IDs of players in question. Please have all your players bring IDs to your games.
3. A team will forfeit any protested games that an ineligible player participated in, and the player and the captain will be automatically suspended from their next scheduled game.

**PRE-GAME GROUND RULES**

1. Players must check in with the scorekeeper at least **five** minutes prior to game time.
2. All players must check in with the scorekeeper. A technical foul will be charged for each player entering the game that was not entered in before the game started.
3. The team must have at least 4 legal players to start and finish a game. If a team falls below 3 players during the game, it will immediately be declared a forfeit.

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4. All players must check in on a basket made or dead ball.
5. Only players and team scorekeepers whose names are on the roster are allowed on the team bench.

#### **LOCAL RULES AND REGULATIONS (SUBJECT TO CHANGE)**

1. Official rules as set forth by the High School Association Rulebook will be used except where superseded by San Carlos Parks and Recreation rules and regulations.
2. **San Carlos Parks and Recreation and League Coordinator/Director have the final authority to make decisions pertaining to all Adult Basketball League Rules and Regulations.**

#### **GAME RULES**

1. Official high school rules will be enforced except for any local league rule.
2. Games can be played with a minimum of 4 players. (Less than 4 players on any team will result in a forfeit by that team.)
3. Games will begin with a jump ball. After that, possession will alternate.
4. There will be 2 - 20-minute running halves per game.
5. A regulation stop clock will be used at the last minute of the second half. The clock will stop for fouls, out-of-bounds, timeouts, etc. The clock will not stop after a basket. A stop clock will not be utilized if a team wins by 10+ points.
6. **Overtime:** in the event a game ends in a tie, a 3-minute overtime period will be played. The clock will be 2 minutes running and 1 minute stop clock. If the game is still tied, a "sudden death" period will be played until any point(s) is scored.
7. There will be a 5-minute warm-up period allowed prior to each game (time permitting).
8. **Substitutions:** All substitutes will report to the official scorer. Whenever there is a dead ball, or the referee blows his whistle, the scorer will sound the horn, and the referee will allow the substitute to enter the game.
9. **Forfeits:** At all games, the clock will begin at the scheduled game time. Teams who are not present with 4 or more players will give up one point per minute on the clock through the first 10 minutes of the game, or until they have 4 legal players present and play can begin. Once both teams have a minimum of 4 players present, they may begin play with the clock continuing to run. **Forfeit time will be 10 minutes after the scheduled starting time of the first game, 5 minutes after the scheduled starting time of the 2nd game, and the scheduled game time for games thereafter, if a team cannot produce 4 legal players.**
  - a. The result of 3 players remaining on a team for any reason (foul-outs, injuries, etc.) will result in an immediate forfeit.
  - b. Illegal players will result in a forfeit by the violating team.
10. **Time Outs:** Each team is allowed 2-time outs per game. One additional time out is allowed per overtime period.
11. **Technical fouls:**
  - a. The clock will be stopped on all technical fouls and will not start again until the ball has been inbounded and play resumes.
  - b. Any player receiving 2 unsportsmanlike conduct technical fouls in a game will be ejected from the game immediately. A player ejected for unsportsmanlike conduct will be

suspended from a minimum of one additional game pending review by the Recreation Department Sports Staff.

- c. Ejected players must leave the gym and vicinity immediately and may not return to the facility until eligibility to play has been reinstated.
- d. Uniform technical fouls do not count toward an ejection.
- e. Warnings are not required before issuing a technical foul.

## TIME OUTS

1. Each team is allowed two timeouts per half (no carry over). One time out per team will be given for each overtime period. All remaining time outs are lost at the end of regulation time. Each timeout will be one minute.
2. During a free throw, when a time out is called, the clock stops. The clock starts when the ball is in play after the player shoots the free throw. If the free throw goes in, clock begins when the ball is inbounded.

## NO DUNKING

1. A squad member shall **at no time** grasp any basket, dunk or stuff, or attempt to dunk or stuff a ball.
2. Goal, if made, is disallowed.
3. Technical foul charged to the player, and the player will be ejected from the game.
4. Player and team will be reported to the League Director and may be suspended indefinitely for repeat offenses and will be responsible for the cost of any damage that may occur as a result.
5. Any player whose contact with the rim or backboard shatters or damages the backboard and/or rim at any time will be responsible for the cost of damage.

## EQUIPMENT

1. All Players must wear no skid shoes.
2. Teams **must** have uniforms with numbers on the back that are at least **six inches in height**.
3. **Taped on numbers will not be permitted.**
4. No jewelry allowed including but not limited to, necklaces, rings, earrings, chains, etc.

## OFFICIALS

1. California Penal Code 243.8 covers battery against sports officials and representatives. Penalty is up to a \$2,000 fine or imprisonment not exceeding one year.

## PLAYER MISCONDUCT

1. A player using profane and/or abusive language, or whose actions endanger the safety of others, may be ejected from a game without warning.

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2. Any player ejected from a game for any reason will **automatically** be suspended from their team's next game with the possibility of an extended suspension upon the League Director's review.
3. The second technical foul charged to a coach, squad member, or any bench personnel is considered a flagrant technical foul and is ejected from the game.
4. A player using profane and/or abusive language, or whose actions endanger the safety of others, may be ejected from a game without warning, and may be subject to S.A.N.C.R.A. Code of Conduct penalties as decided by the league director and San Carlos Parks and Recreation.
5. An individual ejected from a game must leave the court, stands and facility. If they refuse to leave, the official will stop the game. If he/she continues to refuse to leave, his/her team will forfeit their game.
6. San Carlos Parks and Recreation and the League Director have the final authority to make decisions on penalties imposed to players for violations of the S.A.N.C.R.A Player Code of Conduct.

#### **TEAM CAPTAINS**

1. The captain shall be the representative of his/her team unless he/she designates a player on his/her roster as the team captain prior to the start of the game. Only the team representative is permitted to raise a question concerning rule interpretation.
2. The team captain is responsible for the conduct of his/her players and spectators at all times and may be held responsible for their actions. It is the captain's responsibility to make sure all players become familiar with the S.A.N.C.R.A "Player Code of Conduct."
3. Any team manager may submit an Official Comment Form to the scorekeeper to bring to the League Directors attention the good or bad representation of an official

#### **BLOOD BORNE PATHOGEN PARTICIPANT COMPLIANCE**

Any bleeding participant must stop bleeding before continuing play. No participant may continue playing until all exposed blood on the body and clothing is removed and/or properly bandaged.

#### **FORFEITS**

1. Forfeit time is game time. If a team cannot field a team of **four** players at game time, the game will be forfeited to the opposing team. If a team is not ready to start play five (5) minutes after the scheduled game time with a minimum of four (4) players, the game will be declared a forfeit.
2. An official or scorekeeper may forfeit a game in the event there is excessive game disturbance problems with players or spectators. League Director will review on a situational basis.
3. In the event of a double forfeit, both teams receive a loss.
4. Courts may be used for a practice game in the event a game is forfeited due to lack of players. (NOTE: Officials will not officiate a practice game.) The game area must be vacated 10 minutes prior to the next scheduled game or as directed by the scorekeeper.

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## PROTESTS

Protests shall not be reviewed if they are based solely on a decision involving the accuracy of judgment on the part of an official. Protests that will be received and considered concern matters of the following type:

### GAMESCORE

Only the captain can address questions on the score to the scorekeeper at that time, once play has stopped. Team scorekeeper may be involved upon the approval of the officials.

### GAME RULES AND INTERPRETATIONS

Protests must be stated at the point of contention (before the ball is put back into play or before all players have walked off the court, if the final play is the play being protested). The manager must notify the officials and scorekeeper of his/her intent to protest.

### PLAYER ELIGIBILITY

The protest must be stated as soon as the player in question participates. The scorekeeper will then check the team's roster. If the person's name is not on the roster, or cannot show a picture I.D. for verification, he/she is not eligible to play. If the protesting team feels the player is on more than one roster or has not played enough regular season games to be eligible for the playoffs, then the protest procedures below must be followed.

**Failure to follow the protest procedures outlined above will void protest. On upheld protests, the League Director will decide the outcome or whether the game will be continued or replayed.**

### MISCELLANEOUS INFORMATION

1. Games that must be made up due to unforeseen conflict, power failure or other circumstances will be rescheduled in order that they occur immediately following the completion of all scheduled games. If the games cannot be played, the win-loss record will be computed on games played.
2. No schedule changes are allowed. Teams must play when scheduled.
3. League standings, some individual player stats, and general information can be found at [www.teamsideline.com/lgsrecreation](http://www.teamsideline.com/lgsrecreation)
4. Any rule not listed in this manual will be governed by NFHS (high school) rules.

### INSURANCE

Persons or players participating in activities sponsored by San Carlos Parks and Recreation are not covered in any way for personal liability or property damage. There is a liability waiver on the roster that is signed by all participants. Players, coaches, managers and team scorekeepers all participate at their own risk.

### FEES

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1. League fees are determined based on both direct, and indirect, costs of overall program operation. **Fees are to be paid at the time of registration.** A team is not considered registered without payment prior to the first league game.
2. Fees are based on an average 8-9 game league.
3. Fees are subject to change from session to session as determined by the Parks & Recreation Department.

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