



City of Burbank
Parks and Recreation Department

ADULT SPORTS BASKETBALL RULES AND REGULATIONS

The rules of the National Federation of High Schools (CIF) will apply unless amended below. Situations not specifically covered in these league rules will be left to the discretion of the Sports Office Staff.

I. GENERAL INFORMATION AND TEAM CLASSIFICATIONS

- 1) Divisions created based on the immediately preceding season's final standings.
- 2) Managers and players are responsible for knowing "General Rules & Regulations Governing Adult Sports."

II. PRE-GAME MEETING

- 1) At the start of the game, the managers should meet with the Officials to discuss any special rules that are pertinent to the game and sportsmanship.
- 2) The team managers are the only individuals to enter the court for clarification of rules from the Officials.
- 3) Lineup cards will be submitted and teams ready to play 5 minutes before game time.

III. REGULATION GAME

- 1) Two 20-minute halves.
- 2) 3 minute Half Time.

IV. OVERTIME

- 1) Teams will play a 3-minute overtime (Extension of the 4th Quarter)
- 2) If teams are still tied after the 3-minute overtime, teams will play a sudden death round.
- 3) **Sudden Death**
 - i. Still an extension of the 4th quarter.
 - ii. The first team to score 2 points wins the game.

V. RUNNING CLOCK

- 1) Clock will continue to run except for the following situations:
 - i. All Timeouts.
 - ii. Player injury when requested by the Officials.
 - iii. Last 2 minutes of the 4th quarter unless a team is leading by 15 points, or the last minute if a team is leading by 10 points or more.
 - iv. During a timeout, if there are free throws, the clock will start once the ball becomes live.

VI. FORFEITS: TIME OUT OPTION

- 1) A team must have a minimum of four players at game time.
- 2) At game time, if a team has less than 4 players, they may use their time outs one at time until they are all used up. If the 4th player has not shown up, the game will be forfeited.
- 3) If a team drops to less than four players after the game has started, the game will continue only so

long as the team with less than four players holds the lead or stays within three points of its opponents.

VII. TEAM BENCHES

- 1) Home team will occupy the bench on the left side of the score table. The visiting team will occupy the bench on the right side of the score table.
- 2) All players and coaches must be in the bench area during the game. Non-rostered personnel/family/friends will not be allowed to occupy the team benches. Children must sit in the stands.

VIII. SUBSTITUTION

- 1) Unlimited free substitution is allowed during the game.
- 2) Substitutes must enter the game by notifying the score table and being beckoned by the Officials.

IX. TIMEOUTS

- 1) Three timeouts per game will be allowed.
- 2) Timeouts can be used at any time during the game.
- 3) During Overtime/Sudden Death, left over timeouts will carryover plus 1 extra timeout.

X. EQUIPMENT

- 1) Women's League: Game ball regulation size (28.5").
- 2) Men's League: Game ball regulation size (29.5").
- 3) Both teams must furnish their own practice basketball and a game ball.
- 4) Game Officials will choose the best ball available at game time.
- 5) No street shoes or any shoes that mark gym floors will be allowed at any time.

XI. UNIFORMS

- 1) All teams are required to have both a light and dark team uniform.
 - i. Uniform includes a permanent number on the back of the jersey no less than six inches in height.
 - ii. The same design and the same color jerseys.
- 2) The home team will wear a light-colored jersey. Away teams will wear a dark-colored jersey.
- 3) Each player must have their own jersey with his number permanently printed on the back of the jersey. (No tape or markers).
- 4) Players are not allowed to exchange uniforms during any scheduled game. Violating teams will be charged with a forfeit.
- 5) Reversible jerseys are recommended and preferred.
- 6) Only one (1) player per game will be allowed to play without a team jersey if he has a t-shirt of the same color as his team's jersey.
 - i. Player will be considered number "00" for the duration of the game.
 - ii. Player will receive an automatic technical foul upon entering the game for the first time.
 - iii. Teams will not be allowed to play any more than one (1) player in a game that does not have a jersey with a number on the back. NO EXCEPTIONS
 - iv. Jerseys without a number on the back are considered a non-team jersey.
 - v. Two players with the same jersey number may not play together in the same game.

XII. TECHNICAL FOUL GUIDELINES

- 1) Technical Fouls will be issued for the following:
 - i. One (1) player without a team jersey with no number. Teams will not be allowed to play any

more than one (1) player in a game that does not have a jersey with a number on the back. NO EXCEPTIONS

1. Jersey technical shots will be assessed per player at the time the player enters the game. A team technical foul will be issued for each jersey violation and will not count toward individual player fouls.
 - ii. Duplicate jersey number
 - iii. Dunking or hanging from the rim. Damage to the rim will be the responsibility of the offending team.
 - iv. 6 players on the court
 - v. Calling time-out when none are available.
- 2) When a coach or manager receives one (1) technical foul during a game, they are to remain seated on the team bench for the remainder of the game.
- 3) A player receiving a technical foul will sit for eight (8) minutes of game time which will begin after the player sits and free throws have been completed. If there are less than eight minutes in a half when the player receives a technical foul, they will sit out the remaining time in the next half (or game if a technical foul occurred in the 2nd half) rounded up to the next full minute. Ex: If player A receives a technical foul in the first half with 7:50 left. They will stay on the bench in the second half for a full minute of game time as 10 seconds remain on their penalty but that is rounded up to the next full minute.
- 4) Technical fouls for illegal substitution (6 players on the court), fouling the in-bounder or calling a timeout when a time has none to call will **NOT** result in the 8-minute penalty and will be resolved under their normal consequences unless the officials rule these acts were done in a malicious way, in which case the 8-minute penalty may be applied.
- 5) If a spectator receives one (1) technical foul during a game, their team will be assessed a team technical foul. The coach/manager/captain will then approach the spectator to address the issue.
- 6) If a player/coach/spectator receives two (2) technical fouls in one (1) game, they will be ejected. The player/coach/spectator will need to leave the facility immediately. The player/coach/spectator will receive an automatic minimum one (1) game suspension. The Sports Office will review the incident and may assess up to a three (3) games suspension based on the violation resulting in the ejection.
- 7) A player(s) guilty of physical abuse towards another player, official, spectator or sports staff will automatically be suspended from the program until the player(s) appears in front of the Burbank Athletic Federation Board for reinstatement.
- 8) Technical Fouls are accumulated over the season. Any player receiving three technical fouls in a season will receive a one-game suspension beginning with the 3rd technical foul. A player receiving five technical fouls in one season will be suspended for the remainder of the season and be placed on probation for the next season.
- 9) Any player/coach/spectator ejected from two games will automatically receive a minimum two-game suspension.
- 10) Any player/coach/spectator ejected from three games will be suspended for the remainder of the season and required to attend a hearing with the Burbank Athletic Federation for consideration to be reinstatement to the league.
- 11) Any team receiving five technical fouls within the season may forfeit the right to appear in playoff games and may be subject to league suspension as assessed by Sports Office Staff.

XIII. PROTEST PROCEDURES

- 1) Eligibility protests may occur at any time during the season.
 - i. Staff will request the player in question to produce a valid picture ID.
 1. If the player is found to be ineligible, or the above requirements are not met, the following penalty will be issued.

- a. Forfeiture of the game(s) the player has participated in for the season.
- b. Suspension of the player and two-game suspension for the manager.

XIV. ADULT SPORTS ADMINISTRATIVE RULES

- 1) Refer to the following guidelines for any items not covered in the specific rules for Adult Basketball.
 - i. General Rules and Regulations Governing Adult Sports
 - ii. Technical Foul Guidelines
 - iii. BAF Code of Conduct