

Adult 5x5 Basketball League

1. OBJECTIVE

The objective of the Folsom Adult 5X5 Basketball League shall be to promote and conduct a positive leisure time activity, which encourages fitness, healthy competition, and an atmosphere of fun and fellowship in the form of organized basketball for players and spectators.

2. RULES

All games in the City of Folsom-Parks & Recreation Adult 5x5 Basketball League shall be governed by the current C.I.F. Basketball rules except as specified herein.

3. INJURIES AND ACCIDENTS

1. All accidents or injuries incurred before, during, or after an official game by the players, spectators and/or league officials, shall be reported to the League Coordinator and recorded on an Accident Report.
2. Injuries incurred before, during, or after the course of an official game by players, officials, and/or spectators, shall not be the liability of the City of Folsom – Parks & Recreation Department, City of Folsom, Folsom-Cordova Unified School District, their officers, and employees or any organization cosponsoring or participating in the program.
3. City of Folsom – Parks & Recreation Department does not carry medical liability insurance for its participants.

4. TEAM ROSTERS AND PLAYER CONTRACTS

1. Each team may carry a maximum of 12 and a minimum of 5 players on its roster. All changes made after the league meeting must be cleared with the league coordinator.
2. New players may be added to the roster either at the Recreation Office or at the site of the game. Considerations for the adding on players are as follows: If a team had less than seven (7) players on their roster, the team may petition to add so that the team has seven (7) players on the roster. Fee is \$8.00 per player added.
3. Each team captain is responsible for:
 - A. Filling out the team roster with the player's full name, address. And telephone number.
 - B. Having each one of his players sign the "Individual Player-General Liability Release" form.
 - C. Submitting both the team roster and "Individual Player – General Liability Release" for all players at the time of registration.
 - D. After first game, team captain is responsible for having any new players approved by league coordinator, and sign "Individual Player – General Liability Release" before participating.
4. A player may play on only one team and in only one division of the Folsom Recreation Division 5x5 Adult Basketball League.
5. A player must be at least 18 years old to be eligible to play.

6. Any player who falsifies information on his player's contract will lose his right to play in the league for the remainder of the season.
7. All players must abide by the Player Code of Conduct.

5. SPECIFIC RULES FOR 5X5 LEAGUE

1. A team must start the game with a minimum of four (4) players but can finish the game with three (3).
2. A five foul rule will be in effect. A player is disqualified on his fifth foul.
 - A. Any foul committed before game begins will be two automatic points per foul. (Example: dunking, etc.)
 - B. All technical fouls during game will be automatic to points per foul plus loss of possession.
 - C. Individual players are allowed one technical; two technicals mean player's ejection. **Any player receiving three technical fouls during the course of the season shall be suspended from further play.**
 - D. Any team receiving three technicals in one game will automatically forfeit game.
 - E. Any player ejected from a game will sit out a minimum of one league game.
 - F. Any player receiving a technical foul after the game is over will sit out his team's next scheduled game.
3. Each team will be allowed two thirty-second time outs per half. Time outs do not carry over into the second half or overtime periods. One time out per team will be allowed in overtime.
4. Common fouls will be shot starting with the seventh team foul (one-and-one).
5. Jump Ball: There will be a jump ball at the start of the first half. After that, each team will alternate possession of the ball when a jump ball should occur except overtime where a jump ball will occur.
6. All players, team managers, and spectators must abide by the Folsom Recreation "Players Code of Conduct".
7. **NO DUNKING WILL BE ALLOWED IN THE D LEAGUES AT FOLSOM MIDDLE SCHOOL.** Any player violating the rule, before, during, or after a game will receive a technical foul. While dunking is allowed in the C Division at the sports complex, hanging on the rim will not be tolerated. Hanging on the rim will result in a technical foul.
8. The use of an illegal player will constitute an immediate forfeit of that team and the suspension of the team's manager for one game. An illegal player is defined as anybody not on the official team roster of the team in question, or any player not providing valid photo identification at the time requested.
9. Players may enter the lane (other than the shooter) on "the release" on last free-throw attempt.
10. Trash talking/profanity will not be allowed. Violation of this rule will result in a technical foul.

6. LENGTH AND SCHEDULING OF GAMES

1. Games shall be two 20-minute running time halves with the last two minutes of each half being stopped time. Only team and official time outs shall stop the clock prior to the final two minutes of each half.
2. Games ending in a tie shall be decided by a three-minute overtime period with the last minute being stopped time. If a tie still exists, play shall resume with a jump ball, and the first team to score two points shall be the winner.
3. The Folsom Recreation Division shall reserve the right to reschedule any game because of emergencies, and to shift teams when necessary to one division or another.
4. There are no provisions to make up postponed games. If a team cannot field a team when scheduled, the Recreation office should be contacted.
5. Leagues with 8 or more teams will play each other one time. The league champion will be determined by overall season record. A league ending in a tie will be determined by head-to-head determination: which team beat which team. Leagues with seven (7) teams or less will play each other one time. Final standings will determine placement in consolation playoffs. Winner of playoffs will determine the league champion.
6. Games are played throughout the day. Teams should expect to play at varying times.
7. Each manager shall receive league schedules for his/her team, and is responsible for distribution. Schedule will and must be played as published.

7. UNIFORMS AND EQUIPMENT

1. All teams must have uniforms. Uniforms shall consist of matching color shirts or jerseys with numbers on the front or back. If two opposing teams have the same color jerseys, the visiting team will wear the pennies. If this situation occurs, the visiting team shall supply a spotter to assist the scorekeeper.
2. Gym shorts/sweat pants WITHOUT pockets will be required.
3. Each team shall be allowed one non-uniformed player. All non-uniformed players above the first player will be considered an automatic technical foul worth two points before the game begins.
4. All players will be required to wear tennis/basketball shoes.
5. Uniform numbers must be permanently affixed to the jersey. No taped-on numbers will be allowed.

8. OFFICIALS

1. Officials assigned to games shall have complete charge of gymnasium and games. They shall have the authority to banish players, managers, or spectators from the games, the player's bench and the gym for misconduct, delay of game, or for the good of the game.
2. Officials will explain the call only to the team manager and only after the team has called an official time out.
3. Officials will submit a report to the league director within 24 hours after any games in which a protest is filed or when it has become necessary to banish players from a game. Any player who continues

to direct remarks toward the officials or opposing players after being banished from the game shall be suspended from further play in the league. This includes players who abuse game or league officials after the game is completed.

4. Officials' decision will be final except as to misinterpretation of the rules.
5. League officials shall make all decisions on protests and their decisions shall be final. The league officials shall include the league coordinator, Recreation Supervisor, and Program Coordinator. Game officials will include the two referees, the times and scorer, and their assistants.

9. PROTESTS

1. Whenever a matter of protest arises during a game, the captain or manager of the protesting team shall immediately notify the opposing manager, the head officials, and the scorekeeper of this intention to protest.
2. Only protests regarding misinterpretation of the rules shall be reviewed. Officials' judgment calls are not grounds for protests.
3. The "intent to protest" must be filed with the scorekeeper immediately before play continues.
4. A written protest must be submitted to the Recreation Division office no later than 5:00 p.m. on the next working day following the protested game. The protest must include the date, time, and place of the game; the names of the teams, the officials, and scorekeepers; the rule and section of the current C.I.F. or local rules under which the protest is made.
5. The protest must be accompanied by a \$10.00 protest fee, which shall be returned only if the protest is upheld.
6. A three-person committee provided by the Folsom Recreation Division will handle the protest. All decisions by this committee are final.

10. FORFEITS

1. If a team has at least four (4) players at game time, they must start the game on time. If a team does not have at least four (4) players within a five-minute grace period, a forfeit will be declared. Officials will not be required to officiate pick-up games.
2. Teams are expected to play all games. One (1) forfeit disqualifies your team from post-season play if scheduled. On the second forfeit, the team is disqualified from further league play and ineligible for the next season.
3. No postponement of scheduled league games will be allowed. Teams must play when and where scheduled or forfeit their game.
4. Other reasons for declaring forfeiture include:
 - A. Use of ineligible player.
 - B. Un-sportsmanlike conduct.
 - C. Improper uniforms resulting in a team receiving three technical fouls.

11. AWARDS

1. League Champions will receive a League Championship Certificate to redeem at a menu of local businesses or Instant Impact for awards

PLAYER CODE OF CONDUCT:

1. The City of Folsom-Parks and Recreation Department has established a Player Code of Conduct for the Adult Basketball Program. The Player Code of Conduct applies to players, managers, coaches and spectators. A player, manager or coach who is suspended for a violation to the Adult Basketball Player Code of Conduct will also be suspended from participating in other City of Folsom Adult Sports Leagues. It is the responsibility of each player and/or team to abide by the Adult Basketball Player Code of Conduct.
2. The City of Folsom's adult basketball league coordinator will determine the length of suspensions and/or probations. Suspensions and/or probations range from a minimum penalty to a maximum penalty. In any violation not included in said code, the penalty shall be at the discretion of the adult basketball league coordinator. The length of any suspension will depend on the individual and/or team(s) prior violations, the degree of the violation and the circumstances surrounding the violation (incident). Violations to the **Adult Basketball Player Code of Conduct include, but are not limited to, the following:**

A) No Player Shall: Be physically aggressive toward any person. This includes any unwanted physical contact including, but not limited to, pushing, shoving and expectorating.

Minimum Penalty: Removal from game and premises; one year probation in all Department sponsored sports programs.

Maximum Penalty: Ten years suspension in all Department sponsored programs.

B) No Player Shall: Be guilty of a physical attack (striking or punching) as an aggressor upon any person; knowingly compete as a disqualified/suspended player.

Minimum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.

Maximum Penalty: Ten years suspension in all Department sponsored sports programs.

C) No Player Shall: Be guilty of objectionable demonstrations of dissent at a referee's decision or discuss the decision of any matter reached by an official or Department staff member, except the manager/captain.

Minimum Penalty: Warning by the official or Department staff member.

Maximum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.

D) No Player Shall: Be guilty of using unnecessary rough or unusual tactics against the body of any person; be guilty of taunting or degrading any person; be guilty of an abusive verbal attack towards any person.

Minimum Penalty: Removal from game and premises; one year probation in all Department sponsored sports programs.

Maximum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.

E) No Player Shall: Be guilty of discussing his/her personal opinion of any player, spectator, official, or department staff member in a derogatory manner; use language that is offensive and/or contains profanity.

Minimum Penalty: Warning by the official or Department staff member.

Maximum Penalty: One-week suspension and one year probation in all Department sponsored sports programs.

F) No Player Shall: Play under another individual's name, falsify name or address on official roster form; appear on the field at any time in an impaired condition; follow a Referee off the field in a threatening manner.

Minimum Penalty: Removal from game and one year probation in all Department sponsored sports programs.

Maximum Penalty: One-year suspension and one year probation in all Department sponsored sports programs.

3. The player and/or team may appeal any decision rendered by the adult basketball league coordinator to the City of Folsom's Recreation Supervisor:
 - A) The Recreation Supervisor will preside over any appeals. The Recreation Supervisor will conduct a hearing and will review the facts presented and may affirm or modify any penalty imposed.
 - B) If a player and/or team wishes to, they may be afforded an opportunity to appeal the decision rendered by the Recreation Supervisor to the City of Folsom's Recreation Superintendent. The Recreation Superintendent may assemble a panel of local parks and recreation professionals and/or local adult sports participants to conduct a hearing. The panel will review the facts presented and may affirm or modify any penalty imposed. The panel will provide a recommendation to the Recreation Superintendent.
 - C) The Recreation Superintendent will review the panel's recommendation and render a decision. The decision of the Recreation Superintendent shall be final.
4. All suspensions involving physical violence will remain in effect until the appeal process is completed.
5. Individuals violating more than one code infraction can be assessed a combination of all.
6. Individuals and/or teams who violate the Player Code of Conduct while on probation for a previous incident will face double the normal penalty for the new violation.
7. Any player, coach or manager who incurs indebtedness (returned checks, etc.) to the City of Folsom and does not correct the matter within a prescribed time period will be suspended from all City of Folsom activities until corrected.