



ADULT SPORTS RULEBOOK

2025



BASKETBALL

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For All Adult Sports Leagues – team registration is online through www.cosumnescsd.gov – Active Net. Team rosters, sports specific rules, roster requirements and roster deadlines; and Team and Managers Guidebook can be source through <https://teamsideline.com/Cosumnes>.

CSD GENERAL RULES FOR ALL LEAGUES:

- Players must be at least 18 years old and must **enroll on the** team roster using their ActiveNet Account.
- CSD reserves the right to ask any player at any point in the game to show proper photo identification to continue play. If a player is determined to be ineligible or unable to provide proper photo identification, game can continue with restrictions (see sport specific rules for details) or can be forfeited (at the CSD discretion).
- Rosters: This season we are moving all our rosters online ActiveNet. To do this you must log onto ActiveNet account, where it will then say manage rosters on the homepage. Your Roster Status is **Open**. Follow these steps to add team members and change your Roster Status from **Open** to **Submitted**.

Step 1: Click the Add to Roster button to add team members. You can also click the Copy Roster button to add all team members from a previous Team Roster.

Step 2: When you add a team member, an invitation is emailed to the team member to prompt them to enroll to be on your team.

Step 3: A check mark displays in the Enrolled column for each team member that has completed enrollment.

Step 4: When the minimum number of team members have enrolled, click the Submit button to change your Roster Status to Submitted.

- Players may be added up through the fourth week of play (holidays do not count in the four weeks).
- If the gym supervisor or official suspects alcohol, tobacco, or controlled substance use, officials and staff has the authority to banish the player and/or the team from further play. If a team or any team member is caught with any of these on any CSD premises, **the team manager and player(s) will be immediately ejected without warning from the current game and both player(s) and team manager will receive a minimum of a one-game suspension for their next scheduled game.** If caught again, the team will be removed from the current league without refunding teams registration fees and may be suspended for the next season. Off duty sheriffs do patrol the facilities and violators may be cited.
- Participants are not allowed to wear jewelry (with the exception of medical bracelets, wedding rings, and stud earrings that must be fully covered), casts or any other items deemed as dangerous by the official(s). Any medical protective devices (i.e., knee braces) made of plastic or including metal parts (hinges, etc.) must be completely covered by at least ½ inch neoprene sleeves.

- Any player with a bleeding wound and/or blood stained clothing must leave the game until all bleeding is stopped, all wounds are properly covered, and all blood and blood stained clothing is removed. Failure to comply with this policy may result in ejection from the game.
- Teams must have a manager, assistant manager, or team representative at all games.
- Any team that forfeits two games during any given league will be ineligible for any post-season play including post-season play that would make up the seven game minimum per team

Minimum/Maximum number of players allowed on the Team Roster:
Basketball – 5/15

Playoffs:

Playoffs are not guaranteed. Teams are guaranteed a minimum number of games (7). If CSD staff cancels any regular season games, post-season games may be rescheduled so all teams have a minimum number of regular season games as set forth prior to the season. If your league has a playoff system, it is the manager's responsibility to know when his/her team is playing. CSD will not reschedule any games for teams assuming they are a different seed than what they are or for any verbal miscommunication.

Player Eligibility - Individual players must be on the final roster and have participated in a minimum of 2 regular season games in order to be eligible to participate in playoffs.

Playoff Seeding/Tie Breaking Policy:

1. Win Percentage
2. Head-to-Head records among the tied teams.
3. If Still tied: Lowest Amount of Forfeited Games.
4. If still tied: Lowest amount of Team Technical Fouls.
5. If still tied: Whichever team has the least total amount of points given up in head to head games with team(s) that you are tied (same record) with after using criteria.
6. If still tied: Whichever team has the least total amount of points given up in the overall season after using criteria.

BASKETBALL SPECIFIC RULES:

All games in the CSD League are governed by the current Sacramento Metropolitan Officials Association (SMOA) rules except as specified herein. Officials - Two (2) officials will be scheduled for all league games.

- **30+ League** - All participants in the 30+ league must participate in one regular season game at the age of 30. Individuals who turn 30 after the conclusion of the regular season are ineligible to participate in the 30+ league.

- **Game Time** – All games will start at the scheduled time or three (3) minutes after the previous game has ended with the exception of the first game in the gym, which will always begin at the scheduled time as stated on the official league schedule. (Official's watch is the official clock).
- **Late Policy** – The game clock will begin at the originally scheduled game time *or three (3) minutes after the previous game has ended with the exception of the first game in the gym. Once game time has been set*, there will be a five (5) minute grace period for the late team and the team that is on time will be awarded 10 points. When the five (5) minute period is up, the game will be forfeited. If both teams are late but within the five (5) minute grace period, the game shall be played as scheduled. Forfeited games will be scored 2-0. ***Game will continue with remaining time on clock.***
- **Timing** - Regulation play will be two twenty-minute halves, running time. **The last two minutes of the second half will be stop time.**
- **Shot Clock** is in effect – after 35 seconds a shot clock violation will be assessed and possession will be given to the opposing team.
- **Timeouts** - A player's request for a timeout shall be granted only when the ball is dead or in control of the team making the request. A request at any other time shall be ignored. Each team is entitled to 2 timeouts per half. Timeouts do not carry over into the second half or over time period. Each timeout will be 30 seconds.
- **Player Sign-in** – Players' must sign in with the scorekeeper at least five (5) minutes before the scheduled game time. Games will not start until all players have signed in and are verified and approved by CSD gym supervisors. ***The game clock will start at game time.***
- **Team** - Four (4) players must be present to start and continue each game. If a team wishes to add player(s), that individual may be added at any point in the game as long as the player is on the roster.
 - *All players must check in at the scorer's table and be cleared to play by the gym supervisor before entering the game.*
- **Player's Bench** – Only participants on the current roster are allowed on the player's bench. All other non-team members (i.e. fans, children, etc.) must sit in the stands. ***Children 14 and under must be supervised by a non-playing adult during games.*** Another **team member** on the bench is **not** considered a non-playing adult.
 - Managers are responsible for the conduct on the bench. Players must remain seated and within the confines of the bench area, except when substituting. Failure to do so may result in a technical foul.

- Only managers, assistant managers, or team representatives will be allowed to approach the gym supervisor's table and officials on questions concerning the game.
- **Uniforms** - All teams must have jerseys/shirts that are of the same color and style. No pockets are allowed on jerseys/shirts and they *must* be tucked in. The home team is listed first on the schedule and will wear white. The away team is listed second and will wear a **MATCHING** dark color. Each player shall have a *permanent* number on the front or back of his or her jersey/shirt. No number on jersey/shirt will consist of a technical foul and automatic two (2) points for the opposing team. All players must wear tennis shoes in the gym. Hard-soled shoes are not allowed inside the gym. Shorts with pockets are permitted.
- **Jump ball** will start the game.
- **Delay of game** or throw-in interference will result in a technical foul, and automatic two (2) points for the opposing team and loss of possession for the team committing the technical foul.
- **Free Throws**- When attempting free throws after a timeout during running time, the clock will start when the ball is handed to the shooter. During stop time (last two minutes) the clock starts when a player touches the ball after a miss or if made when it is touched on the inbound pass. When a foul shot is being taken, players cannot move into the lane for a rebound until the ball leaves the shooters hand. That is a lane violation and results in a turnover or another free throw.
- **Dunking** is **NOT** allowed before, during or after the game.

Any player/fan that dunks (which includes intentionally touching, hanging, or ripping on the rim or net, or aggressively slamming the ball at the rim in an attempted dunking fashion) **will receive a double technical foul and be immediately ejected from the game. If the player/fan dunks again during the season, he/she will be removed from the league, the team manager must serve a two (2) game suspension and the player's team will be automatically disqualified from play-offs. Two dunking violations by one team will result in an automatic disqualification from play-offs.*

**If a person dunks or hangs on a rim and results in damage to the rim or backboard, the Cosumnes CSD will bill the participant for material and labor to fix the broken parts and any revenue lost due to programs not being able to run.*
- **Backboard** – Making contact with the backboard that is deemed by the official to be the result of unsportsmanlike conduct will result in a technical foul. This call is a discretionary call by the game official. Contact that is deemed to be within the scope of gameplay will be permitted.
- **Fouls**- the 5 foul rules are in effect. A player will be disqualified on the fifth foul.

Teams are allowed six (6) team fouls per half. After six, the opposing team will go into “Bonus”. Teams will go into “Double Bonus” after nine (9) team fouls.

- **Technical Fouls-** Any type of technical foul committed will result automatic two (2) points per foul plus loss of possession.
- **Taunting** is not allowed. Violations will be a technical foul and/or removal from the game.

Individual Technical Fouls:

- **First Technical Foul** – Opposing team is awarded two points and will receive the ball out of bounds.
- **Second Technical Foul (committed in same game)** - Player must sit out for the remainder of that game.
- **Third Technical Foul (committed in the same season)** – Player must sit out for the remainder of that game and is suspended for the next game. This policy is automatic and does not require written confirmation from CSD to be effective.
- **Four Technical Fouls (committed in one season)** – Player will be suspended from participation in the CSD League for the remainder of the season.

Team Technical Fouls:

- **Third Technical Foul:** Any team that accumulates a total of three (3) behavioral technical fouls in one game will automatically forfeit that game.
- **Fourth Technical Foul:** Any team that accumulates a total of four (4) behavioral technical fouls in one season is ineligible for post-season play.

Appealing Technical Fouls:

Coaches may appeal any technical foul given to a player or team within 48 hours to be rescinded from their season total. All decisions are made final by the recreation coordinator.

Single Game Tie-Breaking Policy:

Regular season games ending in a tie will be decided by one three-minute (3) overtime period. If a tie still exists after this overtime period, play shall resume with a jump ball and the first team to score shall be the winner. If overtime is needed during a **playoff game**, and a winner is still undetermined after the first three-minute overtime period, additional overtime periods will be played until a winner is determined.