

City of Long Beach

Department of Parks, Recreation, and Marine

Adult Sports

Adult Basketball Rulebook

REVISION – March 2025



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LONG BEACH GENERAL SUPPLEMENTAL RULES

1. FEE DEADLINE:

In order to provide better service to the participants of the Adult Sports Leagues, all registration deadlines will be strictly enforced. ALL FEES MUST BE PAID BEFORE LEAGUE PLAY BEGINS. If your team does not make payment in full by the publicized registration deadline, your team placement in the league is not guaranteed. PARTIAL FEE PAYMENTS WILL NOT BE ACCEPTED.

1. ROSTER/PLAYERS:

A completed official team roster is due in the Sports Office before the first game. Failure to submit a completed roster at the time first game is played may result in a forfeit loss for the first game of the season, resulting in a nine (9) game schedule. It is recommended that teams carry a full roster to allow for injuries and players that may be out of town. Please see specific sports for roster limits. NOTE: LEAGUE AND PLAYOFF SCHEDULES WILL NOT BE CHANGED TO ACCOMMODATE PLAYERS OR TEAMS IN MORE THAN ONE (1) LEAGUE.

2. PLAYER ELIGIBILITY:

All players must be eighteen (18) years old or older to participate in an Adult Sports League. No active professional or collegiate athletes will be allowed to play in any league. Former professional or collegiate athletes must have been inactive for at least one year in order to participate. Teams or players found in violation of this rule will result in team forfeiture of all games in which the player(s) participated.

3. ADDING/DROPPING PLAYERS:

Players may be added and dropped up until the beginning of the seventh (7) game of the league (this includes holidays and make-up games) and by week five (5) for Coed Basketball. All players and all changes must be in writing in an updated roster and submitted **to** the Sports Office **or on-site official** prior to participation in any league game.

4. REFUND POLICY:

Refunds for Adult Sports League fees will not be available once the schedules for that league have been generated and printed. Any team that is removed from any league will not be refunded any portion of their league fee. Refunds for Adult Sports League fees will be processed only if the league has been cancelled. The City of Long Beach has a refund processing fee of \$10.

5. PICTORIAL IDENTIFICATION:

Each player at every game must have in their possession and be able to provide a valid photo identification (CA Driver's License or other) if requested by the official to do so. Any team using ineligible players (not on the roster, no identification) will automatically forfeit any game played, if an eligibility protest is made and upheld by the Sports Coordinator. Please see rule #11 for protests.

6. OFFICIAL SCOREKEEPER:

City staff will be the official scorekeepers for all basketball games. Under most circumstances, stats for teams and individuals will also be recorded and can be found online @ teamsideline.com/longbeach.

7. OFFICIALS FEES:

Each team is required to present the game official(s) with the appropriate fee of **Forty (\$40)** IN CASH prior to the beginning of the game. No game will begin until both teams have paid the official(s) in full. If a team does not pay the official, that team will be charged with a forfeit loss. In sports with multiple officials, if only one official appears for a scheduled game, payment to the official working the game will be half of the regular individual team fee.

8. FORFEIT FEE:

Teams that forfeit any game must pay both teams official's fee of **Eighty (\$80)** for that game. Payment must be received in the Sports Office within one (1) week of the forfeited game. Failure to comply will result in the team's removal from the league. Cash or Checks are accepted forms of payment. Payment must be made payable to the City of Long Beach.

EXCEPTION: Teams that notify the Sports Office by 12 NOON **the day before** (week night games only) the scheduled game day will not be required to pay the forfeit fee, only if the game is the first or last for that scheduled day.

9. FORFEIT RULE:

Teams forfeiting two (2) games/matches will not be eligible for the playoffs. Teams forfeiting three (3) games/matches will automatically be removed from the league and will forfeit the unused balance of fees.

10. PROTESTS:

Oral protests must be made by the team manager/captain with the official(s) and the opposing team manager/captain prior to the next live ball situation. Protests will not be considered unless they are received in the Sports Office in writing within one (1) working day of the incident. Protests will be decided upon on the spot during the playoffs.

Protests for ineligible players must be made by the opposing manager/captain before the end of the game to allow the official to check the identification of the player in question. No protest fee is required at this time. Any player requested by the official(s) to show identification must do so within ten (10) minutes following the completion of the game. If the player in question does not return within the ten (10) minute time period or if the identification does not match the name and signature on the scorecard, the game will be called a forfeit. If the player in question provides identification that matches the name and signature on the scorecard and the opposing manager still feels that the player is illegal, that manager must follow the standard protest procedure outlined above.

11. RULE CLARIFICATION:

Only the manager/captain may approach the official(s) or score table to clarify a call as long as the game is not currently going on.

12. FIGHTING:

Any team, player(s), or spectator(s) fighting before, during, or after any City of Long Beach Adult Sport League game will be ejected from the area immediately. The area consists of the field/court, the parking lot, and any portion of City property. If a team, player, or spectator refuses to leave the area or will not stop fighting, this will result in additional team and individual penalties. All penalties will be determined by and enforced by the Adult Sports Executive Committee. ALL ADULT SPORTS EXECUTIVE COMMITTEE DECISIONS ARE FINAL.

The minimum TEAM penalty for fighting is a three (3) game suspension, not counting the game/match in which the incident occurred. This suspension cannot be appealed.

The minimum INDIVIDUAL penalty for fighting is an indefinite suspension pending an Adult Sports Executive Committee decision.

All Adult Sports Executive Committee decisions are final and may not be appealed.

Once suspended, the team, player(s), or spectator(s) may not participate or attend any City of Long Beach Adult Sports Activities during the duration of their suspension. Failure to comply will result in additional penalties.

PLEASE REFER TO THE CITY OF LONG BEACH PARTICIPANT'S CODE OF CONDUCT.

14. TRASH TALKING/VERBAL ABUSE:

Abusive language, profanity and/or gestures by any player(s), spectator(s), or coaches directed towards scorekeepers, officials, themselves, or other participants will not be permitted. The official will issue a warning on the first occurrence. If abusive conditions continue the individual(s) in question will be ejected from the area. Please see rule #17 for participant ejection rule clarification.

15. ALCOHOL / DRUGS:

Alcoholic consumption or drug use on any City property is strictly prohibited. Any player(s) or spectator(s) believed to be under the influence of alcohol, or any other drug will be immediately ejected from the area and will be suspended for a minimum of the next City of Long Beach league game played. If the player(s) or spectator(s) refuse to leave the area, a forfeit will be called, and the player(s) or spectator(s) will be suspended indefinitely pending a hearing before the Executive Committee. ANY VIOLATION OF THESE RULES MAY RESULT IN CRIMINAL PROSECUTION.

16. PETS

Pets (including service animals) are NOT allowed at all gym sites. This is a School District Rule. No exceptions.

17. PARTICIPANT EJECTION:

Any player(s), spectator(s), or coach ejected before, during, or after any Long Beach Adult Sports League game will be automatically suspended a minimum of one (1) game, as well as the remainder of the game in which the suspension occurred. Once suspended, the team, player(s), or spectator(s) may not participate or attend any City of Long Beach Adult Sports Activities during the duration of their suspension and until a decision is made by the Adult Sports Executive Committee. Failure to comply will result in additional penalties.

Following the ejection of a team or individual, the game will not continue until the ejected participant(s) vacate the area. Failure to vacate the premises will result in additional penalties.

18. MISSED GAMES:

In the event a game is not played for any reason, CONTINUE FOLLOWING YOUR CURRENT SCHEDULE FOR THE REMAINING GAMES. PLEASE CONTACT THE SPORTS OFFICE OR THE SPORTS COORDINATOR FOR RESCHEDULING INFORMATION.

19. PLAYOFFS:

Single elimination tournament format will be utilized. The top four (4) teams in each division bracket will advance to the playoffs. In divisions with less than six (6) teams, the top three (3) teams in each division bracket will advance to the playoffs. Selected wildcard teams will be added if necessary. If a playoff team is not able to play, is disqualified, or removed from the division, the next place team will be substituted in their playoff seed. When appropriate, first and second round playoffs will be played on the usual night and location of league play. Nevertheless, teams must be available to play on other nights and locations, as well as multiple nights in the same week.

20. PLAYOFF ELIGIBILITY:

Players must be signed on the team's official team roster or on an official add/drop form and have competed in **four (4)** regular season games/matches to be eligible for the playoffs. Men's and Women's division teams can play with a minimum of **four (4)** players in a playoff match to avoid a forfeit. COED teams must have 3 Men and 2 Women on the court in a playoff match or 2 Men and 2 Women to avoid a forfeit.

21. TIE BREAKER:

In the event of a tie in the final standings of a league, the following tie breaker will be used: 1. total wins, 2. regular season head to-head competition, 3. point differential between those teams, 4. fewest forfeits, 5. most points/runs scored for the season, 6. fewest points/runs allowed for the season, 7. coin toss. EXCEPTION: Volleyball will use rules 2 – 7. NOTE: Volleyball League standings will be determined by total points scored during the season.

22. ILLEGAL PLAYERS:

An illegal player is: 1. a person playing on a team whose name and signature do not appear on that team's official roster or official add/drop forms. 2. a person on more than one (1) team roster in the same league or night/day (example: Tuesday D and Tuesday D1 or two teams in Tuesday D).

NOTE: Any team found using illegal players will automatically forfeit all games in which the illegal player participated in. It is each team's manager's responsibility to monitor or protest illegal players.

23. WEATHER/FIELD CONDITIONS:

If you are in doubt of weather or field conditions possibly affecting your game, please call the Long Beach Field Conditions Hotline at 562-570-1738 after 3:00 PM on game day.

Due to the large number of teams in our leagues, it is impossible for the League Coordinators to notify all team managers of cancelled game information.

Teams should be prepared to play make-up games on any night on short notice.

24. FIRST AID:

The City of Long Beach does not provide first aid at any Adult Sports facilities. It is recommended that the managers of each team bring any first aid items that they feel are necessary. Please see specific sports rules.

25. SCMAF BLOOD RULE:

Any player, coach, or official who is bleeding, has an open wound, or has blood on his/her body or clothing, is prohibited from further participation in the game until appropriate treatment has been administered.

If first aid is required for a player, the player must be immediately removed from the game, unless treatment can be administered in a reasonable amount of time.

A player, coach, or official will not be allowed to participate unless:

1. All bleeding has stopped
2. Any exposed cut/scrape which has bled is completely covered
3. Bloody clothing is removed

It is recommended that teams have spare clothing available at the game site to be used if necessary.

26. CITY OF LONG BEACH ADULT SPORTS COORDINATOR:

The City of Long Beach Adult Sports League Coordinator is the final authority for all on field/court and off field/court decisions (INCLUDING SUSPENSIONS) on any City of Long Beach Adult Sports League. The City of Long Beach Adult Sports League Coordinator has the authority to see to the safety of the participants, officials, spectators, and equipment at any City of Long Beach site or any site being used by any City of Long Beach Adult Sport League.

If necessary, the City of Long Beach Adult Sports League Coordinator is authorized to warn individuals of actions CONTRARY to the City of Long Beach Adult Sports Supplemental Rulebook and eject any participant(s), spectator(s), or anyone else who does not comply with the rules and regulations as stated in the City of Long Beach Adult Sports Supplemental Rulebook. This authority does not affect the official of the match in any way. It is in addition to that authority.

No rules or regulations dealing with a team's right to protest are changed by this supplement. Please see rule #11.

The City of Long Beach Adult Sports League Coordinator determines schedule changes, league relocations, and team reclassification, as necessary.

The City of Long Beach Adult Sports League Coordinator determines whether any games/matches are subject to suspension, replay, or forfeit as determined by the City of Long Beach Adult Sports Supplemental Rulebook.

27. CITY OF LONG BEACH ADULT SPORTS EXECUTIVE COMMITTEE:

The City of Long Beach Adult Sports Executive Committee is the final authority for all clarification and interpretation of rules and regulations as outlined in the City of Long Beach Supplemental Rulebook and the Participant's Code of Conduct.

ADULT BASKETBALL

Current N.F.H.S High School Basketball rules as well as these supplemental rules will be the official rules for league play.

1. ROSTER/PLAYERS:

Teams shall consist of a minimum of five (5) players. Games may be played without forfeit with four (4) rostered players present players at game time. Maximum roster size is twelve (12) players. Once the game has begun, a team may not play with four (4) players due to ejection.

2. PLAYER ELIGIBILITY:

participant may participate in multiple leagues of same classification. It is illegal for a player to play on two (2) separate teams in the same division. **It is illegal for any player to play out of classification.** The Basketball Coordinator will determine all player classification. Players found playing out of classification will receive one (1) warning and will be removed from that classification. Further violations will result in team forfeiture of all games in which the player(s) participated illegally. **PENALTY: Forfeiture of all games played in illegally.**

3. GAME SHEET:

Coaches or captains should not fill out scorecard prior to the game. Players should print and sign their own name and number as they come in.

Late players may be added to the scorecard any time throughout the game, but only during a time-out or a dead ball.

OFFICIAL SCOREKEEPER:

- a. scorekeeper will be supplied for all scheduled games.

4. **FORFEIT TIME:**
Forfeit time for the first game will be ten (10) minutes following the scheduled game time. Scheduled game time will be forfeit time for all games thereafter.
5. **LENGTH OF GAME:**
Each game will be composed of two (2) twenty-minute halves (Running Time) **with a two (2) minute intermission.**
6. **GAME TIME:**
Evening games, for the most part, will be played at sixty (60) minute intervals.
7. **UNIFORMS:**
Each team must provide and wear team jerseys with a light and dark color side with six (6) inch numbers on the back of the jerseys. Numbers may not be taped. A technical foul will be charged for each violation of this rule after week 1.
8. **GAME BALL:**
Each team is required to provide a regulation size ball at each game; the quality of which will be determined by the official.
9. **ALTERNATE POSSESSION:**
In all jump ball situations, other than the start of the game and each extra period, the alternate possession rule will be in effect.
10. **TEAM BENCHES:**
Team benches are for team members only.
11. **STOP CLOCK:**
The time clock will stop on a held ball, foul or violation anytime during the last two (2) minutes of the game providing the teams are within nine (9) points of each other. Once started, the use of the stop clock will continue for the remainder of the game provided the teams are within nine (9) points. This includes overtime.
12. **BONUS FREE THROWS:**
 - a. bonus free throw is the 2nd free throw awarded for a common foul (except a player control foul) as follows:
 - b. Beginning with a team's 7th foul in each half and for the 8th and 9th foul, the bonus is awarded only if the first free throw is successful.
 - c. Beginning with a team's 10th foul in each half the bonus is awarded whether the 1st free throw is successful.
13. **TIME OUTS:**
Each team is entitled to two (2) charged time-outs per half during a regulation game. During each extra period, each team is entitled to at least one (1) time-out. Unused time-outs do not accumulate from the first half to the second half. Unused time-outs can accumulate from the second half and be used in any overtime period.
14. **OVERTIME GAMES:**
First two overtime periods; the shot clock will be in effect (see Rule #12).
If a game is tied at the end of regulation play the teams will, after a one (1) minute rest, play an extra period of two (2) minutes. If the game is tied after this period an additional two (2) minute period shall be played after a one (1) minute rest. If the game is tied after two (2) extra periods of play, the teams will have a one (1) minute rest and the first team to score will be declared the winner. The stop clock is not in effect during the "sudden death" period. No penalty or part of a penalty carries over from one quarter or extra period to the next.
15. **PARKING:**
At school sites please park on the side of the road closest to the school or in the school parking lot. Do not park in front of the neighborhood houses. Please remove all valuables from vehicles. NOTE: The City of Long Beach is not responsible for theft or damage done to vehicles while participating or visiting Adult Sports programs.

16. **FOOD AND SMOKING:**

No food or drinks are allowed in any school gym. Capped water bottles are allowed. Smoking is not allowed on Long Beach Unified School District Grounds. If a player on your team must smoke, that player must leave school grounds. This includes the parking lot.

17. **CHILD SUPERVISION:**

All children inside the gym will be required to be supervised by an adult. If the team does not have a person available to supervise the children, a team player must leave the court to become the supervisor of the children. If children are not controlled, the game will be declared a forfeit.

18. **GYMNASIUM / FACILITY GUIDELINES:**

The gym is reserved for volleyball. Only those players that are legally roster players are permitted on the court. All participants must wear shirts and rubber-soled shoes.

19. **JEWELRY:**

Piercings above the chin (if studs) and wedding rings are permitted. All jewelry below the chin must be removed prior to the game. Glasses and medical alert badges are legal. Hats and bandanas must be removed prior to the start of all matches. Headbands are legal. Smart watches must also be covered or taken off.

20. **PROTESTS:**

Oral protests must be made by the team manager/captain with the official and the opposing team manager/captain before the next live ball situation. Protests will not be considered unless received in the Sports Office in writing within one (1) working day of the incident. A twenty-five (\$25.00) dollar protest fee must accompany the written protest. If the protest is upheld, the fee will be returned.

21. **REFEREE FEES:**

\$40 (FORTY) per team, per game during the regular season and divisional quarter final and semi-final playoffs. Teams competing in the Championship games will not be charged.

22. **APPROVED FOOTWEAR:**

Rubber soled gym shoes must be worn by all participants. Players will not be allowed to wear "street shoes" or barefoot and will be asked to change or put on shoes. If a player refuses to change shoes, does not have another pair of shoes or is not legally substituted out of the game, the player will be ejected from the game.

23. **EQUIPMENT:**

The referee shall not allow any player to wear any equipment, which, in his or her judgment, is dangerous or confusing to other players or is not appropriate. This includes but is not limited to items such as:

- i. A guard, cast or brace made of hard and unyielding leather, plastic, pliable (soft), plaster, metal or any other hard substance- even though covered with soft padding- when worn on the elbow, wrist, hand, forearm or finger; NOTE: Each state association may authorize the use of artificial limbs which in it's opinion are no more dangerous to players than the corresponding human limb and do not place an opponent at a disadvantage.
- ii. Head decorations, headwear and jewelry; EXCEPTION: Head band no wider than two (2) inches and made of nonabrasive unadorned single colored cloth, elastic, fiber, soft leather or rubber may be worn. Rubber/elastic bands may be used to control hair.
- iii. Equipment, which is unnatural and designed to increase a player's height or reach or to gain an advantage.

24. **NO DUNKING RULE:**

No dunking or hanging on the rim will be allowed at any **Middle School Gymnasium (Lindsey is an exception)**. If any team dunks or hangs on the rim they will be assessed a technical foul. If shooting, no points will be scored.

25. **HEIGHT LIMIT:**

Players of any height may play in any men's open basketball league.

HEIGHT LIMIT PROTEST:

In the event of a protest, a participant will be measured without shoes on.

26. **RE-CLASSIFICATION:**

Teams could possibly be reclassified after the fourth (4th) week of play.

27. **INTERNATIONAL RULE:**

No checking of the ball is required by the official for a throw-in starting in the backcourt except when the scorekeeper sounds the horn or whistle.

28. **TECHNICAL FOULS:**

Any player given a technical foul must sit out for three (3) minutes before returning to the game. Two (2) technical fouls, player is ejected from game.

29. **FOULING OUT:**

Any player with **six (6) fouls** will be considered fouled out and will no longer be able to continue playing for the remainder of that game.

30. **BONUS SHOT – FREE THROW ATTEMPT:**

During a "Bonus" or any Free Throw situation, players positioned in any legal lane space may enter the key area when the shooter releases the basketball (commonly known as "on the release"). The shooter and all players outside the 3-point line (above F/T line extended) may not enter the key or cross/break the 3-point arc until the ball has struck either the rim or the flange (flat metal support device between the rim and the backboard).

31. **MERCY RULE**

game will be called 'over' if there is a 25 point or more differential, at or any time after the 10:00 minute mark of the 2nd half of a regular season or division playoff game. (Championship games not included) **EXCEPTION: The game will continue to completion if the losing team (manager/captain) verbally waives the right to Mercy Rule, or at the discretion of the referees.**

32. **TIMEOUT OPTION TO ADVANCE THE BALL**

During the last 59.9 seconds of the 1st half and 2nd half of the game (or any extra period) when the team in control of the ball, or the team who is to be awarded a throw-in in their backcourt, is granted a timeout, the team will have the option to move the throw-in spot to the 28-foot line in the frontcourt on the same side of the playing court as the scorers' table.

33. **COED BASKETBALL**

Coed basketball teams consists of 5 players and require at least 2 males and/or females to be on the court at all times.

To start a game, teams need at least 4 players. At the start of the game, if a team of 4 only has 1 female or male available, they will have to play 4 versus 5 until that spot is filled by corresponding gender. Teams without a mix composition will have to forfeit.