

ADAL ALL SPORTS MASTER RULES (As of Nov 2025)

The following rules apply to all ADAL sports and are considered an integral part of the rules for each sport.

California Interscholastic Federation (CIF) High School Rules apply to all ADAL sports unless modified in our individual rules for each sport. Note some rules are restated for clarity.

UNIFORMS

1. Home team must provide scrimmage vests if the jersey color of both teams match. Home team must wear the scrimmage vests.
2. Teams must wear matching colored jerseys. Numbers on the back of the jersey are mandatory. There will be no penalty for illegal numbers.
3. Undershirts are allowed. Undershirts and pants/shorts do not have to match the color of the jersey.
4. Jewelry is allowed and if it is exposed outside the uniform, it must be covered by tape.
5. Playing with a hard cast is not allowed.
6. There will be no penalty for duplicate numbers. Scorekeepers and referees should note distinguishing features of each player in the scorebook to apply scores and fouls to the appropriate player.

START OF GAME:

1. Both teams will be given 5 minutes of warm-up time. A team is deemed ready to warm up when their coach and the minimum number of players needed to play the game are present.
2. The coin toss prior to the start of the game shall be done with at least one representative of each team present.
3. Official Game Time is defined as the starting time listed on the ADAL website. If there is previous activity on the playing court/field the Adjusted Game Time will be 5 minutes after the playing court or field has been cleared enough to begin warm-ups.

4. If a team is not ready to play (including warm-ups) the later of either a) 15 minutes after the Official Game Time or b) the Adjusted Game Time, the opponent's coach may declare the game a forfeit.
5. If no official is present within the later of either: A) 15 minutes after the “Official Game Time” or B) the “Adjusted Game Time” the visiting team has the option to play the game with a substitute official or take a forfeit.
6. Officials may not be employees of the school involved in the game, regardless of the game being home or away, unless agreed upon by both coaches prior to the start.
7. Forfeit must be declared at game time at the site. The league highly encourages that all effort is made to avoid a forfeit and find a way to play or reschedule the game if possible.

FIELD OF PLAY

1. Once the game starts, only players and up to three coaches may be on the team bench or sideline. No one else is permitted near the team area.
2. Only players may be on the court or field during game breaks.

EJECTION AND SUSPENSION

1. If a coach is ejected, they must promptly leave the facility and not be visible to their team during the game. Failure to do so results in an immediate forfeit to the opposing team. It's found within 24 hours that the coach did not comply, they will be suspended for 2 games.
2. If a coach is unable to perform his/her duties during a game, such as being ejected, only individuals who are certified by their team's athletic program may be substituted. If no such certified person is available or it is later determined that the substitute coach is not certified, the game will be forfeited to the opposing team.
3. If a player is ejected from the game, he/she may sit with their team for the remainder of the game. Any further demonstrations from the player may result in a forfeit.
4. If a team draws 4 technical or personal fouls during a game, the game will be immediately forfeited to the opposing team.
5. Any person ejected from a game will not be allowed to be on the premises during the following game. Any person ejected during their team's final game of a season must

serve his/her suspension on the first game of the following season that they are eligible to participate in. A forfeit will be declared if such person is present or has been determined afterwards to be on the premises for which they have been suspended.

6. Forfeits and suspensions apply for all post season play.
7. The hosting Athletic Director is responsible for notifying the League President of the ejected person. If the ejected person is associated with a visiting team, the hosting Athletic Director is also responsible for notifying the visiting team's Athletic Director. Notification shall be made within 24 hours of the ejection.

RULES AND PROTESTS

1. If neither team has a set of these rules, the official's ruling becomes final and cannot be protested. Each school should have a copy of the rules available at the scorer's table.
2. Protests must be made by the affected team's Athletic Director to the League President within 24 hours after the end of game.