

# Adult Women's Basketball League

## 1. OBJECTIVE

The objective of the Amador County Recreation Agency (ACRA) Adult Women's Basketball League shall be to promote and conduct a positive activity, which encourages fitness, healthy competition, and a fun atmosphere for players and spectators.

## 2. 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.**

### **3. Each team captain is responsible for:**

**A. Filling out the "Team Roster" with the each player's full name and Jersey Number.**

**B. Having each one of their players sign the "Waiver of Liability" form and turn it into the League Coordinator.**

**C. Turn in both the "Team Roster" and "Waiver of Liability" form for all players before the first game.**

**D. Adding players to the roster as the season goes along. If a manager wants to add a new player they must tell the League Coordinator or the scores table, and then add them to the "Team Roster" and have them fill out a "Waiver of Liability" before they play. (Players must player in ¼ of the regular season games to be eligible for playoffs – reviewed by the League)**

**E. Having their entire team pick up any trash and/or equipment they may have left behind.**

**G. Collecting all the money for the team and paying before the first game starts.**

## 3. 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 their fifth foul.

A. Any foul committed before game begins will be two automatic points per foul.

B. Players will receive technical fouls if they have a bad mouth before, during, or after the game.

C. Individual players are allowed one technical; two technical's means the player is ejection. Any player receiving three technical fouls during the course of the season shall be suspended from further play.  
Reviewed by the League

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. Reviewed by league.

F. Any player receiving a technical foul after the game is over will sit out his team's next scheduled game. Reviewed by league.

3. Each team will be allowed three 1 minute time outs per half. Time outs do not carry over into the second half or overtime periods. One, one minute time out per team will be allowed in overtime.

4. A team enters the bonus starting with the seventh team foul. (One and-one. 2 shots on 10<sup>th</sup> foul).

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 ACRA "Players Code of Conduct".

7. 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.

8. Players may enter the lane after the ball hits the rim of last free-throw attempt.

9. Players must play at least 2 regular season games to play in the playoffs.

10. All technical fouls will be 2 shots plus possession.

11. All rules not specifically covered in this set of rules will go by High School Rules.

## **6. LENGTH AND SCHEDULING OF GAMES**

1. Games shall be two 16-minute stopped time halves.

2. Games ending in a tie shall be decided by a three-minute overtime period using a stopped clock. Same rule for double overtime but after that 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 Amador County Recreation Agency shall reserve the right to reschedule any game because of emergencies, and to shift teams when necessary from one division to 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. Teams should expect to play at varying times.

6. 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 will be required.
3. Each team shall be allowed one non-uniformed player. All non-uniformed players after the first player will be considered a technical foul when he enters the game.
4. All players will be required to wear appropriate shoes.

## **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 game, the player's bench, and the gym for misconduct.
2. All discussions with the referees to explain calls must be done by team captain during a dead ball.
3. 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. ACRA Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.

## **9. 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 ten-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. Two (2) forfeits disqualify your team from post-season play if scheduled.
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.

## **11. AWARDS**

1. League Champions will each receive a League Championship T-Shirt.