



Adult Basketball Rule Book

GENERAL LEAGUE RULES

This rulebook is to be used by all teams playing basketball in the Class Athlete League. The rules are based on NBA rules, with some modifications made by Class Athlete management.

- Four 12 minute quarters, running clock except the last minute of second and fourth quarter.
- 10 seconds to get the ball past half court.
- 5 fouls and player fouls out. Technical fouls count as personal fouls.
- 7 team fouls is one and one, 10 team fouls is double bonus
- 3 seconds in the paint
- Substitutions on dead balls. Players must check in at table.
- Two technical by same person within same game immediate ejection and suspension for the following game. Two ejections per season and player is kicked out of league. Technical fouls count as personal fouls.
- The referee's decisions are final.
- There are no game protests.
- Halftime: Is a maximum of three minutes long.
- Quarter Breaks: 1 minutes
- Stopping the clock: Referees can stop the clock at their discretion. The clock will stop if a player is injured and will not restart until the player is removed from the court.
- Two Timeouts Per Half. One added each Overtime. Timeouts not used during the game do not carry over.
- Possession Changes: jump balls and quarters.

Any coach or spectator ejected will be deemed to be in violation of the League's Code of Conduct and will be subject to disciplinary action and MUST LEAVE the facility immediately.

THE COURT

Teams will occupy the same area of the court sidelines for the entire game and not cross the half-court area into the other team's area.

We will play cross court and have two games going at once.

NUMBER OF PLAYERS

Adult age division play with five players on the court.

REFEREE

One referee will be provided

Referee rulings are final. Coaches, parents and spectators may not question the referee's decisions on court. Any disputes, questions or disagreements must be handled away from the players with the CA coordinator.

SCORING

Tied scores: Overtime will be played, with one five-minute period being played. If it is still tied after one overtime, another five-minute period will be played.. There will be one additional timeout awarded in each overtime and you can use ones left over from the second half, if you had any remaining.

Scoring: 1 point for a free throw, 2 points for a shot inside the 3-point line, 3 points for a shot outside the 3-point line.

UNSPORTSMANLIKE CONDUCT

If the referee witnesses any acts of intentional fouls or inappropriate behavior, the player will potentially be ejected from the game. The decision is made at the referee's discretion.

Offensive or confrontational language: Is illegal. The referee has the right to determine offensive language. One warning will be given. If it continues, the player will be ejected and thus suspended for the next game.

END OF GAME PROCEDURE

All players and coaches must shake hands at the conclusion of every game. Failure to demonstrate sportsmanship will result in disciplinary action.

CLASS ATHLETE (CA)

Code of Conduct

The CA is meant to provide a positive environment for children to enter athletics without the pressure of having to be No. 1 or “The Best”. CA emphasizes teamwork and sportsmanship above winning. With that, we ask that all players, parents/guardians, and coaches please read the following information. By signing the CA player application and waiver you agree to all the provisions of this code of conduct.

I understand that should my behavior violate this code of conduct, I will accept any disciplinary action, up to and including permanent ejection, as determined by league officials. I also understand that failure to abide by these rules will result in forfeiture of all monies paid for my registration.

Players

1. I will treat my teammates, opponents, coaches, parents, and all others involved in CA with respect at all times
2. I will give my full attention to my coach and do my best to follow instructions.
3. I will always give my best effort in both practice and during games.
4. I will encourage and help my teammates and others who may not be as skilled at sports as I am.
5. Under no circumstance will I engage in name calling, taunting, or make derogatory or profane remarks to any coaches, officials, teammates or opposing players.
6. I will always congratulate my opponent's effort at the end of every game regardless of the score.
7. I WILL HAVE FUN!

Parent(S)/Guardian(S)

1. I will support my child unconditionally regardless of how well he/she performs.
2. I realize that who wins or loses is of little consequence. I will not place pressure on my child to win or engage in conduct that is adverse to the instructions of the coaches and staff of CA.
3. I will support the coach in his/her efforts to teach skills, teamwork, and good sportsmanship to the players. This includes ensuring that my child attends all scheduled practices and games as possible.
4. I will not seek special treatment nor ask for special privileges for my child.
5. I will applaud the efforts of all of the players in the games. I will never criticize another player.
6. I will not embarrass my child or myself by criticizing or yelling at officials, coaches, players, other spectators, or league directors. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.

7. I will be responsible for compliance of this code of conduct for any additional family members, friends or spectators that I invite to the games.
8. I will help the team whenever possible by providing my services as requested by the coach or team parent.
9. I will remember that this is my child's sport and not my second childhood.
10. I WILL HAVE FUN!

CLASS ATHLETE (CA)

Coaches' Code of Conduct

1. I understand that as a coach or official, I must be a positive role model for the players and parents, and that I will exert a tremendous influence, either good or bad, in the education of the players. I will strive to instill in every child a sense of self-esteem, responsibility, confidence, dignity, and self discipline, through an emphasis on fair play, teamwork, leadership, scholarship, respect, and the rules of CA sports.
2. I will never place the value of winning, or my own personal satisfactions, above the value of instilling the highest desirable ideals of character, fair play and sportsmanship.
3. As a coach or official, I will devote time, thought, planning, and study to the rules of the game. I will prepare a practice and game plan realizing that this will best enable me to teach team sports. I will make every effort to attend all league provided training and meetings.
4. I agree that CA sports are intended to be enjoyable experiences for everyone involved and as a coach or official, I will set a fun tone for both practices and games. I will also strive to create an environment that eliminates a child's fear of failure and promote the challenges of learning new skills. I will ensure that each child has the opportunity to play a roughly equivalent portion of each game.
5. As a coach, I am totally responsible for my team's players, staff, and spectators. I am also responsible for instructing everyone on the league's expectations for game field behavior. All forms of hostility toward an official, coach, child, opposing team parent, or league director are unacceptable and have no place in this league.
6. I will take an active role in the prevention of drug, alcohol, and tobacco use, and under no circumstances will partake or allow these activities to occur during practices or games.
7. As an example to the children, before and after the game, I will establish a good sportsmanship tone by exchanging friendly greetings. I will teach the children that teammates, opponents and officials are entitled to be treated with respect and dignity, and if my team should lose, then their focus is on improving on the team's performance and not on what the other team, coach, or official did.
8. Officials will have the total respect and support of the coach. I will not indulge in conduct that will incite players or spectators against the officials. Public criticism of officials or touching of the officials is unethical and will result in disciplinary action.
9. I WILL HAVE FUN!

I understand that should my behavior violate this code of conduct, I will accept any disciplinary action as determined by league officials.