



ADULT SPORTS BASKETBALL LEAGUE RULES & INFORMATION

Please remember that the league does guarantee night of play but can **NOT** guarantee classification or game times.

WEBSITE

League schedules, scores and standings are available online at www.lakeforestca.gov under the adult sports tab at Lake Forest Sports Park.

SCHEDULES

All games are subject to change based on gym availability. If the schedule is changed for any reason, it will be updated on the website at www.lakeforestca.gov and the team manager will be contacted. It is the duty of the manager to notify the team of any schedule changes.

ROSTERS

Rosters must be submitted prior to the start of the **FIRST GAME**. Add/drops must be submitted prior to the start of the **THIRD GAME**. Teams that do not submit a roster will not be permitted to participate. All players participating in the playoffs must have a picture ID in order to compete. Failure to present it to the referee or staff upon request will disqualify that individual player from competition.

1. Each team will submit a complete roster with a maximum of twelve (12) players.
2. COMPLETED Rosters must be turned in to the Community Services Staff by the first regular season game.
3. No additions or deletions may be made after the start of the **THIRD** regular season game.
4. ALL players must be on a team roster to be eligible for league play or playoffs.

All roster changes must come to the Community Services Office in person.

ELIGIBILITY

All players must be 18 years or older. Players may only participate on **ONE TEAM PER NIGHT**. If a player is found to be playing illegally, the player will be suspended for the remainder of the season.

NO DUNKING POLICY

Players may not dunk, touch or hang on the rim during warm-up, during the game or following the completion of their game. PENALTY: flagrant technical foul (Two shots, ball out of bounds at the division line, player ejected.)

FORFEIT PROCEDURES

1. If a team forfeits a game, the forfeiting team will pay the City of Lake Forest Community Services Staff \$70 prior to the start of their next game.
2. If a team forfeits a second time, the manager must pay \$70 cash to the City of Lake Forest Community Services Staff prior to their next game. Failure to pay will result in the team not participating until the forfeit fee has been paid.
3. If a team forfeits a third time, the manager must pay \$60 cash to the Community Services Staff and will

automatically be dropped from the League with no refund.

4. A game shall be called a forfeit if:
 - a. A team fails to have four (4) players on the court at game time. GAME TIME IS FORFEIT TIME.
 - b. In the opinion of the officials, a manager does not have complete control of his team.
 - c. Continued harassment of officials and/or scorekeepers. This includes during any breaks in the game (half-time and dead balls), and after the conclusion of the game.
 - d. If a team is unable to complete a game due to lack of players for whatever reason. **A forfeit results in loss for the offending team by a score of 0–40.**

ADULT BASKETBALL LEAGUE RULES

LEAGUE FORMAT

1. Nine (9) league games will be played per season.
2. Ties in the standings will be broken down by the following procedure:
 - a. Any regular season forfeit.
 - b. Record against the opposing team(s).
 - c. Point differential between the teams involved.
 - d. Lowest average number of points allowed.

RULES

1. Games will be played under the current National Federation Official High School Basketball Rules with the following changes and clarifications:
 - a. Games will be played in twenty (20) minute halves.
 - b. The clock will not stop during the game (running time), except on an official's or team time out. During the last 15 seconds of the first half (regardless of the score) and during the last two (2) minutes of the second half, if the point spread is ten (10) or less points, the clock will stop on all whistles. Clock stops on 10/runs on 11.
 - c. Timeouts: Two timeouts per half (non-accumulative). A team may carryover into overtime any second half time-outs not used. A time out will be 1 minute.
 - d. In the event of a tie score at the end of regulation time, a three (3) minute overtime will be played, (2 minutes running clock, 1 minute of regulation clock). NO SUDDEN DEATH!
 - e. A team will be in the bonus situation on the seventh (7) team foul, two (2) shots on the tenth (10) team foul.
 - f. Uniforms: Each team is required to have REVERSIBLE TOPS of similar colors with numbers that adhere. Teams designated as the home team will wear white jerseys of a similar color. (Penalty: Two points will be awarded to the opposing team for each player out of uniform at the start of the game when he enters the game.) If this occurs for more than one week, the team may be suspended from the league without refund. **All teams are required to obtain uniforms by their second league game.**
2. **2025 Shot Clock Implementation (3/17/25)**
 - a. Each game will run on a thirty (30) second shot clock per possession
 - b. Shot clock will only reset if a ball hits rim and an offensive rebound is obtained, it will reset at fifteen (15) seconds
 - c. Clock will not reset on a missed basket, or ball that hits backboard and not rim
 - d. Shot clock will turn off before the thirty (30) second mark of each half; (Ex. Team A takes ball out with twenty-five (25) seconds remaining, there will be no shot clock and game will be run on game clock)
 - e. Shot clock violations are penalized with a loss of possession

PROTESTS

1. All protests must be submitted to the City of Lake Forest Community Services Department, 28000 Rancho Parkway, Lake Forest, CA no later than 5:30 p.m. the following day.
2. Protests must be clearly written and accompanied by the required \$20.00 cash-filing fee. If a protest is upheld, the fee shall be returned. No protest will be considered or honored on any official's judgment call.
3. All protests must be stated (before the ball is put back into play) to the referee, scorer's table and the opposing manager, stating the exact reason for the protest. The referee shall note the protesting manager's statement exactly.
4. Protests regarding roster eligibility must be made immediately (Before the ball is put back in play) after the player in question enters the game.
5. In the case of a player protest, the player's identification will be checked and documented and the game will be allowed to continue with the player in question participating. If the league administration determines that the player in question is illegal, then the game in question will be forfeited and the player in question and the manager from the team in question will be suspended from the league for the remainder of the season, if proper protest procedures are followed.
6. Three (3) minutes will be allowed for a protest and added onto the end of the game.
7. If a protest is upheld, the game will be finished from the exact point where the protest was made. The same score will be used.

EJECTIONS & SUSPENSIONS

Any player, coach or manager who has been ejected from a ball game shall not be permitted to coach nor manage from the sideline or bleachers nor shall he/she participate or coach in the **next playable game**. Any game in which a suspended player participated shall be forfeited by his/her team. Any player or coach ejected from inflicting unnecessary bodily harm to any player, official, or spectator may be suspended for at least four games and cannot play until the League Director issues a final decision. City Staff shall provide a written report to the League Director stating the cause of the ejection. All ejected players must leave the facility within one (1) minute or his team may forfeit the game. Any player ejected twice in any league will be suspended for the rest of the season and the next scheduled season. **Players may receive a suspension(s) for pre-game or post-game misconduct even if the official is not there at the time.** Any player(s) or team that has been suspended will not be awarded a refund for any part or full game(s) missed. One game suspensions may not be appealed.

MANAGERS' RESPONSIBILITIES

Each team shall have one permanent rostered manager. Duties of the manager shall include, but not be limited to the following:

1. Be responsible for the conduct of their players and spectators before, during, and after the game.
2. Do everything possible to assist the referees and scorekeepers in keeping the game conducted in an orderly manner.
3. Report and keep current the phone number (work and home) and address of the manager.
4. Be responsible for giving the Scorekeepers the team line-up prior to game time and keeping him/her advised of any changes.
5. Assist the Scorekeepers in completing an accident report, in the event of a player related injury, by supplying the players name, address, phone number, and all other necessary information required by the Scorekeepers.
6. Managers found to be playing non-rostered or ineligible players may be suspended up to a maximum of three (3) league games.