



KORET CENTER
FOR HEALTH, FITNESS & SPORT
Jewish Community Center of San Francisco
3200 California Street, San Francisco, CA 94118
www.jccsf.org

Jewish Community Center of San Francisco Adult Basketball League Rules

(Rules are subject to revision by the JCCSF)

Revised April 3, 2006

These rules are effective with the beginning of play for the Spring 2006 Season.

Mission Statement & Gymnasium Policies:

The Jewish Community Center of San Francisco is committed to creating a user-friendly atmosphere in all of our programming. This beautiful new facility affords us the opportunity to offer a multitude of program options to all of our members including adult sports leagues.

We, as the JCCSF staff, are here to serve the needs of the *all our members* in a way that is consistent with the philosophy and values of the Center at large. We are also dedicated to keeping this new facility in top condition. With that in mind, we have established the following policies. Your assistance in upholding these policies is expected and greatly appreciated.

- No food or drink is allowed in the gymnasium, except bottled water.
- Only non-marking soled shoes are permitted on the basketball court.
- League participation **does not** include access to JCCSF locker room, fitness center or open gym time on the basketball court. These privileges are reserved for JCCSF Center members.
- The equipment in the gym, including baskets, curtain, and scoreboards, along with all closets, are to be used by JCCSF STAFF ONLY.

Players are expected to participate in a respectful manner consistent with the core values of the Jewish Community Center of San Francisco. **The use of inappropriate language, violence, or dirty play will not be tolerated. Players exhibiting any of these behaviors, or acting in any way deemed by JCCSF Staff and/or game officials to be contrary to the values of the JCCSF will be instructed to leave the gymnasium by the JCCSF Gym Staff immediately.**

We look forward to providing this wonderful opportunity for all our members to utilize this gorgeous new gymnasium!

We'll see you on the court!

League Rules:

These rules are adapted from the National Federation of State High School Associations for Basketball. Normal High School rules will apply except where adapted below. Rules are subject to revision by the JCCSF.

League Schedule

1. All teams will be scheduled a minimum of six league games (regular season).
2. All teams will participate in a playoff tournament to be played at the conclusion of the regular season. Teams will be guaranteed at least 1 (one) game in this tournament (single elimination).
3. Once the schedule is published it is final. Games will not be rescheduled. It is the responsibility of each team to ensure they have enough eligible players for their games. The league will not reschedule games due to lack of sufficient players.
4. The JCCSF does NOT provide court time for teams to practice.
5. A team must have 4 (four) non-injured players on the floor to begin the game.
 - a. The opposing team may still play with 5 (five) players. (As all players paid the fees, we do not want to limit their playing time) This is not a forfeit. The opposing team can *at their discretion* play down to four players.
 - b. If teams have less than 4 (four) players, it is a forfeit and a loss in the standings.
 - c. If a team forfeits 2 (two) times in a season, they are disqualified for the remainder of that season.
 - d. Once the game has begun, a team can play down to as few as 2 (two) players.
 - e. Game time is the time indicated on the league schedule. Games **MUST** start on time. **No more than a three-minute grace period will be allowed.**
 - f. Warm up time prior to game time is **NOT** guaranteed. When the preceding game has ended the time remaining until the next game will be put on the scoreboard. The teams with the next game will have the court at that time.

Length Of Games

1. Games will consist of 2-20 minute halves.
 - a. Overtime is 3 minutes. After the 1st overtime, games go to “First to 2 Points” sudden death period (no clock).
2. Clock Rules
 - a. “Running Clock” applies
 - i. On all violations
 - ii. On all alternating possessions
 - iii. On score deficits of 20 points or more
 - b. “Stop Clock” applies
 - i. On all time-outs
 - ii. In the last 30 seconds of the first half

- iii. In the last 2 minutes of the second half
- iv.
- v. In the entirety of any overtime period

Rosters& Playing time:

1. All players must sign a JCCSF Adult League waiver. **If a player participates in a game without having signed a waiver, his/her team will automatically forfeit that contest.**
2. Basketball teams must have a minimum of 7 players. There is no maximum number (the league will only provide up to 8 shirts per team). **Every player on a team must submit the following information to the JCCSF: Name, Phone Number, Address, E-mail and Date of Birth.**
3. **Once a participant plays for a team, that player can only play for that specific team in that league over the course of one season. If a participant competes for another team in the league after playing for a different team, his/her new team will automatically forfeit that contest and any subsequent games.**
4. In order to be eligible to participate in the playoffs, players must have participated **in at least three regular season games & have signed a JCCSF waiver.** *Proof of this will be determined both by the date of the signed waiver & the players name in the official game book managed by the JCCSF staff.*
5. The JCCSF will NOT manage the playing time of teams or their players. That having been said it is the expectation (particularly of teams that registered as individuals) of the league that **every player has an opportunity to participate in every game.**

Additional Points of Emphasis

1. **Alternating possession** will be used to determine all “jump ball” situations.
 - a. A “jump ball” will result when two players from opposing teams both have two hands on the ball.
2. **Time outs:** Each team will be allowed 3 (three) charged timeouts during the regulation game.
3. **Personal Fouls:** On the 5th Personal Foul that player will be considered to have “fouled out”.
4. **Free Throws:** On all shooting fouls the offended player will be awarded 2 (two) shots from the foul line. Players may enter the lane **upon the release** of the ball.
5. **Team Fouls:** Every foul with the exception of “offensive fouls” will count as a team foul. On the 7th team foul of the half the opposing team will be considered to be in the “bonus” situation. At that point said team will be awarded a “1 and 1” opportunity at the line. On the 10th team foul of the half said team will be awarded 2 (two) shots from the foul line on any foul.

Flagrant Unsportsmanlike Conduct & Technical Fouls

The JCCSF will not tolerate unsportsmanlike conduct. Our expectation is that players, officials and spectators will at all times practice respect and conduct themselves in a positive manner. Any decisions regarding unsportsmanlike conduct are at the discretion of the game official and/or JCCSF Staff.

1. The **decision of officials is final** and cannot be debated. This is true even if the official's call is wrong. Debating an official's call is considered Unsportsmanlike Conduct.
2. For any "flagrant unsportsmanlike conduct" on the part of players or spectators the offending team with out warning can immediately forfeit the game. Further sanctions (including, but not limited to, Player suspension/expulsion, Team suspension/expulsion) can be enforced at the discretion of the JCCSFABL league director.
3. If any individual participant receives two technical fouls in one game that individual is disqualified from the remainder of that game AND that teams following game (this applies even if this is a playoff game and/or it leaves that players team with out enough eligible players for the subsequent game). The individual must leave the facility immediately upon disqualification. Failure to do so will be considered "flagrant unsportsmanlike conduct" and will result in the immediate forfeiture of the game.
4. The JCCSF Staff reserves the right to involve themselves in the monitoring of the issue of "flagrant unsportsmanlike conduct" of players or spectators, even if these actions supersede the role of the game official.