



City of Watsonville Parks & Community Services Department  
231 Union Street, Watsonville, CA 95076  
(831) 768-3240 Fax (831) 763-4078  
www.watsonvillerec.com

# Women's Basketball RULES AND REGULATIONS

## 1. LEAGUE & PLAYOFF PROCEDURES

- A. There will be **eight (8) weeks** of regular season play (Round Robin format), followed by **one (1) week** of playoffs/finals (single elimination format).
- B. The number, variety, and type of league shall be determined, planned, organized and governed by the Watsonville Parks & Community Services Department, but teams may request league preference when they are registered.
- C. The League Director has the option of moving teams to whatever division and night, if it is in the best interest of providing a balanced league.
- D. Each team member **MUST** have team jerseys with numbers to designate players. Must come with either a black, a white or a reversible jersey each game. Numbers may be written on with a felt pen. (if needed). If no number is provided after the second (2) week of regular season the player will not be allowed to play until she has a number provided.
- E. No schedule changes are allowed. Unless approved by Recreation Assistant.
- F. All league games are played with five (5) players. No team shall start or continue a league game with less than four (4) players. Having less than four (4) players constitutes a forfeit.
- G. The referee is empowered to call a game at any time because of darkness, rain, fire, panic or other causes, which places the patrons or players in peril.
- H. **Playoffs and Championship Games**
  - 1. The top four (4) teams with the best record will make the playoffs, the top seeded team will play the fourth place team and the second place team will play the third place team. The winning team of each of these games will advance to the championship game.
  - 2. ID checks will be in play for playoffs just to assure an even playing field for all teams and for each player in the league.
  - 3. Tie breakers will be determined in the following procedures:
    - a. 1<sup>st</sup> tie break: head-to-head record, exception is a forfeit, which is automatic lower seeding.
    - b. 2<sup>nd</sup> tie break: point differential in head-to-head record.
    - c. 3<sup>rd</sup> tie break: fewest points given up in head-to-head.

## 2. GAME RULE EXCEPTIONS

- A. **Pro-style** basketball rules will be used with the exceptions listed in this section.
- B. **Game duration** is four (4) 10-minute quarters, running clock. There will be a one (1) minute break between quarters, and a 2-minute break at the half. The clock stops on timeouts, technical fouls, or at officials' request, any foul that is on the floor the clock will continue to run. As well will stop on every whistle in the last 2-minutes of the second half. If the score is more than a 15-point difference during the last 2-minutes of the game, the clock will not be stopped. **Overtime periods** will be **5-minutes** in length, running clock. Exception: Championship game, clock will stop in last minute of game play. Only one (1) full timeout per team in overtime periods.
- C. Each team receives one (1) full timeout and one (1) 20-second timeout per quarter and one (1) full timeout in the overtime. The ball will be advanced to half court after a **full** timeout in three circumstances: a) before the ball has been put into play on a turn over, b) a basket is made, or c) if the timeout is called immediately upon possession of a defensive rebound. (In the last circumstance, no dribble or pass may be made before the timeout is called)
- D. Players will "foul-out" after their (6<sup>th</sup>) personal foul (Any technical fouls will count as personal fouls)
- E. There will be a ten (10) second violation if opposing team cannot get the ball across the halfway mark by that time it will result in a turnover.

- F. All "Jump balls" will be jumped. The jump ball shall be between the two involved players unless injury or ejection precludes one of the jumpers from participation. If injury, ejection or disqualification occurs for any player to be replaced, his substitute may not participate in the jump ball.

*(GAME RULE EXCEPTIONS continued on the next page)*

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- G. On free throws, players will enter the lane on the release. If does not release in ten (10) seconds, it will result as a violation.
- H. Teams will be awarded a one and one free throw "Bonus" free throw when the opposing team reaches five (5) teams fouls in every quarter. Teams also will be awarded 2 "Bonus" free throws after opposing team reaches eight (8) team fouls in every quarter.
- I. Contact, which occurs on the shooting hand of the offensive player while the hand is in contact with the ball, is not illegal.
- J. Dunking is not allowed before, during and after the game and will result in a technical foul and loss of possession.**
- K. The backcourt violation will be enforced if ball goes over half court line on to the opposite team's side. But will not be enforced on out of bounds play.
- L. Alternate possession will apply only to the beginning of periods, and the ball will be administered in the backcourt at the baseline. All jump balls will be jumped up at the nearest circle, except in the case of a double foul, when the jump will be administered at half-court.
- M. The team that gains the first possession of the game will put the ball into play at their opponent's end line to begin the fourth period. The other team will put the ball into play at their opponent's end line at the beginning of the second and third period.
- N. Substitutions will be allowed on each whistle. Referee must give the come in signal to player who is substituting in before entering the game.
- O. Technical Fouls will result in two(2) free throws for the opposing team and will retain possession of the ball. The ball will then be administered nearest to the spot where the ball would have been had the technical not been called. Technical Fouls that are called for sportsmanship or misconduct will result in that player sitting for 5-minutes from the time the foul is called. If there is less than five minutes left in the game, the remaining penalty time will continue at the start of the next game in which the player plays.
- P. Flagrant fouls will be given if referee observes contact that goes beyond the normal foul. Aggressive action such as shoving, striking or elbowing a player that has no attempt on ball. Player will be given a flagrant will sit down the rest of the game and will Surve a one (1) game suspension and will be banned from the gym.
- Q. Technical calls to the bench will be given to the Team Manager. As well as a warning to both sides.
- R. Double Fouls
1. No free throw attempts shall be awarded on double fouls, whether they are personal or technical.
  2. Double personal fouls shall be added to a player's total, but not to the team total.
  3. If a double foul occurs, the ball will reset back in the middle of the court for a jump ball to give both teams a chance to regain ball possession.
  4. If a double foul occurs with neither team in possession, play will be resumed with a jump ball at the center circle between the two opposing players in the game at the time the foul occurred.
- S. The League Director will interpret any rule or situation that is not specifically covered by these rules.
- T. Two (2) referees and a scorekeeper will officiate each game. If one referee is present, the game shall be played. If no referees show up, games will be postponed and made-up at a later date.

### **3. ROSTERS**

- A. Each team will be allowed up to 12 players on the roster. New players may be added up to the second game. Any changes must be presented to the Recreation Assistant for approval.
- B. All players must sign their team's roster before playing in any league games (paper roster or through CIVIC REC League Management) Those teams that use a player who has not signed the roster will forfeit all games that the player played in.
- C. All names, addresses and signatures must be neat and legible on the Team Roster. If a players name, address, phone number, and signature are not legible on the team roster, that player will not be allowed to play and that team will forfeit any game that player participates in.
- D. Once a player signs the roster with a team, his/her manager prior to playing on another team must release them. After the player is released, he/she can sign with another team after sitting out one game. EXCEPTION: If a player has officially played in or more league games and then is released, he/she may not play on another team in the same league

in which he/she was released. Section 3. Rule 3 is subject to change to ensure enough players are available to play in the league.

- E. There will be ID checks mid season to assure the right rosters
- F. The Recreation Assistant must approve all changes to rosters.
- G. The Recreation Assistant is the final decision regarding eligibility and roster procedures.

#### **4. PLAYER ELIGIBILITY**

- A. All players playing, or attempting to play, under an assumed name, without being on the roster, or while on suspension will be barred from the league for a year. Players are required to show proper I.D. when requested to do so by an umpire or representative of the City of Watsonville Parks & Community Services Department. The game will not be delayed. If a player cannot prove his or her identity, he or she will be asked to leave the game and must bring a picture I.D. to the Recreation Office by 5pm the next business day for that team's game or games will be forfeited.  
*(PLAYER ELIGIBILITY continued on the next page)*
- B. Players are **ONLY** allowed to play in **Two (2)** division if she can get approved from Recreation Assistant..
- C. **Player Substitution:** Managers who lose players during the season due to injury or employment transfer, may petition the League Director to obtain permission to replace the injured or transferred player. The Recreation Assistant must approve all substitutes before they are allowed to play. Proof of the above must be submitted with the petition. Injured or transferred players may not be re-added to the team roster once the substitute has played in one game.
- D. All roster players must have played in at least three (3) league games of the current season to be eligible for the playoffs.
- E. **Ejections**
  - 1. Any player receiving a second technical foul in the same game will result in automatic ejection from the game.
  - 2. A player who receives four (4) technical fouls in the same season will be suspended for the entire immediate season, including playoffs.
  - 3. **Any player ejected from the game will receive an automatic two (2) game suspension minimum.** (If a suspension is received at the end of the season, the suspension will apply to the following season until suspension is fulfilled) Further suspension and/or probation may also be applied.
  - 4. Any player ejected from a game will be directed by the officials to leave the park/facility immediately. Players will have 2-minutes to leave the park/facility. Failure to do so can result in suspension for the remainder of the season AND/OR forfeit of game.

#### **5. FORFEITS**

- A. If a team is not ready to start at the scheduled game time, with at least four (4) players, they will have ten (10) minutes to get there before scheduled start time if failure to do so the game will be forfeited to the opposing team. The Referee timer is the official time
- B. A forfeit is recorded as a loss and the other team will be awarded fifty (50) points. In the event of a double forfeit, both teams receive a loss.
- C. If a team forfeits two games, the team will be not be eligible for playoffs, and may be dropped from the league and ineligible to participate in future seasons.
- D. There shall be no postponement of games unless otherwise decided by the League Director due to inclement weather, lighting, referee availability, or other discretions.
- E. As a courtesy, teams that foresee a conflict with a particular game should notify the League Director 24-hours prior to the scheduled game.
- F. Teams that drop or are dropped from the league lose any play off rights and the right to reclaim any part of their entry fee.

#### **6. PLAYER RESPONSIBILITIES**

- A. The manager shall be the **ONLY** official representative of each team. The manager will be held responsible for all rules stated in this copy of the RULES AND REGULATIONS along with the SANCRA Code of Conduct.
- B. Managers are responsible to see that their players and spectators are familiar with the Rules and Regulations of this league and the S.A.N.C.R.A. Player Code of Conduct.
- C. The team manager is the **only** person authorized to discuss an official's decision while in the confines of the facility whether before, during or after the scheduled game. Other players are not allowed to directly confront an official or discuss an official's decision.
- D. Consuming or being under the influence of drugs or alcohol will not be tolerated on a team's bench or anywhere in the park or facility before, during, and after their scheduled game. The referee is required to report the findings to the League Director. Players found consuming drugs or alcohol or being under the influence of drugs or alcohol will be immediately ejected from the game.

- E. While not on the court, players are to remain on the bench while the game is in progress. Players are not to be off the bench while their game is in progress. Unless player is subbing into the game.
- F. There will be no unnecessary screaming or intentional distraction of opposing players allowed. Referee judgment will be used to determine extent of violation. If deemed to be excessive, a warning followed by ejection or forfeiture of game will be imposed.
- G. *(PLAYER RESPONSIBILITIES continued on the next page)*  
*PLAYER RESPONSIBILITIES continued*
- H. Managers and players must abide by all Park/Facility rules.
- I. ***All players are responsible for their own health and accident insurance since neither the league nor the City of Watsonville provides such coverage.*** This means that players participate in this program at their own risk.
- J. Players or teams must provide their own first aide equipment, such as, Quick Ice, Ace Bandages, and Band Aides etc.
- K. All teams are responsible for cleaning up their bench after the game. Trash cans are provided. It is the responsibility of all to keep our city clean.
- L. **PROFANITY IS STRICTLY PROHIBITED.**
- M. All teams are registered with S.A.N.C.R.A (Sports Association of Northern California Recreation Agencies). Enclosed in this information packet is a copy of the SANCRA Code of Conduct. Please read and review the information carefully with your teammates. These rules will be adhered to. All sportsmanship infractions will be recorded and forwarded to all S.A.N.C.R.A agencies.

## **7. FAN BEHAVIOR**

All fans attending City League games are expected to conduct themselves in a respectful manner. Fans may not harass any player, coach, official, or opposing fan with obscenities or negative comments. This behavior may result in fan ejection, team ejection and/or forfeit.

## **8. PROTESTS**

- A. When a matter of protest arises during a game, the captain or manager of the protesting team shall immediately notify the: a) opposing manager, b) the referee and c) the scorekeeper of exactly which rule is being protested. This will enable all interested parties to take notice of the protest. On a protest of a player thought to be ineligible, the protest must be made as soon as the first stoppage of game play.
- B. Protests shall be based on the interpretation of rules and ineligible players only. Decisions involving the judgment of referees shall not be considered or received.
- C. The written protest should include:
  - 1. The date, time and place of the game.
  - 2. The names of the umpires and scorer.
  - 3. The rule and section of the official rules or local rules under which the protest is made.
  - 4. The decision and conditions surrounding the making of the decision.
  - 5. All the essential facts involved in the matter protested.

## **9. OTHER IMPORTANT INFORMATION**

- A. The Watsonville Parks and Community Services Department shall NOT be responsible for lost or stolen articles left in the gym before, during, or after your scheduled game. All valuables should be left at home.
- B. **Final decisions regarding player eligibility, suspensions, probation, or rule interpretation(s) will lie solely in the hands of the League Director operating this league.**
- C. Questions, contact the Recreation Coordinator of Adult Sports at (831) 768-3262.
- D. **SANCRA CODE OF CONDUCT IS ENFORCED AND HONORED BY ALL S.A.N.C.R.A. AGENCIES, LEAGUES AND TOURNAMENTS. PARTICIPANTS ATTEMPTING TO PLAY IN S.A.N.C.R.A SANCTIONED EVENTS AFTER BEING SUSPENDED WILL BE SUBJECT TO FURTHER DISCIPLINARY ACTIONS.**