

**FULTON- EL CAMINO  
RECREATION AND PARK DISTRICT  
2201 Cottage Way, Sacramento, CA 95815**



# TEAM HANDBOOK



*Welcome to Fulton – El Camino RPD*

# **ADULT BASKETBALL**

## **2012**

***FEC's primary goal is to provide you the participant with a well-rounded, fun and family driven atmosphere at our Adult Basketball program.***

***This manual is designed to give you the basic rules that govern our program and the facilities we utilize for play. Please share the information with your teammates so that they too, can be informed. Open communication among participants, officials, and park district staff will assure that your team has as much fun as possible during play.***

***All games will be played at Leo Palmiter School – 2040 Ethan Way, Sacramento, CA 95815 (Corner of Cottage Way and Ethan Way)  
FEC may change the venue with out notice if circumstances occur***

***We thank you for choosing Fulton – El Camino. Your participation is appreciated and as always you may contact me at any time if you wish to communicate any concerns or ideas that will make your recreation experience better.***

***Yours in Recreation***

***Becky L. McDaniel  
Superintendent of Recreation***

## District information

### ***Fulton- El Camino Recreation and Park District***

***District Office:*** 2201 Cottage Way  
Sacramento, CA 95825

***Phone:*** 916-927-3802  
***Fax:*** 916-927-3805  
***Website:*** [www.fecrecrepark.com](http://www.fecrecrepark.com)

### ***Superintendent of Recreation:***

***Becky L McDaniel***

***Phone:*** 927-3802 x119  
***E-Mail:*** [bmcdaniel@fecrecrepark.com](mailto:bmcdaniel@fecrecrepark.com)

### ***Recreation Coordinator: (Part-time)***

***Ron Gould***

***Phone:*** 927-3802 X115  
***E-Mail:*** [rgould@fecrecrepark.com](mailto:rgould@fecrecrepark.com)

***WEB address:*** [www.fecrecrepark.com](http://www.fecrecrepark.com) for standings (sports)

***LIKE us on FACEBOOK for updates and other FEC programming***

## FEC's Mission Statement

**"Enhance the quality of life for our community by providing park facilities and recreation programs of exceptional quality while maintaining and protecting our parklands for future generations."**



## **SCOE (Sacramento County Office of Education)**

### **FACILITY RULES**

***Gym Hours: Gym is available for league play only***

***Games are played at Leo A. Palmiter School***

***Glass containers are not permitted***

***Food and drinks are not allowed in the gym (exception: water and sports drinks)***

***Alcohol and tobacco are not allowed on campus – Technical Foul at start of the game!***

***Teams are responsible to clean up after their team***

***For emergencies call 911***

### **LEAGUE OPERATIONS:**

***The Fulton-El Camino Recreation & Park District will operate according to policies set forth by the Fulton – El Camino Recreation & Park District Board of Directors. League play will be conducted according to the rules and regulations determined by the Fulton-El Camino Recreation and Park District. The Superintendent of Recreation will act as commissioner off all adult basketball Leagues and will preside over any and all protests and appeals.***

### **League Fees:**

***League Fees are due at the time of Registration. Any team pulling out of the league after registration but prior to the first league game will be charged a \$50 cancellation fee. The entire league fee will be forfeited if a team cancels after the first game is played.***

***Returned checks are subject to a \$25 processing fee and must be paid in cash or money order.***

### **Rosters:**

***The Fulton – El Camino Recreation & Park District Adult Sports roster, agreement, waiver & release form is due prior to the start of the team's first game. All participants must sign the roster prior to participating. Rosters may be downloaded at [www.fecrecrepark.com](http://www.fecrecrepark.com) or picked up at the district office. It is district policy that a new roster be submitted prior to participation in every league / season.***

**Forfeits:**

*Players who have not signed the official FEC roster will be deemed ineligible. Teams using ineligible players shall forfeit the game if a protest has been filed (in writing) to the league commissioner by the close of business (5:00 P.M.) the next working day. Teams failing to show up for more than 2 games will be dropped from the league minus a refund.*

**Protests:**

*Protests must be lodged before the completion of the game. All protest will be noted on the score sheet by the official. Protest on player eligibility must be filed by the conclusion of the first half. If the player in question did not play in the first half the protest must be filed within two (2) minutes of their entrance into the game.*

*All protests must be followed up in writing by the close of business (5:00 P.M.) the next working day. Protests of player eligibility: The player in question must supply a photo ID to game officials. A \$10 fee must be filed with the written protest. The fee will be returned if the protest is upheld.*

*Protest involving rule interoperations must be submitted in writing as stated above and will be reviewed by the Superintendent of Recreation.*

*The team manager or representative needs to attend a meeting prior to the start of the league in order to discuss rules and regulations of the league.*

**OFFICIALS:**

*Two (2) officials are assigned to officiate all 5on5 games (3on3 games are self officiated). These officials (Including the FEC Gym Coordinator) shall have complete control of the facility and game. These officials have the authority to banish players, coaches, or spectators at any time from the facility for misconduct, intentional delay of the game, or for the overall good of the game being played. The officials' decision shall be final except in case of rule misinterpretation.*

**AWARDS:**

*Ten (10) individual awards will be given to the league champion for 5 on 5 and seven (7) for 3 on 3. Awards will be given to the team manager. If the manager wishes to have someone else pick-up the awards they must make arrangements with the league director. In case of a tie for first place, the tie will be broken as follows: 1) Head to Head, 2) Least points allowed head to head, 3) Least points allowed total league. 4) Points scored head to head, 5) Points scored total league. 6) Coin Flip*

*PLAY-OFF FORMAT GUIDELINES: 15 minute halves for Semi-final games. All other rules apply. Championship game: 20 minute halves. Other rules apply*

# ADULT BASKETBALL

## *Rules of Play*

### *5on5*



#### **ROSTER / ELGIBILITY INFORMATION:**

- A) Teams have a roster limit of ten (10) players**
- B) Players must sign the official team roster**
- C) All rosters may be checked periodically throughout the season**
- D) FECRPD has final authority in determining player eligibility**
- E) Any and all changes to the roster must be made in person at the gym or district office**
- F) Roster changes will not be permitted after the teams fourth game**
- G) Players currently playing on NCAA, JC, or High School Inter-scholastic teams are ineligible to participate during his/her school season.**
- H) Players registering on more than one team in a league will forfeit their right to participate in the program.**
- I) Teams using unregistered or ineligible players shall forfeit any and all games the person in question participated Exception: see protests**
- J) Participants must be 18 years of age or turning 18 during season with parent permission**
- K) Team managers are responsible for contacting team members in regard to rescheduling, cancellations, or any other league information deemed necessary by the FECRPD**
- L) Players ejected from a game for unsportsmanlike conduct will be subject to a minimum one (1) game suspension. If the ejection is due to a fight the instigator as determined by the officials will be suspended a minimum of two (2) games. If the player ejected is not on the current Roster the Manager / coach will serve the suspension.**

## **PLAYING RULES:**

- A) All games in the FECRPD Adult Basketball League shall be governed by current NFHS (National Federation of High Schools) Rules unless otherwise stated.**
- B) Game time: There is a five (5) minute grace period.**
- C) Game & clock: Two (2) 20 minute running clock halves. Clock stops last two (2:00) minutes of SECOND half. [If the point spread is greater than twenty (20) points the clock will not stop during the last two (2) minutes].**
- D) Overtime: 4 Minute running time. Clock stops last minute of each O.T. 2<sup>nd</sup> Overtime – 2 minutes. Additional OT's 2 minutes until a winner. Each team gets 1 timeout in overtime only. (no carryovers)**
- E) Time outs: Two (2) per half – no carryover. One (1) T.O. in overtime**
- F) FEC Reserves the right to cancel games due to unforeseen events**
- G) Free throws: Players in marked lane spaces may enter the lane on the release of the free throw. The shooter and players outside the arc may not enter until the ball hits the rim.**
- H) Technical fouls are penalized by the opponent receiving two (2) points and taking the ball out at the mid court line. No free throws will be shot**
- I) Teams are not allowed provisions to make up postponed games**
- J) Teams must start with 4 players. If a team drops below 4 players due to ejection the game will be called.**
- K) Mercy Rule: 20 point lead will eliminate the stop clock rule in 2<sup>nd</sup> half only**
- L) In event of a tie at the end of the season (if no play-off format) the champion will be determined by: 1)Head to Head, 2)Least points allowed Head to Head 3) Least points allowed Total League 4)Points scored Head to Head 5) Points scored Total League 6) Coin Flip**
- M) Team managers / Coaches are responsible for communicating league information to their team.**
- N) All team must have matching jerseys with numerals on front and back of a permanent nature. ( no tape)**
- O) Individuals receiving four (4) technical fouls in a season may be disqualified from future play**
- P) Dunking is “PROHIBITED” during warm-up and division play – Technical Foul – 2 points for the opposition plus ball at the mid-court line.**

**Good Luck – The FEC Staff hopes you have a great recreation experience participating in our basketball league!**

# *RULES of PLAY*

## *3on3*

***THERE IS NO REFEREE IN THIS DIVISION***

### **ROSTER / ELGIBILITY INFORMATION:**

- A) Teams have a roster limit of seven (7) players***
- B) Players must sign the official team roster***
- C) All roster may be checked periodically throughout the season***
- D) FECRPD has final authority in determining player eligibility***
- E) Any and all changes to the roster must be made in person at the gym or district office***
- F) Roster changes will not be permitted after the teams fourth game***
- G) Play-off Eligibility: Participants must play a minimum of three games. Players currently playing on NCAA, JC or High School Interscholastic teams are ineligible to participate during his/her school season***
- H) Players registering on more than one team in a league will forfeit their right to participate in the program.***
- I) Teams using un registered or ineligible players shall forfeit any and all games the person in question participated Exception: see protests***
- J) Participants must be 18 years of age***
- K) Team managers are responsible for contacting team members in regard to rescheduling, cancellations, or any other league information deemed necessary by the FECRPD***
- L) Players ejected from a game for unsportsmanlike conduct will be subject to a minimum one (1) game suspension. If the ejection is due to a fight the instigator as determined by the officials will be suspended a minimum of two (2) games. If the player ejected is not on the current Roster the Manager / coach will serve the suspension.***

## Playing Rules

- A) Teams will play half court**
- B) Game time: There is a five (5) minute grace period.**
- C) Teams play three (3) games a night. Each game will count in the standings**
- D) Game will consist of twenty minutes or 23 points winning by two, whichever comes first**
- E) Each basket counts as two (2) points or three (3) if shot behind the arc**
- F) The defensive team will take the ball out after a made basket**
- G) Teams must clear ALL change of possessions beyond the 3 point line. Both feet and the ball must cross the line**
- H) Teams must start and finish with two (2) players**
- I) All throw ins will take place near half court**
- J) Alternate possessions will take place for jump balls**
- K) Fouls will be called by either team**
- L) Players can be ejected by gym coordinator if fouls are excessive in nature or for acts of unsportsmanlike conduct**
- M) No points allowed for an offensive foul**
- N) Teams are responsible to keep score and call fouls on the honor system**
- O) A double forfeit will count as losses for both teams.**

**Good Luck – The FEC Staff hopes you have a great recreation experience participating in our basketball league.!**

This handbook was last updated January 2012

