



CSA ADULT LEAGUE RULES

Integrity of the Game

- CSA's self-officiated leagues place the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.
- All players are responsible for knowing, administering, and adhering to the rules. The game depends on each player's responsibility to uphold the integrity of the game, and this responsibility should remain paramount.
- It is assumed that no player will intentionally violate the rules. Players are bound to abide by the rules and not gain advantage by knowingly committing an infraction, or calling one where none exists.
- If a player intentionally or flagrantly violates the rules, the captains of each team should discuss the incident and determine an appropriate outcome, and are not bound by any outcome dictated by these rules.
- For behavior warranting an ejection, team captains may remove players on their team from the game. Captains should be consulted prior to removal of a player.
- Players should be mindful of the fact that they are acting as officials in any arbitration between teams. Players must:
 - know and abide by the rules;
 - make calls only where an infraction is significant enough to make a difference to the outcome of the play or where a player's safety is at risk;
 - be fair-minded, truthful and objective;
 - explain their viewpoint clearly and concisely and allow opponents a chance to speak;
 - treat your opponents with respect;
 - resolve disputes efficiently;
 - make calls in a consistent manner throughout the game and from player to player; and

[[Players are required to “explain their viewpoint clearly and concisely” and “resolve disputes as quickly as possible.” As such, most discussions should not exceed thirty seconds before either reaching a resolution. If both players have had an opportunity to state their viewpoint and it is clear that an agreement will not be reached, players have an obligation to accept that the call is contested and resolve it as such.]]

- The following actions are clear violations of the integrity of the Game and must be avoided by all participants:
 - reckless play or dangerously aggressive behavior;
 - foul language

- taunting opposing players;
- celebration that is targeted towards an opponent in a negative or aggressive manner;
- making calls in retaliation to an opponent's calls or other actions;
- allowing preconceived expectations, biases (e.g., microaggressions), or previous interactions or encounters with a player or team to affect how game situations are reacted to and judged;
- Teams are guardians of the integrity of the Game, and must:
 - take responsibility for teaching their players the rules and good sportsmanship;
 - discipline team members who display poor sportsmanship;
- In the case where a novice player commits an infraction out of ignorance of the rules, experienced players are obliged to explain the infraction and clarify what should happen.
- Rules should be interpreted by the players directly involved in the play, or by players who had the best perspective on the play. Players may seek the perspective of sideline players to clarify the rules, and to assist in making the appropriate call. Sideline players should not interject unless their input is requested. *[[It is acceptable for sideline players to state that they have input, but they should avoid interjecting unless requested.]]*
- If after discussion players cannot agree, or it is unclear:
 - One of the players involved "shoots for it."

CSA Adult Basketball Rules



Overview

- Games will be played in two (2) twenty (20) minute, running clock, halves. A running clock means the clock stops only for time outs and at the official's discretion. A break of five (5) minutes will occur between halves.
 - At the first dead ball under 5 minutes, the clock stops and a Target Score is set by adding 7 points to the leading team's score. The first team to reach the Target Score wins. For example, if the score is 80-72, the Target Score becomes 88. The first team to reach 87 wins.
- If a team is short players at the scheduled game time, a five (5) minute grace period may be permitted if agreed upon by both teams. This time will be subtracted from the first half clock. Then after 5 minutes grace period, the teams will mix and match players to play 5v5 or 4v4.
- You may start a league or tournament game with four players; if the fifth player arrives they must be inserted into the game immediately. When starting a game with four (4) players a "technical foul" will be called and the other team will shoot two (2) free throws and get possession of the basketball to start the game.
- Captains decide who will "shoot for ball" to begin the game. Then possession on held-balls and after halftime alternates.
- Club Sports Alaska will provide the official scorekeeper who will keep track of time, score, timeouts and possession.
- The act of playing a non-eligible (NON-REGISTERED) player is against the rules and may result in the player and captain being suspended for one year from the day of the game. It is the responsibility of each player to sign in at the score keeper's table before the game.
- Remember, this is a recreational league, HAVE FUN. The scorekeepers are there to help you. If they do not have the correct score on the clock, players should let them know in a respectful manner and the opposing captain should be consulted to make sure the correct score is on the scoreboard. Remember, games are self-officiated.
- Each team will be allowed three (3) thirty-second timeouts per game. Timeouts must be erased from the whiteboard when they are called.
- All players must have matching or similar jerseys/shirts. Players should provide a white and a dark jersey for each game. If teams are the same color, the Home Team will wear white.
- No street shoes are allowed on the courts, please use gym shoes. Keep the gym clean by picking up trash in the area around your bench when the game is over.
- All dead balls result in a "check-up" at the top of the key. Offense cannot dribble, and defense cannot touch the ball until it leaves the offensive player's hand.

- Players who have been ejected, will sit the remainder of that game and the next scheduled league game. If that individual is ejected from a second game they will be disqualified from all CSA games.
- Skunk: A Skunk happens when a team gets down 20 points during the first half or 30 points at any point during the game. During a skunk, captains can decide to mix up teams, reset the score and play the remainder of the game. Or continue to play as normal.

Fouls

- Each team is allowed 6 team fouls per half.
 - Any foul after the 6th team foul results in the offended player shooting one free throw and their team retaining possession.
- Any shooting foul results in the offended player shooting one free throw and their team retaining possession.
- Offensive or Defensive players call their own fouls.
- Let the Scorekeeper know if there was a foul called so they can keep track of the team fouls.

Violations

- Traveling: changing or dragging pivot foot, more than two steps holding the ball after dribbling, up and down or pass to yourself.
- Double Dribble
- Held Ball (jump ball): Alternated possession
- Back-Court Violation
- Out of Bounds
- No Time Violations (Offensive 3 seconds, 10 sec back court or 5 sec closely guarded)