

MEN'S AND WOMEN'S BASKETBALL

5.00 GOVERNING RULES

The National Federation rules shall govern all play except whereas modified by CIF or Sac-Joaquin Section.

5.01 CONTACTS

Contacts may not exceed 27 as determined by the CIF/Sac-Joaquin Section.

5.02 START DATE

Starting/Ending date will be designated by the CIF/Sac-Joaquin Section.

5.03 START TIME

Game Times:	Freshman	4:00 p.m.
	Frosh/Soph	5:30 p.m.
	Varsity	7:00 p.m.

5.04 PLAYER CLASSIFICATION

An athlete may, during practice games, move from one athletic classification to another but may not compete in more than one classification in one day. In league and section playoff games, the athlete shall only compete at the higher classification where he/she will remain for the duration of the season.

5.05 RULES OF THE SPORT

- A. The host team is responsible for reporting the final results to the Sacramento Bee.
- B. Each team is to have a maximum of fifteen (15) minutes to warm-up.
- C. Teams will only assemble at the free-throw line in front of their bench during warm-ups or announcing of starting line-ups.
- D. All game balls must bear the National Federation authentication mark.
- E. Only the home team may bring a band to league basketball games.
- F. Adult timers/scorers are to be used at all varsity basketball games.
- G. A shot clock is mandatory at every women's league game (30 seconds) and at every men's league game (35 seconds).
- H. League play will consist of ten (10) games in a double round-robin.
- I. Coaches will not exchange game film prior to league games. Nor will coaches share game film of any league team with coaches from outside the league.
- J. League games for men will be played on Wednesday and Friday. League games for women will be played on Tuesday and Friday.

- K. Coaches must submit their preseason results to the league commissioner by January 2 to organize for power ratings.

5.06 ALL-LEAGUE AWARDS AND SELECTION PROCESS

The all-league team will consist of eleven (11) players including the Player of the Year, one individual per school Sportsmanship Award (not a member of the all league), and a Coach of the Year.

5.07 POST-SEASON QUALIFICATION PROCEDURE

Qualification for the Sac-Joaquin Section playoffs is determined by the approved section power ratings.