

2018 WOMEN'S BASKETBALL RULES

Updated July 19, 2018

League Snapshot

Cost: \$200/team; \$30/player

Captains' Meeting: July 23, 2018

Team Registration: July 23 – Aug 22

Uniforms required starting on Sept 18

10 game minimum, with seeded, double-elimination tournament

Season dates: Sept 4 – Nov 1 Days of Week: Tue, Wed, Thu

Player Registration: July 23 – late Oct, available at AFRC and online

Prizes will be awarded for 1st and 2nd Place tournament winners

League Administration

Alamosa Family Recreation Center (AFRC): 589-2105

League Director: Don Mendoza 587-2524

Recreation Division Manager: Jes Jolly 587-2529

www.AlamosaRec.org

dmendoza@ci.alamosa.co.us

jjolly@ci.alamosa.co.us

Objective

The objective of Alamosa Parks & Recreation Adult Sports Programs is to promote and regulate amateur adult sports in the community in a fun, fair, and safe setting.

General Policies

We reserve the right to change any rules, regulations and policies as needed. When a change is made, the team representative will be notified immediately. Additionally, league dates and locations may be amended as circumstances warrant. Objective participant input is welcome in the pre-season.

Once the league schedule has been posted, games will not be rescheduled. If a team has a special request (i.e. request a certain night off), please note it on the team roster. All attempts will be made to honor special requests, but no guarantees will be made.

Team Registration

To register, you must have:

1. The total team fee (\$200) in the form of cash, money order, check, or make credit card payment at the AFRC.
2. A team roster form, including: the team name, captain and/or co-captain information, and player names. Player signatures are not required, as players must register separately.

Once the schedule has been made, no other teams will be allowed to enter the league and NO REFUNDS shall be given for any team fee. A minimum of 4 teams must register for the league to commence.

Player Registration

The \$30 player fee must be paid at the AFRC or online at www.AlamosaRec.org prior to participating in a game. Once a player has played a game for one team, she may not play for any other team. No refund will be given once a participant has played in a game.

If a captain wishes to pay fees for their players, the player must already have a Rec Center account or the captain must have the player fill out and sign the Adult Basketball Player Registration form. This form must be presented at the time of payment for player fee.

Every player must have a signed waiver form on file before eligible to play by one of the following means:

- Rec Center account – the waiver has already been signed and filed
- Adult Basketball Player Registration form – waiver is just above signature
- Online – waiver is signed electronically

There is no deadline for player registration; however a player must have played in three regular season games to participate in the end of season tournament.

Player Eligibility

All participants must be at least 16 years old. Also, a player under the age of 18, who does not already have a Rec Center account must have parental consent in the form of a waiver signed by a parent or guardian.

Players may only play on one team in the league. Player transfers from one team to another are prohibited once a player has participated in one game. Player fee refunds are only given if the player has not participated in any games.

Updated team rosters will be printed at 5:00 pm on every game night. Players registering after that time should show proof of payment to the scorekeeper in order to participate.

Playing or attempting to play under an assumed name will result in the guilty team forfeiting the game and ejection of that player from the game. A second offense results in automatic removal from league without refund.

Hardship Roster- because player registration has been expanded to throughout the regular season, there is no need for hardship roster petitions. Captains are encouraged to maintain a healthy roster of players, keeping in mind that players must have participate in three regular season games to be eligible for the post-season tournament.

Player Identification/Captain's Roster Challenge

Players are advised to have a form of identification (driver's license, military I.D.) at all games. If a captain suspects a member of the opposite team to be an illegal player, he or she may request that player's identity be verified. The captain must notify the official or scorekeeper of the roster challenge. At that point, the official will stop the game and determine the player's identity by the following:

1. Recreation Staff, an official, or scorekeeper may verify the player's identity.
2. The player shows identification to the official.
3. The player shows identification to Recreation Staff by 5:00 PM the following day.

The game will continue even if the player's identification is not verified. If the player fails to comply with the third criteria, the game will be forfeited and reported as a loss. Recreation Staff reserves the right to deny any implausible challenge if it is perceived as an attempt to delay the game.

Fee Information

Forfeit Fee = \$0. Two "No Show, No Call" Occurrences will result in the team's removal from the league, without refund.

Ejection Fee = \$25/person/occurrence. Two ejections will result in a player's removal from the league, without refund.

Ejection fee is payable to the AFRC Front Desk; proof of payment must be shown to the scorekeeper prior to next eligible game.

Coach, Manager, or Team Representative

At registration, a team representative must be named. This person may be a player or a non-player. This team representative must provide a mailing address, a phone number, and an email address. Email will be the primary means of communication in regards to schedules, rules, and other league updates.

The team representative is responsible for reading, knowing, and understanding the policies, procedures, and rules of this league. The team representative also is responsible for disseminating information to team members. All department contacts with the team will be made through the team representative. It is imperative that our office be notified of any team representative changes throughout the season. Team Representatives are also responsible for the discipline and conduct of their team members; meaning, team representatives are expected to support Rec personnel in the promotion of a safe and non-threatening environment.

Warning Statement/Insurance/Injuries

Participation in supervised athletics and activities includes a risk of injury which may range from minor to severe. Although serious injuries are not common, it is impossible to eliminate this risk. Participants have a responsibility to help reduce the chance of injury. Players must obey all safety rules. By participating, each player acknowledges that she has read and understands this warning. Those who do not wish to accept the risks described in this warning should not participate.

The City of Alamosa carries no insurance on players or coaches. Participants are responsible for all charges resulting from medical emergencies. Participants are responsible for any first-aid equipment or supplies needed. Captains are encouraged to keep a list of insurance numbers for team members in case of emergency.

Player and Team Code of Conduct

Teams and players are expected to show sportsmanship and will be held accountable for their actions. Through evaluation, the League

Director may determine if a player or team will be allowed to participate in future programs/leagues.

Range of Penalties for unsporting behavior:

- | | |
|-----------------------|---------------------|
| 1. Foul(s) | 4. Game forfeit |
| 2. Technical foul(s) | 5. League Expulsion |
| 3. Player Ejection(s) | 6. Criminal charges |

Should any player, coach or spectator threaten a Parks and Recreation employee, he/she will be banned from participating in and attending all games for the remainder of the season.

Should any player, coach or spectator assault a Parks and Recreation employee, criminal charges will be filed and he/she will be banned from all Parks and Recreation activities for life.

Spectators, who in the opinion of the referee or Recreation Staff, are detrimental to the purpose of a game, will be asked to leave the contest area. Grounds for such actions include, but are not limited to: obscene gestures or profanity, inciting opposing players to argue or fight, possessing alcohol in the stands, and/or verbal abuse of officials. If a connection can be established between a spectator and one of the teams in the game, that team will be held responsible for the spectator's actions.

Alcohol, Tobacco, & Drug Policy

Alamosa City Code 10-23: It shall be unlawful for any person to bring into, possess or drink alcoholic beverages in any park or City building, alcoholic liquor or beer. No player, coach, or spectator shall appear to the contest area under the influence of alcohol or drugs. If a player/coach/spectator is found or suspected to be under the influence of drugs and/or alcohol, the authorities will be called and following penalties can take place:

Minimum Penalty: the player/coach will be immediately be ejected from the game.

Maximum Penalty: the player and/or the team will be suspended from further league play by the League Director and will be subject to possible prosecution.

Tobacco is not permitted within or the common outdoor areas (parking lot, entryway) of the Alamosa Family Recreation Center. Anyone found to possess, consume, or use tobacco will be asked to discontinue its use or leave the grounds. League staff and officials reserve the right to remove individuals if they do not comply with this request. This act is considered unsportsmanlike conduct, which may result in player, coach, or spectator ejection/removal.

Fighting – Zero Tolerance

Fighting will not be tolerated; fights that occur on City of Alamosa property will undergo the following:

- Players, spectators, or coaches who are caught fighting will be ejected from the game and will be subject to ejection penalties and fines, as stated below.
- Penalty may result in a temporary or permanent Parks & Recreation activity ban.
- The game officials and Recreation Staff have the right to eject any player/coach/spectator or call a forfeit at any time.

Fouls/Technical Fouls/Player Ejections

Fouls, technical fouls, and player ejections will be given by officials and Recreation Staff at any time when present in the gym.

A player who receives five personal fouls will be disqualified from further play in that game; however, this player may remain within the gym area.

Because technical fouls demonstrate a brand of play that is not conducive to the department mission, penalties are more punitive. Technical fouls count as personal fouls, and the offended team is awarded two free-throws and possession of the ball. A technical foul will be given:

- If a player's action puts an opponent's safety/health at risk due to intentional and/or excessive contact.
- If a player demonstrates unsportsmanlike conduct (abusive language and/or gestures, mouthing off/taunting) toward an opponent or recreation official/scorekeeper.

Two (2) Technical fouls assessed to one player in a single game will result in an automatic player ejection.

If two or more players on the same team are ejected in the same game, their team shall forfeit the game.

1st Ejection = 2 game suspension + \$25 fine paid to Parks & Rec prior to playing in next eligible game.

2nd Ejection = Suspension for remainder of season, without refund.

We reserve the right to further suspend or ban an individual from Recreation activities either temporarily or permanently based on the severity of the offense.

1 Minute Rule

An ejected player/coach must leave the premises of the Recreation Center within one minute. If the ejected player/coach does not comply, the authorities will be notified to remove the individuals and the game shall be called a forfeit by the offending team.

Make-up Games/Game Cancellations

The League Director will notify team representatives of game cancellations and/or make-up games. Make-up games will be scheduled as the facility availability allows; be prepared to adjust your schedule. Occasionally, games are rescheduled on other days of the week due to unforeseen circumstances.

Standings

Standings will be updated weekly and posted online at www.alamosarec.org. Final standings and tournament seeding will be determined using the following criteria:

1. Win/loss record
2. Head-to-head play between tied teams
3. If two teams are still tied, the tie breaker is the points differential between those teams
4. If more than two teams are tied, the tie breaker is the head-to-head play between those teams
5. If those teams are still tied, the tie breaker is the points differential between those teams
6. If two or more teams are tied, one that has forfeited to another automatically loses the tie breaker.
7. If teams did not play in season, then the tie is broken by record versus higher ranked teams in descending order.
8. If teams are still tied, a coin toss will determine which team shall be the higher seed.

In tournament, the higher seeded team (lower number) is the home team throughout tournament, until the Championship and If Games. For the Championship Game, the undefeated team is HOME (from Winner's Bracket) and the team with one loss is the VISITOR (from One-Loss Bracket). If the If Game is then needed Home team is determined by coin toss.

Officials

All games are scheduled to have two officials, but can be played with one official present.

Pre-game Check-in

Team captains and/or players must check in with the scorekeeper within **ten minutes** prior to the scheduled game time to make record of player's attendance. Late-arriving players must report directly to the scorekeeper prior to entering the game.

The Ball

The official game ball will be of regulation size, 28.5", and provided by the Rec Center. Teams may use an alternate regulation-sized ball, but both teams must agree on that alternate ball; if not, the Rec Center ball will be used.

Uniforms

Uniforms are mandatory starting on Monday, September 18, 2018. After this date, players in violation of the uniform code will not be allowed to participate.

- All teams are required to be in shirts of matching or similar color, with permanent numbers on either the front or back.
- Numbers may range from 00-99 and must be a minimum of 6 inches in size.
- Taped numbers will not be allowed.
- Exception: if one player (per team) is missing the proper uniform, he will be allowed to play if he can wear a shirt of matching/similar color; he will be assumed to be #00 for that game.
- If the teams competing are wearing similar colored shirts, the visiting team is required to change shirts or use pinnies.

Blood on Uniforms

Team representatives and Recreation Staff are instructed that when an injury occurs where blood is present, the injured player must be removed from the game until the blood flow has stopped and been cleaned up. A uniform that was contaminated must be replaced. Officials shall give a "reasonable amount of time" for these requests to be completed. If a player is unable to meet these

demands, the player will not be allowed to return to the game. Teams are reminded that they can continue with fewer players, if that player is unable to return. If a player should need to change uniforms, they must still abide by the uniform code.

Shoes/Supportive Braces

Shoes must be worn and designed for gym use. Shoes with marking soles are not allowed.

For the protection and safety of all participants, supportive braces may be worn as long as the original manufactured equipment is intact, not altered or defective, and does not have any sharp edges.

Jewelry/Headwear/Eye Glasses

The wearing of jewelry is not recommended due to the physical nature of the sport. Jewelry should be removed or taped prior to the start of the game. Hoop earrings, necklaces, facial piercings (eye brow, nose, lip etc...), watches, and bracelets **MUST** be removed, taped, or concealed prior to the start of play. Tape will not be provided.

If an official or Recreation Staff asks that a player remove a piece of jewelry, the player must comply or that player will not be allowed to participate. If a player disregards this warning and enters the game, a technical foul will be called. Bandanas are acceptable, as well as head bands, bobby pins, hair clips, and barrettes that are flat. Eye glasses are permitted in games.

The Game

The game shall be played between two teams of five players each. Teams may start a game with a minimum of four players without penalty. The length of the game shall be 40 minutes in duration, divided into two, 20-minute halves. There will be a three minute half time. The clock will run the entire time except for team time outs, official time outs, and the last two minutes of the 2nd half if the points-spread is greater than 10. Each team has two 30-second time outs per half.

Point-Spread for Two Minute Stopped Clock - If the point spread is 10 points or less, with two minutes remaining in the 2nd half, the clock will stop on all dead ball situations. If there is not a 10 point spread at this time, the clock will continue to run and will only stop on time outs and/or injuries.

Ties/Overtime- If the score is tied at the end of a game, the game shall continue in overtime, with subsequent overtime periods until a winner is determined. The overtime period will be three minutes in duration, with a running clock in the first minute and a stopped clock in the last two minutes. In overtime, each team receives one additional time out added to what remains of their original two (second half) time outs.

Forfeits

A forfeit will be called if one or both teams are unprepared to begin the game with a minimum of 4 players at game time. There is **NO GRACE PERIOD**. The scorekeeper's watch is official. A loss will be recorded for forfeiting team, with the score of 0-30; in the event of a double-forfeit, both teams will be charged with a loss and the score will be recorded as 0-0. If you know your team will not be able to participate in a scheduled contest, please contact the League Director as a courtesy to the opposing team and Recreation Staff. If a team fails to call or show for two scheduled games (no show, no call forfeits), the team will be removed from the league. Acceptable notification is a voicemail message or email message to League Director, but once a team captain has cancelled, the decision cannot be reversed.

Conduct-related forfeits may be declared for one or more of the following infractions:

- illegal players participating (players not on the roster, players using an assumed name or ineligible players)
- gross misconduct by players, coaches or team representatives before, during, or after the contest
- two or more players from same team ejected during a single game
- failure of an ejected player/coach to leave the premises in one minute.

Mercy Rule

Team captains shall have the right to ask for mercy when down, at any point in the game. Teams may continue play as a scrimmage only, until the game clock expires.

Additional Rules of the Game

The National Federation of State High School Associations (NFHS) rules will govern league play, unless otherwise indicated. The League Director has the authority to institute new rules or change rules as needed.

- **Release of Free Throw:** Players may enter the lane upon the release of the free throw.
- **Shot Clock:** There will be no shot clock used.
- **Dunking:** Is allowed, but hanging on the rim is not; the resulting penalty is a technical foul. A player may grasp the basket when attempting to prevent an injury.
- **Bonus Shot:** Excluding player and team control fouls, teams will be in the bonus, shooting 1 & 1, upon the seventh team foul. On the tenth team foul and every subsequent non-player and team control foul, teams will receive two free throws.
- **Warm-up:** For the first game of the evening, teams may warm up prior to game time. In regards to the second or third games of the evening, teams are guaranteed a minimum of five minutes to warm-up.
- **Minimum Number of Players:** A team must have four players to start the game without penalty. Teams may finish a game with no less than two players. If a team has less than two players to conclude the game, the game will be forfeited.
- **Substitutions:** May be made freely throughout the game on dead ball situations only. Subs shall check in with the scorekeeper prior to entering the game and shall only enter when the referee signals them to do so.

Unattached Players

For those individuals not associated with a team, contact the League Director at 589-2105 and leave your name/contact information. A list of unattached players will be provided to captains prior to the start of the season. All unattached players are encouraged to attend each season's organizational meetings.

Privacy Information Policy

The Parks and Recreation Department has a policy of not releasing participants' names, phone numbers or addresses to any source. The intent of the policy is to assure individuals that information given will be used strictly for administrative purposes, and not for solicitation.

Bad Checks/Outstanding Debts

A team or player with outstanding debts (bad check) to City of Alamosa/Parks and Recreation will not be allowed to register for or participate in any department activity until the debt is paid in full. In the case of a bad team check, any scheduled contest will be forfeited until restitution has been made in full. The check-writer has a maximum of 24 hours from the time of notification to make restitution according to the City's Finance policies. Contact the Finance Department at 589-2593. Failure to make proper restitution within 24 hours will result in removal from the activity, without a refund.

Refund Policy

Once the schedule has been finalized and posted, no refunds shall be given to the team(s) unless the league is cancelled due to unforeseen circumstances, with the exclusion of player conduct.

Protests

Judgment calls made by the officials are not subject to protest. They can be discussed or clarified with the official only by the team captain and only done so in a respectful and professional manner. Game protests are not conducive to the program's objective and are not accepted. The League Director and Community Activities Manager welcome participant feedback/discussion and are available at the Recreation Center weekdays 9:00am-5:00pm.

We reserve the right to make league and rule modifications as necessary.