

Basketball League Policies and Procedures – Effective September 1, 2018

1. Player Fee and Payment Structure
 - a. All basketball leagues run for 8 weeks
 - b. Per player fee
 - i. Session 1 \$80/Player
 - ii. Session 2 \$100/Player
 - iii. Session 3 \$100/Player
 - iv. Session 4 \$100/Player
 - v. Session 5 \$80/Player
 - c. **Player fee must be paid prior to first game to be eligible to play**

2. Multi Session Registration
 - a. You can register for 3 sessions up front at a per player fee of \$80 per session
 - i. If one of your sessions are either 1 or 5, that session is \$60
 - b. **\$240 is required upfront to receive multi session discount.**
 - i. Fee would be \$220 if one of the sessions are 1 or 5
 - c. You do not have to commit to a team. Once paid you will be put in the session and will be added to your team when that session begins.

3. Free Agent
 - a. Players can come in as Free Agents at the per player fee in the given session
 - b. Players will be put onto free agent roster with other players
 - c. We will try our best to accommodate all players but cannot fully guarantee participation if we do not secure enough players. If we do not have enough free agents to your fee will be refunded or credited to another league.

4. Membership
 - a. Each player on the roster must have an active membership to participate
 - b. Individual memberships are \$35, Family memberships are \$55
 - c. Memberships are good for one calendar year
 - d. As an Insports league member you will receive the following
 - i. Player Pass – must show referee player pass before start of each game. If you forget your pass you must check in at the front desk to receive a temporary clearance form that you will hand to the referee. There will be a \$10 charge for lost player passes.
 - ii. Access to Tuesday open play night - \$5 per member
 - iii. \$1 off Bud Light and Modelo pitchers – MUST SHOW PLAYER PASS
 - iv. \$2 off large Cheese Pizza – MUST SHOW PLAYER PASS
 - v. Access to member party held twice a year
 - vi. Member Monday Happy Hour
 - vii. Trivia nights – Monday's at 6:30pm

5. Roster Rules
 - a. Each player must have an active membership to be rostered
 - b. Rosters must be complete prior to week 3 of the season
 - c. Any player not on the roster by week 3 is ineligible to play for the session
 - d. Minimum roster size is 8 players
 - e. You can only be on and play for one roster each session – no double rostering of player at any time

6. League Age Restrictions
 - a. **Open League** – Any player over the age of 18 is eligible to participate
 - b. **Over-30** – Any player turning 30 during the calendar year is eligible to play. Each team can roster two players 28 and older per session. This would include any player under the age of 30 who is turning 30 that calendar year.
 - c. **Over-40** - Any player turning 40 during the calendar year is eligible to play. Each team can roster two players 38 and older per session. This would include any player under the age of 40 who is turning 40 that calendar year.

7. Jerseys
 - a. Each new team will receive Insports jerseys upon registering for a league.
 - b. Teams may play in their own jerseys. However, if you don't have a team jersey Insports will provide them to all **NEW** registered teams.
 - c. If you lose your jersey, a new one may be ordered for \$20 at the front desk

8. League Participation Requirement Check List
 - a. In order to play in our league, you must:
 - i. Pay League fee in full prior to first game
 - ii. Be an active member of Insports
 - iii. Sign a waiver
 - iv. Be issued a player pass

NO EXCEPTIONS! IF THE ABOVE IS NOT COMPLETE YOU CAN NOT PARTICIPATE.

9. League Communication Policy
 - a. Each league will receive an email every Monday including the following information
 - i. Previous week's scores
 - ii. Updated standings
 - iii. Important league information
 - iv. Upcoming session information
 - b. If you have any questions regarding league policies and procedures, please contact Stephen Santorella at steves@insportscenters.com

Basketball Rules

Basketball games at Insports consist of two, 20-minute halves. It is a running clock until the final 2 minutes of each half. Under two minute the clock is stopped when the referee blows the whistle and starts when the ball return to play.

Rules for the offense

The basketball team on offense is the team with the basketball. When a player has the basketball, there are certain rules they must follow:

- 1) The player must bounce, or dribble, the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move one foot. The foot that is stationary is called the pivot foot.

- 2) The basketball player can only take one turn at dribbling. In other words, once a player has stopped dribbling they cannot start another dribble. A player who starts dribbling again is called for a double-dribbling violation and loses the basketball to the other team. A player can only start another dribble after another player from either team touches or gains control of the basketball. This is usually after a shot or pass.
- 3) The ball must stay in bounds. If the offensive team loses the ball out of bounds the other team gets control of the basketball.
- 4) The players hand must be on top of the ball while dribbling. If they touch the bottom of the basketball while dribbling and continue to dribble this is called carrying the ball and the player will lose the ball to the other team.
- 5) Once the offensive team crosses half court, they may not go back into the backcourt. This is called a backcourt violation. If the defensive team knocks the ball into the backcourt, then the offensive team can recover the ball legally.

Defensive Rules

The team on defense is the team without the basketball.

- 1) The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. There is some interpretation that has to be made by the referee, but, in general, the defensive player may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot.

Rules for everyone

- 1) Although the foul rule is described above as a defensive rule, it applies the same to all players on the court including offensive players.
- 2) Basketball players cannot kick the ball or hit it with their fist.
- 3) No player can touch the basketball while it is traveling downward towards the basket or if it is on the rim. This is called goaltending. (touching the ball on the rim is legal in some games).

Every player on the court is subject to the same rules regardless of the position they play. The positions in basketball are just for team basketball strategy and there are no positions in the rules.

Time Outs: Each team will be allowed two-time outs per regulation game and one time out during each overtime period, not to be accumulated. (1-minute time outs)

Fouls: An individual will foul-out after being awarded their 6th personal foul

- a. Any individual that is assessed two technical fouls will be ejected from the game. (depending on the severity of the technical foul, a player can be ejected after being assessed 1 technical under the discretion of the referee)

Overtime/Ties: In case of a tie at the end of regulation play, a two-minute overtime period will be played. During the last minute of play the clock will stop on all dead balls. If the game is tied at the end of the overtime period, a

successive one-minute overtimes will be played. Jump ball to start each O.T. period. Each team will get one timeout for each overtime period.

Standings: Standings can be found on our website at www.insportscenters.com . If a team notices incorrect standings, they should contact the league manager immediately.

Forfeit: If you know you will not be able to field a team, you must give Insports 24 hours' notice. This will allow us to ATTEMPT to find a replacement team for that week. Replacement games do not count as a schedule as the team that forfeited receives the loss and the team who did not, receives a win. There is now a 2-strike policy. If your team must forfeit a second time within one session, you will be taken off the schedule and no refunds will be given

Other reasons a team is subject to forfeit a game for any of the following infractions:

- Using a player who is not on your roster after the third week
- Failure to field a team of at least four rostered players within five minutes of the scheduled game time

Teams will not harass officials when a forfeit is declared, or risk suspension from the league
Forfeits will go into the system as a 19-0 score

Playoffs & Tiebreakers: Top 4 teams make playoffs

Tiebreaker Order

1. Head to head
2. Point differential
3. Total points against

Player Conduct: Only the team captain may speak to an official or management about game related issues. Unsportsmanlike actions include any verbal or physical abuse directed at any player, fan, or referee (swearing, fighting, intimidation, etc.)

Suspensions: A player may be suspended from the league or any subsequent play for fighting or unsportsmanlike conduct. No refunds are given for suspended player.

Sportsmanship: The purpose of Insports Centers Leagues are to have fun. We hope that all participants keep that in mind when becoming involved. Any behavior deemed unacceptable may result in suspension and/or rejection from a game or the league. Abuse of officials, referees, and other staff will not be tolerated. Insports Centers reserves the right to remove a player from a game or a league if they are bringing down the quality of the league. Insports will not tolerate fighting! Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.