



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Adult Men's Basketball League

Unleash the Athlete in You

**LA PORTE COUNTY FAMILY YMCA
Michigan City Elston Branch**

Rules and Code of Conduct Packet

The Y believes in Youth Development, Healthy Living and Social Responsibility. We believe sports, fun and exploring new interests aren't just for the young. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. At the Y, there's no such thing as being too old to get in the game.



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About La Porte County Family YMCA Men's Basketball League

Location of Games: Michigan City Elston Branch, 1202 Spring St., Door K, Michigan City, IN 46360

Days & Times of Games:

Season Starts: November 22nd, 2015 for 12 weeks

Tournament: Single elimination starting on February 14th, 2016

Games: Every Sunday beginning at 10:00 AM

*** Cancellation of games will be sent to your Team Manager.**

Fees: \$500.00 per team if signed up by October 31st, 2015 and \$525.00 per team if signed up after October 31st, 2015. Teams are made up of up to 12 players

*Money and rosters must be turned in together to the La Porte County Family YMCA.

Payment & Rosters are due Wednesday, November 18th, 2015.

Cash, Check or Credit Card accepted.

Make checks payable to: La Porte County Family YMCA

Late Fee: A \$10.00 charge will be made to each player added to the roster after the 1st game.

No team will be scheduled without full payment of the league fee. The leagues will be filled on a first come, first serve basis.

Forfeit Rule: A \$50.00 forfeit fee will be charged to any team that forfeits a scheduled game for the third time. Said team must pay the fee to continue participating in league and or tourney play.

Note: The La Porte County Family YMCA can reserve the right to alter the format for any reason including scheduling reasons, facility conflicts with the Michigan City Area School System and/or any unforeseen circumstances that may arise. Games may be added or deleted depending on needs and circumstances.

Questions or Concerns Contact: Kevin Upp, Sports Director at kupp@lpymca.org or call 219-325-9622 at the La Porte County Family YMCA.



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Team Roster and Waiver

All teams must have a designated manager, co-manager and a third party representative on the roster. We must be able to contact someone from the team about pertinent league information throughout the course of the season.

A complete set of rules and schedules will be distributed at the manager meeting.

All rosters must include complete addresses (street, city, state, phone number, email and zip code) and signatures of each team member before they are eligible to play.

Additions to rosters are allowed until the halfway point (Week 6) of the season. THE LEAGUE DIRECTOR MUST APPROVE ALL ADDITIONS. The league director will specifically designate the ending date for add-ons. The league director reserves the right to allow an add-on to a roster after the deadline date. (Allowing a late add-on will be extremely rare and unusual!)

Any player(s) not included on a team's official roster form will be considered an ineligible/illegal player and will cause said team to forfeit all games the ineligible/illegal player(s) participated in. Our staff will actively attempt to prevent ineligible/illegal participation in league and tourney play.

Sponsor awards will be presented for 1st place finishes for regular season and tournament. First place LEAGUE and TOURNAMENT winners ONLY will earn individual shirts.



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General Program Rules and Guidelines

1. A participant may appeal a decision by the La Porte County Family YMCA Staff which results in suspension of his or her participation, either permanently or for not less than the remainder of the year, by filing within thirty (30) days of the date of the suspension, a written appeal stating briefly the date, nature and duration of the suspension, and the reasons for the objections to the suspension, to be filed with the La Porte County Family YMCA which shall consider the appeal under applicable Indiana laws and regulations as soon as possible. Appeals should be sent to Kevin Upp at kupp@lpymca.org.
2. ANY PERSON WHO HAS BEEN DETERMINED TO HAVE ASSAULTED AN OFFICIAL, REFEREE, AND/OR DIRECTOR/SUPERVISOR IS NOT ELLIGIBLE TO PARTICIPATE IN ANY LA PORTE COUNTY FAMILY YMCA LEAGUE OR PROGRAM.
3. TEAM MANAGERS WILL BE HELD ACCOUNTABLE FOR THE INDIVIDUALS ON THEIR TEAM AND THE TEAM'S ROSTER. IT IS THE MANAGER'S RESPONSIBILITY TO INFORM THE INDIVIDUALS ON THEIR TEAM OF ALL RULES AND LEAGUE INFORMATION. (Reproducing and distributing these rules to each team member is strongly recommended.)
4. The team manager, in part, will be held accountable for individual behavior by his team members. Team managers are to set conduct parameters, and managers will be held to an extended standard when unsportsmanlike situations and rule violations are addressed.
5. Inclement weather situations: Managers will be contacted by La Porte County Family YMCA staff member. When in doubt, feel free to email Kevin Upp at kupp@lpymca.org or call (219)325-9622.
6. Managers should always check at the score tables for league information. Information and correspondence designated for your team will always be posted or available at the score table, as will the standings.
7. Age requirement is 18 years of age and out of high school to be eligible to participate in said adult program. Anyone under the age of 18 is an ineligible player and will cause all games said ineligible player participated in to be ruled a forfeit. When age verification is necessary, the team manager and/or individual participant MUST bare such burden to provide proper and legal documentation pertaining to age.
8. A player may play for only one (1) basketball team. More specifically, under no circumstance can a player play for two (2) different teams just because the divisions - "A" and "B", for example - are different. If a person enters a game for a particular team, this is the ONLY team the person may play for the rest of the season - NO EXCEPTIONS TO THIS RULE!



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General Program Rules and Guidelines (continued)

9. The La Porte County Family YMCA will not tolerate acts of vocal harassment or physical violence. Any person or team that does not conduct itself in a civil manner towards program officials, directors, and fellow participants will be suspended from YMCA activities.
10. Teams that cannot control their individual players, coaches and spectators, or that are collectively unruly and disorderly, will be excluded from future La Porte County Family YMCA leagues or programs.
11. Any person(s) whose actions or language are considered contrary to La Porte County Family YMCA policy and expectations will be subject to expulsion from all La Porte County Family YMCA leagues and programs.
12. An official, director, and/or supervisor may eject player(s) or spectator(s) whenever a situation warrants such action. The official, director, and/or supervisor may also forfeit any game(s) whenever such action is deemed necessary.
13. Any player suspended from YMCA activities is considered an ineligible player; and will cause forfeiture of all games a suspended player participated in.
- 14. Do not bring any firearms or weapons of any kind, and/or alcoholic beverages or drugs of any kind onto YMCA property. This includes school parking lots. No tobacco products are allowed inside YMCA facilities. Although we have many fine tavern sponsors, please partake at their establishments following your games - NOT ON YMCA PROPERTY!**
 - a. EFFECT: ANY TEAM FOUND WITH FIREARMS OR WEAPONS OF ANY KIND, AND/OR ALCOHOLIC BEVERAGES OR DRUGS OF ANY KIND ON YMCA PROPERTY WILL BE DISMISSED FROM THE PROGRAM FOR THE REMAINDER OF THE SEASON - INCLUDING TOURNAMENTS. NO REFUND WILL BE ISSUED.**
 - b. No smoking inside any YMCA facility! No refreshments will be allowed in gymnasiums. There are YMCA rules against such activities. Do not do it. Once again, if it is a problem, your team will be asked to leave and will forfeit.**
15. School holidays and/or cancellations do not necessarily mean basketball will be cancelled. Program Director will contact team managers regarding cancellations.



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General Program Rules and Guidelines (continued)

16. All children must be in the sight and control of their parents. Children are not to be in other parts of the YMCA - they must be in the gym sitting down and watching. If children are found away from their parents or guardians in other parts of the YMCA; or if children are not in a proximity of the court you are playing on, we will be forced to ask your team to leave the facility, and/or issue a forfeit

Note: Please use common sense while on YMCA property. If a situation occurs where the previous rules pertaining to YMCA facilities are ignored, individuals and/or teams will be terminated from the program with no recourse - NO REFUND WILL BE GRANTED.

The La Porte County Family YMCA- Michigan City Elston Branch has one of the finest basketball facilities available in Michigan City for our program. Therefore, in an effort to secure the continued usage and success of the league, these important rules and preventative measures have been deemed necessary. The continued usage of YMCA facilities depends on your cooperation.



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Rules for Basketball

The basketball program will concentrate on strict enforcement of all rules concerning sportsmanlike behavior (and language). All YMCA facility usage guidelines will be enforced as well. Please understand all rules and guidelines are in place to assure continued usage of YMCA gymnasiums; and to secure a family oriented and recreational class atmosphere.

League

The league will be divided into an appropriate number of divisions according to the total number of teams involved, as well as team skill and competitive level. The league director exclusively determine the division each team will play in. Division REQUESTS are asked for on the entry form to allow the team manager to suggest the division he feels his team should be placed based on skill and competitive level. League and tournament games will be played on Sunday's beginning at 10:00 AM.

League and tourney play follows the I.H.S.A.A. Basketball Rules including modifications set forth for local purposes will govern the leagues.

1. Two Twenty (20) minute halves will be played
 - a. Clock will stop on every whistle with one minute left in the first half and three minutes left in the second half.
 - b. Half time will be three minutes.
2. Technical Fouls:
 - a. Flagrant
 - b. Intentional
 - c. Unsportsmanlike
 - d. Each will carry its' own weight in accordance with I.H.S.A.A. rules
 - e. The first Technical called will be documented in scorebook
 - f. Your second Technical will result in your ejection from the game...other than administrative.



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Rules for Basketball (continued)

3. Forfeit Rule: A \$50.00 forfeit fee will be charged to any team that forfeits a scheduled game for the third time. Said team must pay the fee to continue participating in league and or tourney play.
 - a. Effect: The forfeit fee must be paid before said teams next scheduled game. Failure to make payment of the forfeit fee before the next scheduled game will result in termination of said teams eligibility to participate through the remainder of the regular season and post-season tournament play. No refund of league fee will be granted for refusal to pay for forfeit fee.
 - b. The forfeit rule will include game(s) called by an official for unsportsmanlike conduct.
4. The La Porte County Family YMCA League Staff may assemble a meeting to resolve disputes, conflicts, and/or rule interpretations. The La Porte County Family YMCA League Staff will be assembled only when deemed necessary by the League director. A decision made by the YMCA Committee or the YMCA Director will stand as rendered and there shall be no further appeal of the issue within the YMCA.
5. No "A" caliber basketball players will be allowed to play in the YMCA's lowest offered division. Teams in the lowest division may not have more than two (2) "B" caliber basketball players play in a game on a given Tuesday. Individual player classification will be determined and designated by the league director
6. Teams are allowed to begin a game with only four (4)-uniformed members - who have signed the roster - ready to play ball at the scheduled game time. Extensions MAY be made upon the approval of the league director in rare and unusual circumstances.
7. Matching uniform tops with numbers are REQUIRED. Teams may forfeit games as per discretion of the league director if it does not have a minimum of numbered T-shirts by a reasonable point in time into the season. Teams provide their own uniforms.
8. The game clock will stop each half during:
 - a. Shooting free throws
 - b. Time-outs
 - c. Referee's request



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Rules for Basketball (continued)

9. The clock will also stop on all dead balls (officials whistle) during the final one (1) minute of the first half; and the final three (3) minutes of the second half; and all overtime periods. The clock is stopped when the whistle blows and does not start again until the ball is put into play.
10. All overtime periods are three (3) minutes. Each team is awarded one (1) additional time-out.
11. Each team will be awarded one (1) time-out each half with one (1) floater. The floater time-out can be used in either the first half, second half or overtime period. At no time will a team be allowed to carry over their time-outs. If you do not use your first half time-out, you are not allowed to use it in the second half.
12. Scorekeepers must have names and numbers of starting players no later than five minutes before game time.
13. Regular season division ties will be decided by:
 - First Place (a) - Record against each other
 (b) - Play-off game

 - Second Place (a) - Record against each other
 (b) - Point differential
 (c) - Total points for season
 (d) - Play-off



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Points of Emphasis

No Tolerance For Fighting

The La Porte County Family YMCA will not tolerate fighting of any kind. Any situation involving physical contact or fighting will be addressed immediately and acted upon appropriately by the game officials and La Porte County Family YMCA staff. The game may simply be called and the offending team(s) will be ejected from the facility.

Unsportsmanlike acts, technical and flagrant fouls will be documented every Sunday at the scorer's table. The League Director will evaluate each situation and sanctions will be rendered in accordance to La Porte County Family YMCA and IHSAA standards and policy. The La Porte County Family YMCA will enforce and concentrate on the following IHSAA rule:

Page 24, Rule 8 – Conduct, character and discipline C-8-3: Any contestant or coach ejected for an unsportsmanlike act shall be suspended from the next contest (scheduled basketball games), in addition to any other penalties assessed.

Harassment, baiting and/or taunting or “trash-talking” between participants will not be tolerated at all!

Contrary to what some participants think, taunting, baiting or “trash-talking” has no place in the game of basketball. THIS APPROACH DOES NOT PROVIDE A STRATEGICAL ADVANTAGE – IT ONLY STARTS TROUBLE! This behavior will not be tolerated and is an area we will concentrate on. If there is a problem, said player(s) or team(s) will be removed from the adult basketball program with no refund or fees.

No officials, directors, participants or fans should have to listen to any verbal abuse from anyone. This includes loud outbursts of foul language regardless of any situation or self-perceived justification from ANYONE! We want to create a family orientated atmosphere to be enjoyed by all.



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IMPORTANT! The manager or a team captain will be the ONLY person on the team questioning calls made by the officials. Participants are not at liberty to question and critique officials, and are subject to ejection for doing so. Questions or concerns directed to officials should be done only by the team manager or captain, and should be done only in an adult and sportsmanlike manner.

All participants and spectators should approach the game as recommended by the IHSAA:

The Fundamentals of Sportsmanship:

1. Show respect for the opponent at all times
2. Show respect for the officials
3. Know, understand and appreciate the rules of the contest.
4. MAINTAIN SELF-CONTROL AT ALL TIMES!
5. Recognize and appreciate skill in performance regardless of team affiliation.

A well-played contest will be enjoyed by all only if each of us assumes our responsibilities!

As a Player you are expected to:

1. Play, have fun and enjoy the game.
2. Demonstrate sportsmanship toward your opponents and treat them with respect.
3. EXERCISE SELF-CONTROL AT ALL TIMES, accepting decisions and abiding by them
4. Respect the judgment of the officials and their interpretations of the rules.
5. Regarding clarification of a ruling, communicate with the game officials through your captain only.
6. Accept victory with humility and defeat with grace. Be neither boastful nor bitter.

Please take adequate time to stretch and warm-up before playing. Physical fitness is an effective approach to nutrition and preventative maintenance will help prevent injury.