



Farmwell Station Basketball League Inc.
(Ashburn's First and Loudoun County's Finest Youth Basketball Program)

2017/18 Season

League Rules



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All Persons participating in FSBL are responsible for reading the current version of and adhering to the League Rules that are maintained on-line via our web-site. The League Rules are subject to change without Notice.

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The Farmwell Station Basketball League, Inc.
Rules – 2016-17 Season

1. Name

- a. The Farmwell Station Basketball League Inc. will also be known (aka) as FSBL. FSBL will also operate under the name of Broad Run Cluster Basketball League (aka) (BRCBL).
- b. Our web-site address is “fsbl.org”
- c. The FSBL emblem and car magnet are both registered trademarks and can not be reproduced in any manner without the express written consent of the FSBL Commissioner and/or the FSBL Board of Directors.

2. Objective:

- a. The objective of the FSBL is to provide basketball recreation and skills instruction within a safe and competitive environment for all players and volunteers, including good sportsmanship and respect for each other, coaches, spectators and officials.

3. Organization:

- a. FSBL is an independent Virginia Corporation granted 501(3)c tax exempt status by the Internal Revenue Service. FSBL serves youth in the Farmwell Station and Broad Run school districts. FSBL operates in coordination with the Loudoun County Department of Parks, Recreation and Community Services, (aka) PRCS who provides facility and support services.
- b. FSBL is one of the affiliated Loudoun County youth basketball leagues that are centered at each of the middle schools in Loudoun County.
- c. This program is available to the third (3rd) graders through eight (8th) graders in the Farmwell Station Middle School (FSMS) District and its four (4) elementary feeder schools (Ashburn ES

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(AES), Discovery ES (DIS), Dominion Trail ES (DTE) & Steuart Weller ES (SWE)).
 This is an instructional league.

- d. Players from outside the Farmwell Station district can participate in the House or HS League providing the enrollment is not full. FSBL players, who complete the registration process on time, will not be denied the opportunity to play to allow an out-of district player to participate.
- e. This program is also available to High School (aka HS) non varsity (this includes all official HS teams regardless of grade – freshman, JV & varsity) team players, Grade nine (9) through grade twelve (12). This is a “play” league only. It is not designed to be an instructional league.
- f. This program is a participant in the county Travel League. FSBL Participants who meet the residency, academic and behavior requirements can tryout for the Travel League teams.
- g. In addition the program is available at an AAU level to anyone with a desire to participate. These are select travel teams and tryouts are required.
- h. FSBL considers all players Student Athletes with the emphasis on “student”. All players are required to complete their academic responsibilities without a failing grade in order to participate in FSBL.

4. FSBL Divisions:

Lower House Division (grades three (3) through grade eight (8) usually begins playing games the first (1st) Saturday in December and ends the second (2nd) Saturday in March. Practices generally begin the second (2nd) week in November.

Travel Division usually begins playing games the first (1st) Sunday in December and ends the second (2nd) Sunday in March. Practices generally begin the last weekend in October.

High School Division usually begins playing games the first (1st) Sunday in December and ends NLT President’s Day weekend. Practices for HS are only held in December.

Girls

“C” Division

3rd & 4th grades GC 6 minute quarters 28.5 ball

(Every effort will be made to practice and play on nine (9) foot baskets)

“B” Division

5th & 6th grades GB 6 minute quarters 28.5 ball

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“A” Division

| | | | |
|--|----|-------------------|-----------|
| 7 th & 8 th grades | GA | 7 minute quarters | 28.5 ball |
|--|----|-------------------|-----------|

“TRAVEL ”

| | | | |
|--|----------------|-------------------|-----------|
| 6 th , 7 th & 8 th grades | 6GT, 7GT & 8GT | 7 minute quarters | 28.5 ball |
|--|----------------|-------------------|-----------|

“B” /HS Division

| | | | |
|---|------|-------------------|-----------|
| 9 th & 10 th grades | GHSB | 7 minute quarters | 28.5 ball |
|---|------|-------------------|-----------|

“A” /HS Division

| | | | |
|--|------|-------------------|-----------|
| 11 th & 12 th grades | GHSA | 7 minute quarters | 28.5 ball |
|--|------|-------------------|-----------|

AAU Division

(Please note the Girls HS division may be merged into one division pending enrollment)

(Please note that all Girls Travel Teams will only exist if the enrollment numbers meet league stipulated quotas)

Boys

“C” Division

| | | | |
|------------------------------|----|-------------------|-----------|
| 3rd & 4 th grades | BC | 6 minute quarters | 28.5 ball |
|------------------------------|----|-------------------|-----------|

(Please note that this division can be split into separate grade divisions based upon enrollment)

“B” Division

| | | | |
|--|----|-------------------|-----------|
| 5 th & 6 th grades | BB | 6 minute quarters | 28.5 ball |
|--|----|-------------------|-----------|

(Please note that this division can be split into separate grade divisions based upon enrollment)

“A” Division

| | | | |
|--|----|-------------------|-----------|
| 7 th & 8 th grades | BA | 7 minute quarters | 29.5 ball |
|--|----|-------------------|-----------|

(Please note that this division can be split into separate grade divisions based upon enrollment)

“TRAVEL ”

| | | | |
|-----------------------|-----|-------------------|-----------|
| 6 th grade | 6BT | 7 minute quarters | 28.5 ball |
|-----------------------|-----|-------------------|-----------|

| | | | |
|--|-----------|-------------------|-----------|
| 7 th & 8 th grades | 7BT & 8BT | 7 minute quarters | 29.5 ball |
|--|-----------|-------------------|-----------|

“B” / HS Division

| | | | |
|--|------|-------------------|-----------|
| 9 th & 10 th grades | BHSB | 7 minute quarters | 29.5 ball |
| "A" / HS Division | | | |
| 11 th & 12 th grades | BHSA | 7 minute quarters | 29.5 ball |

(Please note that Boys Travel Teams will only exist if the enrollment numbers meet league stipulated quotas)

5. Facility Control. (Appeals are not accepted to rules in this section)

- a. The Loudoun County Parks and Recreation Community Services (aka PRCS) Facility Attendant (aka .. FA) is in charge of the school facilities. The FA will interpret all rules and regulations of the PRCS department pertaining to the use of the facilities.
- b. Persons participating in FSBL league activities or visiting as spectators are expected to adhere to all documented rules and policies or any instruction / direction given by an FA, School Official or FSBL BOD member.
- c. All persons entering Farmwell Station Middle school must use the double doors located by the AC units and the bike racks. Persons must not enter or leave the gym using the gym doors except in an emergency.
- d. No consumables, other than water in a sealed container, are allowed in the Gyms.
 - 1. A Coach or Player that brings any unauthorized consumable into the Gym will be subject to the following discipline:
 - a. Before the first (1st) game in January – **rule 15a11a - verbal warning.**
 - b. After the first (1st) game in January –
 - 1. Coach or Player – First (1st) offense - **rule 15a11j - vacate premises.**
 Second (2nd) offense –
rule 15a11d - seven (7) day suspension.
 Repeat offenders -
rule 15a11g - season long suspension.
 - 2. Spectator or other non-participant –
 First (1st) offense - **rule 15a11j - vacate premises.**
 Repeat offenders - **rule 15a11m - barred from FSBL events.**
- e. Participants are not allowed to chew gum when on the court for practices and/or games.
- f. Everyone entering a school facility will remain in authorized areas only.
(Gyms, applicable hallways and restrooms)
- g. Persons discovered in unauthorized areas of the school facility will be subject to the following:

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1. First (1st) offense = **rule 15a11j - vacate premises.**
 2. Second (2nd) offense = **rule 15a11m – barred from FSBL events**
- h. On game days gyms will open approximately thirty (30) minutes prior to the start of the first (1st) game.
 - i. On practice days gyms will open at the scheduled practice start time for the first (1st) practice.
 - j. Teams must not arrive for practices during the week before six-fifteen o'clock (6:15pm aka 1815 hrs) at any scheduled middle school and six-o'clock (6:00pm aka 1800hrs) at any scheduled elementary school. Coaches and players are not allowed to enter a facility unless a FA is present or a School Official has given permission to enter the facility.
 - k. Teams must vacate the gyms immediately after the last practice of the night.
 - l. The BOD, FA and/or school official has the right to request any player, coach or spectator to leave the premises. Failure to adhere to this request will result in the following discipline:
 - first (1st) offense = **rule 15a11b – written warning,**
 - second (2nd) offense = **rule 15a11d – seven (7) day suspension.**
 - third (3rd) offense = **rule 15a11g – season long suspension.**

Regardless any matter may be remanded to the Loudoun County Sheriff's Office for appropriate action.

6. Player Safety, Gym Etiquette & Medical Conditions (Appeals are not accepted to rules in this section)

- a. The safety of all players is of paramount concern to FSBL .
- b. Players cannot wear jewelry on the gym floor (practices and games). This (*ibnlit*) earrings, (including studs from ear piercings) bracelets, necklaces, watches and hair ties with metal or hard plastic clasps or clips.
- c. A player who needs eye glasses must have sports goggles or contacts. Framed glasses are not allowed on the court during practices or games.
- d. Players must wear gym shoes any time they will be on the gym floor at a FSBL event.
- e. Teams/players waiting to play or having already completed a game MUST be seated in the stands until it is time for their game or until they depart from the gym.

- f. On game day no basketballs are allowed in the gym other than those in the coach's possession. (unauthorized basketballs will be confiscated and may not be returned)
- g. Shooting at any of the baskets in the gyms or dribbling on the court (which includes the out of bounds area around the court) is **not** permitted by any individual(s) not playing in the current game during any stoppage of play. This (*ibnl*) time-outs, half-time intermissions, end of each quarter and between games.
 - 1. First (1st) Offense – **rule 15a11c – one (1) game suspension**
 - 2. Second (2nd) Offense – **rule 15a11d – seven (7) day suspension**
 - 3. Third (3rd) Offense – **rule 15a11g – season long suspension**
- h. Spectators must remain off the gym floor during any stoppage of play. This (*ibnl*) time-outs, half-time intermissions, end of each quarter and between games.
- i. Before each game only the teams warming up for that game are allowed to be shooting at the baskets. Failure to comply will result in being suspended from game play and removal from the facility.
- j. Each team is responsible for cleaning up the bench, bleachers and floor area after a practice or game.
- k. Players must be supervised by their coach or responsible adult while using the school facilities during any FSBL event. ***This includes taking responsibility for the actions of spectators.***
- l. The FSBL Commissioner, the applicable DC and the appropriate AC, if recruited, are to be notified of all major injuries within twenty-four (24) hours of the incident.
- m. Parents are to be notified, immediately, of all injuries, that cause a player to be removed from the game or practice, if they are not present at the time of injury.
- n. For all major injuries such as broken bones or unconsciousness call "911" immediately and then notify the parents.
- o. Coaches are required to have in their possession a copy of their player roster that contains the following and (*ibnl*) (*this should have been created as a result of the parent meeting*)
 - 1. Parent's names.
 - 2. Addresses.
 - 3. Home/Work/ Emergency telephone numbers.
 - 4. Emergency contact other than the parent/guardian.

- p. First-aid kits and ice packs are provided by the league and are available for use by the FA. Only minor injuries will be treated (e.g., cuts, abrasions, sprains). It is the responsibility of the league to restock the First-aid kits and ice packs.

7. Eligibility:

- a. All participants in the FSBL program must be currently attending school in the applicable Broad Run cluster (aka BRC) school district. Players from outside the Farmwell district can participate in the House or HS house League providing the enrollment is not full. FSBL players, who complete the registration process on time, will not be denied the opportunity to participate in lieu of an out-of district player.
 - 1. All boys and girls in grade three (3) through grade eight (8) in the Farmwell Station Middle School attendance area and applicable feeder schools are eligible to participate in FSBL.
 - a. A house player is not eligible to participate in FSBL if he/she in on any of the FSBL travel teams or is on any officially sponsored (Freshmen, JV or Varsity) HS basketball teams.
 - b. A player is not eligible to participate on both any school travel team and house team at the same time in FSBL
 - 1. The FSBL BOD, may, but is not required to, consider exceptions on a case by case basis for rule 7a1a or b.
 - 2. All boys and girls in grade nine (9) through grade twelve (12) in the Broad Run attendance area are eligible to participate in FSBL
 - a. A player is not eligible to participate in FSBL if he/she in on any of the FSBL travel teams or is on any officially sponsored (Freshmen, JV or Varsity) HS basketball team.
 - 3. AAU division is exempted from residency requirements and multiple team restrictions.
- b. Students in grade three (3) through grade twelve (12) attending any private school or being home schooled anywhere in the county are eligible to participate in the FSBL house program.
- c. Parents or players (eighteen (18) years and older) are required to notify the BOD, within twenty-four (24) hours, when their child/person is suspended or expelled from school. If the BOD is not notified within twenty-four (24) hours of any such suspension/expulsion then upon discovery the child/person will be expelled from FSBL immediately for the remainder of the current season and the entire next season. ***(This rule cannot be appealed)***
 - 1. When a player is suspended or expelled from school he/she immediately becomes ineligible to participate in any FSBL activity. If a suspended or expelled player

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participates in any FSBL game(s) the team will forfeit all games where the ineligible player participated. ***(This rule cannot be appealed)***

- d. Players are NOT allowed to participate in any FSBL activities while suspended or expelled from school. Further, any player barred from attending his/her geographic High/Middle/Elementary School for any reason will not be eligible to participate in the FSBL program while he/she is barred from their home school. ***(This rule cannot be appealed)***
 - e. Players are NOT allowed to participate in any FSBL activities while serving any type of arrest, incarceration or court ordered restrictions such as (*ibnlit*) location monitor ankle bracelets. ***(This rule cannot be appealed)***
 - f. All players wishing to play on one of the girls or boys Travel Teams must also meet the residency requirements. Only players that attend Farmwell Station Middle School or reside in the Farmwell District (home schooled and private schooled) are eligible to participate on the FSBL Travel Team.
 - g. All Players must have a “Registration Form” completed by a parent/guardian (unless the participant is eighteen (18) years old or older then they will complete the form themselves) to participate in league events to (*ibnlit*): evaluations, tryouts, practices and games.
 - h. All Players are considered “Student Athletes” and are required to complete their academic responsibilities without a failing grade in order to participate in FSBL. Students in grades six (6), seven (7) & eight (8) must have a passing grade in all subjects. Report cards will be reviewed in November and February. (Players are required to produce a copy of their report cards as stipulated during the registration process) Coaches will use the first (1st) quarter column to determine grades in November. Players who receive a failing grade of “F” in November for any subject will be suspended from game play until the first game in January. Travel players who receive a grade of “D” or lower in November will be suspended from game play until the first game in January. Coaches will use the second (2nd) quarter column to determine grades in February. Players who receive a failing grade of “F” in February in any subject will be suspended from game play for the remainder of the season. Travel players who receive a grade of “D” or lower in February will be suspended for the remainder of the season. The February suspension period will include post-season and All Stars games. In addition suspended players are ineligible to be selected for any accolades or post season awards to (*ibnlit*): all stars, MVP awards and/or coaches’ awards. Division “C” (grades three (3) & four (4)), Division “B” (grades five (5), “HS” (grades nine (9) through twelve (12)) and AAU (all applicable grades) are exempt from this rule.
1. If a school counselor, Dean, Assistant Principal or Principal know of extenuating circumstances why a student is struggling academically they can contact the BOD and request an exception to the report card rule. The school official has to be willing to work with the student and make weekly reports to the FSBL BOD. Such reports must be received by 1500 hrs on Friday. The school Official would ensure that the student has

passing grades in all subjects and that all homework assignments have been completed. Under these conditions the league is willing to allow the student to play, on a week to week basis, as long as the academic requirements are satisfied. The school official(s) are solely responsible to notify FSBL BOD with the weekly report. If the weekly report is not received by 1500 hrs on Friday the player will be ineligible to play that weekend. Exceptions to the report card rule will only be considered if a school official contacts the FSBL BOD.

2. Middle School students that are taking HS credit courses and receive a grade “F” for that subject can request an exception to the report card rule. Such requests will be reviewed on a case by case basis.

i. Any prospective or current player must meet the following age requirements to be eligible to participate in FSBL programs: (AAU, House & Travel)

Grade Can not exceed the listed age before March 31st of the Current Basketball Season

| | |
|-----------------------|----------------|
| 6 th Grade | 13.5 years old |
| 7 th Grade | 14.5 years old |
| 8 th Grade | 15.5 years old |

(Birth certificates may be required to verify age)

j. Players receiving season long suspensions and/or expelled from FSBL activities or school facilities in the previous season will not be eligible to participate in FSBL activities in the current year. Such persons will need to obtain approval to participate from the Commissioner and/or the BOD. In addition, such persons will be subject to a “suspension/expulsion fine” equal to the current registration fee. The fine, which is non-refundable and without guarantee, will be levied and collected before any registration application is given consideration.

k. A prospective player must have the capability to physically and emotionally compete with other players in his/her grade.

l. The Commissioner and/or BOD must approve any and all exceptions to eligibility.

8. Registration

a. Registration for FSBL will usually begin August 1st (first) but can begin earlier or later.

b. All player registrations must be completed online and paid with a credit card or debit card.

1. FSBL will accept cash payments in the form of cash, cashier checks or money orders under limited circumstances as determined by the Commissioner and/or BOD.

a. Applicant must still complete the online registration.

- c. All players that desire to participate in FSBL House or Travel Leagues must complete a registration form and pay the registration fee before he/she can participate in tryouts and/or Evals.
- d. A completed registration form must *(ibnlit)*: (Every space must be filled in)
 - 1. Players name, players address, parents name, parents work number and players home telephone number, valid home/work email address(es), player height, player weight, correct uniform size, physician name and telephone number, need for eye wear, & physical and/or emotional limitations.
 - a. Uniforms can not be exchanged therefore Parents / Players are solely responsible for providing the correct uniform size to order. **(see rule 22a1-4)** FSBL will no longer verify sizes before ordering uniforms.
 - b. If a Parent/Player does not provide a uniform size then FSBL will supplement a uniform size based upon the information provided on the registration form. However the Parent will be responsible for the “fit” of the uniform and any subsequent corrections and cost.
 - c. **Valid uniform sizes are as follows:**
YS - YM – YL – AS – AM – AL – AXL – AXXL - AXXXL
 - 2. Must indicate any physical or emotional limitations that may affect the child’s ability to play on the same level as other children in his/her grade. **(see rule 7j)**
 - 3. Registration forms will not be accepted without payment.
 - 4. Registration forms must contain a valid email address. Registration forms will be selected at random for email address validation. Invalid email addresses will result in a delay of processing your registration form.
- e. The “Registration Form” must be signed by a legal parent or guardian prior to evaluations and/or tryouts.
- f. Returning fourth (4th), sixth (6th) and eighth (8th) graders will automatically return to the previous year team and coach except for one or more of the following four (4) reasons.
 - 1. The Head Coach from last year is not coaching this year.
 - 2. The player has decided not to return to the same team and/or coach.
 - 3. Multiple returning players evaluated and ranked in either round one (1) or round two (2) of the draft. Only one (1) player per round will be allowed to return to the Coach/Team.

- 4. Multiple returning players evaluated and ranked in the same round (rounds three (3) to the end. Only one (1) player per round will be allowed to return to the Coach/Team.

 - g. The Commissioner and/or BOD will set the base price for registration fees before each season begins.
 - 1. The discount for a second (2nd) child will be the base price minus fifteen dollars (\$15.00)
 - 2. The discount for a third (3rd) child will be the base price minus thirty dollars (\$30.00).
 - 3. There is no charge for the fourth (4th) and all subsequent children in a given family.

 - h. Registration periods will exist as follows:
 - 1. Regular Registration –
 - a. Travel
 - 1. From August 1st (or the posted date) until the start of the Travel league tryouts.
 - b. House
 - 1. From August 1st (or the posted date) until the first (1st) day of the House league evaluations.
 - 2. Late Registration –
 - a. Travel
 - 1. There is no late registration period for the Travel League.
 - b. House
 - 1. Begins the first day of House league evaluations and concludes on the last day of House league evaluation.
(make up day for House evaluations)
 - c. **There is a fifty dollar (\$50.00) Late Fee Assessed for late registration.**
(For the 2017/18 season the date is midnight on October 1, 2017)
-
- i. A fifty dollar (\$50.00) fee will be imposed on all returned checks and the fee is incremental by ten dollars (\$10.00) for each successive returned check throughout the life of your participation with FSBL.

1. First returned check fee is fifty dollars (\$50.00), the second returned check fee is sixty dollars (\$60.00) and increments by ten (\$10.00) for each additional returned check.
- j. A letter will be sent to the name on the returned check asking for restitution of payment.
1. If payment is not received within ten (10) days from the date of the mailing the applicable DC will contact the name of the person on the check.
 2. If payment is not received within five (5) days after discussion with the DC the player will be suspended until such time as payment arrangements have been made.
- k. All Registration fees include a non-refundable sixteen dollar (\$16.00) processing fee.
- l. All participants, grade six (6) through grade eight (8), by virtue of registering in FSBL are required to produce a copy of their report card within seven (7) school days of the date that report cards were distributed. The head coach of applicable teams will review the report cards. Failure to produce a report card will lead to suspension from the league.

This rule does not apply to Division “C” (3rd & 4th graders), Division “B” (5th grade), the High School Divisions nor AAU division.

9. Refunds and Reissued Checks (Appeals are not accepted to rules in this section)

- a. Refunds:
1. The League will refund all monies paid, including the processing fee, when it is unable to assign a player to a team. No refund request will be addressed unless it is received in written form via email.

(The refund policy is quite specific. You must submit a request for refund via email, addressed to a current BOD member, before midnight of the deadline date specified below. No communication from anyone can alter this policy. Disregard any statement (verbal or written) from anyone that indicates you will get a refund. The refund policy will be strictly enforced. The ONLY way to get a refund is to submit an email request before the deadline date. Nothing that may be communicated to you, in any form, by anyone matters)
 2. Registration fees will be refunded as follows when a player voluntarily withdraws from the League: *(No refunds for involuntary withdrawals)*
 - a. House league. *(This would also pertain to the Travel league)*
 1. Opening registration date until the last day of make-up evals:
Hundred percent (100%) minus sixteen dollar (\$16.00) processing fee.
 2. After the last make-up eval date:

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Zero percent (0%) - No refunds for any reasons

b. Travel League.

- 1. Opening registration date until the last day of travel tryouts.

Hundred percent (100%) minus sixteen dollar (\$16.00) processing fee.

- a. In the event a player is not selected for one of the travel teams then their registration would roll over to the House rule 9.2.a.1

b. High School League

- 1. Opening registration date until the day of HS evals:

Hundred percent (100%) minus sixteen dollar (\$16.00) processing fee.

- 2. On or after the date for HS evals:

Zero percent (0%) - No refunds for any reasons

- c. No refunds will be made for “ignorance of” or “non-compliance with” any league policy.

- d. No refunds for loss of games as a result of *(ibnl)* an “Act of Nature” .

- e. No refunds for loss of games in the event we are unable to obtain gym facilities from PRCS nor if the gym facilities are not in playing condition.

b. Reissued Checks

- 1. All original FSBL issued checks are mailed as “certified mail” and “proof of mailing”.

- 2. In the event there is a need to reissue a check from FSBL the following will apply:

- a. If the person requesting a check be reissued can provide the original check there is no charge to reissue the check.

- b. If the person requesting a check be reissued and can not provide the original check then the stop-payment fee will be deducted from the amount of the check. If this results in a zero balance or a negative amount due then no check will be reissued.

- 3. FSBL reserves the right to issue a gift card in lieu of the check.

10. Commitment: (Appeals are not accepted to rules in this section)

- a. Parents and players must be aware of the commitment that is expected by registering and playing in the FSBL League.
- b. Basketball is a team sport and every player on every team is an important contributor to their respective team. Players are expected to attend all practices and games for the duration of the season. This includes the playoffs and championship practices and games.
- c. Parents are asked not to “over commit” their children or register them if their child cannot participate fully.
- d. Injuries, illness, family emergencies can occur during the course of the season which will impact a player’s ability to participate. Players must not miss any practices and games because of commitments to other recreational/developmental/personal endeavors such as other sports, the arts, parties and so forth. A player who misses an FSBL practice or game to attend another sports practice or game is subject to removal from the team at the discretion of the team coach. The Commissioner and/or BOD must approve all requests to remove a player from a team.
 - 1. A player who is removed from the team by the coach and BOD for **rule 10d** will automatically be expelled from the league for the remainder of the current season and the entire next season.
- e. Travel Players who miss a practice and/or game for any unexcused reason other than **rule 10d (reference rule 16r, 16s & 16t)** are subject being suspended from all League activities as follows:
 - First (1st) Offense – **rule15a11c – one (1) game suspension**
 - Second (2nd) Offense – **rule 15a11e – ten (10) days suspension**
 - Third (3rd) offense – **rule 15a11g – season long suspension**
 - Discipline will begin from date of discovery.
- f. Players (except for HS and Div “C” (grades 3 & 4)) who miss a championship game to participate in another sport will be required to pay double the registration fee the following year in order to submit a registration form in the next season of eligibility. **(see rule 7i)**
- g. Acceptance into the League in subsequent years is based upon meeting eligibility requirements and/or obtaining the Commissioner and/or BOD approval.
- h. House League coaches can establish their own set of restrictions/requirements as approved by the BOD. Any such approved restrictions/requirements must be communicated to the parents, in writing, during the required parents meeting

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- i. **Parents and players, registering in FSBL, are expected to make this commitment fully and to understand the consequences for not adhering to the commitment requirements.**

11. The Coach

- a. Coaches must complete a new application, online only, each year. Misrepresentation of the truth on an application will result in suspension or expulsion.
- b. Head coaches must be at least eighteen (18) years old and a high school graduate. Assistant coaches can not be younger than a freshman (grade nine (9)) in High School. A coach under eighteen (18) is considered a minor and will not undergo a background investigation. However the Head Coach must vouch for the character of the minor coach and will be held responsible for his/her actions.
 - 1. Head coach for high school must be twenty-five years old or older.
 - a. Requests for exceptions to this rule will be reviewed on a case by case basis.
- c. All persons that desire to Coach in FSBL, either as Head Coach or an assistant coach, are required to complete a coach’s application, be approved by the Commissioner and/or BOD, submit to a Background Investigation, obtain a National Youth Sports Coaches Association (aka NYSCA) certification and attend required training classes and meetings.
- d. FSBL has a “Zero Tolerance” program. Coaches will undergo a background screening to obtain prior history in regards to the following:
(charges or convictions) & (misdemeanor or felony) *(ibnlit)*
 - 1. Zero tolerance will be applied to the following:
 - a. Crimes involving physical violence and/or physical contact
 - b. Crimes against and/or involving minors
 - c. Crimes involving unlawful sexual acts
 - 2. Zero tolerance will be applied to the following for felony charges/convictions:
 - a. Crimes involving alcohol and related incidents
 - b. Crimes involving illegal drugs or illegal substances
 - c. Crimes involving weapons

(Coaches who have prior criminal records in these areas will not be allowed to coach at FSBL regardless of circumstances)

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3. The following will be reviewed on a case by case basis for Misdemeanor charges/convictions: *(elapsed time and severity will be considered)*
 - a. Crimes involving alcohol and related incidents
 - b. Crimes involving illegal drugs or substances
 - c. Crimes involving weapons
4. Coaches who fail the background screening will be notified by the National Center for Safety Initiatives (NCSI) or can obtain their status by visiting the NCSI website. A copy of the background screening report is available to the applicant from NCIS.
5. A Coach is automatically suspended upon receipt of a failed background investigation report per **rule 11d1 and 11d2.**
 - a. Coaches will be given a seven (7) day grace period only to provide missing drivers license or SSN.
6. A Coach will have three (3) working days from the time they receive written notification of the failed background screening to contact the BOD or the league attorney. A Coach will have the option to either accept the report “as is” or they may present evidence contrary to the background screening report.
7. In the event that three (3) working days elapse from the date the letter was received without any contact from the coach in question, the matter will be closed and the coach will remain suspended for the remainder of the season.
 - a. There is no appeal once the case is closed.
8. In the event a coach successfully presents evidence contrary to the failed report and within the time limits of **rule 11d** the coach will be reinstated immediately.
- e. Coaches’ applications will be reviewed for but not limited to experience, results of background screening and past behavior history. Because of such a review, a coach will be accepted in good standing, placed on probation or denied the privilege to coach.
- f. All coaches who have submitted a coach’s application or have intentions of submitting a coaches application are required to attend the evaluations sessions for their Age Group as well as any subsequent Age Group meetings conducted for the purpose of team formation.
- g. Each team will be allowed one (1) Head Coach and one (1) assistant coach on the sidelines during a game. Only approved coaches who are properly attired in accordance with league uniform standards are allowed to be on the sidelines during the game. A Coach may request BOD approval for more than one (1) assistant coach to sit on the Bench. Only one coach, from

a team, is permitted to stand. All other coaches, from that team, must remain seated during the game except during a change of quarters or a time out.

- h. There is no limit to the number of coaches and/or assistants allowed to participate during a practice. However all head coaches and any type of assistant (except a minor) must undergo and pass a background investigation before they can participate. All coaches must also complete NYSCA certification.
 - 1. Background Investigations are waived for minors. However the Head Coach assumes full responsibility for the actions of all minor coaches and/or assistants.
- i. The Head Coach is responsible for the behavior of all assistant coaches and/or any assistants.
- j. All FSBL Head Coaches and Assistant Coaches are required to complete online training conducted by NYSCA and obtain a Coaches certification in Basketball. FSBL has established an umbrella account with NYSCA. As a result all memberships (initial and renewal) must be processed through FSBL. In addition FSBL will pay for renewals but only one (1) year at a time and only after the coach has been approved by the BOD. FSBL will pay one-hundred percent (100%) of all membership fees that are processed by FSBL. Coaches that arrange membership on their own without going through FSBL **will not** be reimbursed for fees. *(NYSCA membership does include a one-million dollar (\$1,000,000) insurance policy for liability)*
- k. All coaches are required to attend the Rules & Policy meeting conducted jointly by FSBL and the referee association. Dates and time for the meeting will be posted on the web-site and communicated to all registered coaches.
 - 1. Coaches who do not attend the “Coaches Meeting” or arrange for a substitute will be subject to discipline **rule 15a11h – loss of pre-season practice slots, rule 15a11i – no make-up practice slots during the season and rule 15a11k – probation.**
- l. All Coaches are required to attend all training sessions provided by the league as follows or as specified by the BOD:
 - 1. All Division “C” (grades three (3) & four (4)) coaches are required to attend at least two (2) League Training sessions.
 - 2. All Division “B” (grades five (5) & six (6)) coaches are required to attend at least two (2) League Training sessions.
 - 3. All Division “A” (grades seven (7) & eight (8)) coaches are required to attend at least one (1) league training session.
 - 4. All first time coaches to include those persons coaching for the first time in FSBL and where **rule 11h1** does not apply are required to attend at least two (2) League Training sessions.

- 5. Any Coach having more than six (6) years experience coaching in FSBL is not required to attend any league training sessions. However these coaches are encouraged to attend at least one (1) training session.

- m. Coaches who do not complete the required training will be subject to the following discipline:
 - rule 15a11h – loss of pre-season practice slots and**
 - rule 15a11i – no make-up practice slots during the season and**
 - rule 15a11k – probation.**

- n. Coaches are responsible for visiting the web-site frequently for the following info (*ibnlit*)
 - 1. Rules
 - 2. Formats
 - 3. Schedules
 - 4. Rosters
 - 5. Policies
 - 6. Codes of Conduct

- o. Head Coaches are responsible for attending (or arranging for a team representative to attend) all scheduled pickups and/or drop-offs as stipulated in emails by the Commissioner and/or DC. Head Coaches who fail to have their team represented will be placed on probation and/or suffer disciplinary action to include the loss of make-up practice times.

- p. Head Coaches must submit a team name NLT draft day for the applicable division. Returning coaches will have the option of retaining a team name used in the previous season. All team names must be a legitimate NBA or WNBA team name. Disbanded team names can be used as long as official NBA or WNBA logos can be obtained.

- q. Head Coaches are required to conduct a “live” (not email or phone) parents meeting (NLT the end of the first week of official practices), provide proof of NYSCA certification, attend coach training as required, and review report cards before Thanksgiving (in accordance with **rule 7g**). Coaches will follow the “Parents meeting – Coaches Script” form (listed below) to conduct the parents meeting.

Parents Meeting -- Coaches Script

| | |
|----------|---|
| <u>1</u> | Welcome Parents and Players to the team |
| <u>2</u> | Give a short synopsis of yourself - background - family, Experience, Successes |
| <u>3</u> | Talk about how long you have been with FSBL and what your responsibilities are. |

| | |
|----|---|
| 4 | Stress the importance that a player is a student first and must complete their academic responsibilities in order to participate in FSBL. Report cards (or a copy) must be provided for review within a week of issue (applies only to 5 th , 6 th , 7 th and 8 th graders) |
| 5 | Discuss the attendance policy and how you as a coach intend to administer it. |
| 6 | Stress the only four (4) reasons that a player can miss practice and/or a game Sick, Death in the Family, School activity, Mandatory Religious event |
| 7 | Determine if any of the kids playing for you have any medical conditions that you must be aware of such as: Allergies to peanuts, milk or bee stings. Any heart condition or circulatory issues. (erratic heartbeat) Any problem breathing or any respiratory issues. (asthma) Any problem with joints or muscles or any skeletal issues. (broken bones, fractures) Any eating problems or digestive issues (diabetes) |
| 8 | Discuss the uniform policy Players must wear the league issued or stipulated uniform - no exceptions. Sports goggles are the only approved eye wear protection allowed on the court for both practices and games. Framed glasses have been banned from use in FSBL.. Players can not wear any jewelry of any kind during practices or games. |
| 9 | Players must refrain from: (possession or use) alcoholic beverages, illegal drugs physical violence tobacco products, use of profanity and/or racial slurs in their language weapons |
| 10 | Explain that parents must get involved in scorekeeping and clock operating and they must be certified by the league to perform either function. |
| 11 | Make parents aware of the minimum playing time rules. (House League - all players must play at least two quarters and sit out one quarter. Travel League - all players must play in accordance with specified travel league rules) |
| 12 | Stress to Parents that they are to set an example of good sportsmanship at all times. Show respect for BOD members, coaches, FA's, players, referees, school officials and spectators. Anyone who behaves inappropriately will be asked to leave the Gym. The Loudoun County Sheriff's office will be contacted if necessary. |
| 13 | Parents, players, spectators and coaches are never to approach a referee before, during or after a game to discuss any aspect or calls concerning the game. |
| 14 | Tell your parents how many teams are in the league and how many games will be played. Inform parents where most games will be played and generally what time. |
| 15 | Inform your parents that it is possible that their child's division may play inter-league games with teams from other County Leagues. This may result in playing two (2) games in one day or two (2) games in one (1) weekend |
| 16 | Impress upon parents that practices begin at 1800 hrs at elementary schools and 1815 hrs at FSMS. Children must not be dropped off more than fifteen (15) minutes in advance. Parents must dress children appropriately for the weather as they may not be able to get into the Gym right away. |
| 17 | Make sure that Parents, Players and Spectators know that they can not bring any food or drink into the Gym at any time. (this includes coffee) Water, not Gatorade, is the only liquid allowed in the Gyms and it must be in a sealed container. |
| 18 | Direct Parents to visit the Web-Site frequently to get the latest news, schedule changes, upcoming events, etc. "fsbl.org" |

| | |
|----|--|
| 19 | If parents have issues they are required to first try to resolve them with their coach. Beyond that they can contact a Board member for further assistance. |
| 20 | Make parents aware of the PRCS sports cancellation number 703-777-0456 |
| 21 | All participants using the Farmwell Station Middle school location must enter the building using the side door by the A/C units. No one is allowed to enter or leave the building using the gym doors. |
| 22 | Distribute a roster of players to include names and telephone numbers. In addition also include Coach contact info. |
| 23 | Distribute a practice schedule |
| 24 | Have parents specify whether they prefer an inside or outside pick up for their child after practice. |

- r. Coaches who do not conduct a parents meeting, provide proof of NYSCA certification, attend coach training as required, review report cards (in accordance with **rule 7g**) and submit to a background investigation within the prescribed timeframe will be placed on probation for one (1) week. After one (1) week of probation or the Friday before the first scheduled game for their league, whichever occurs first, any Coach who still does not comply with the above requirements will be suspended from team participation until the above requirements are met.
- s. Coaches are required to review report cards (in accordance with **rule 7g**) with each House League player in grades six (6), seven (7), and eight (8) (November and February) and make note of any player who has a failing grade (F) in any subject. Coaches will use the first (1st) quarter column on the report card for grades in November. Players who have a failing grade (F) in any subject in November will be suspended from game play until the first game in January. Coaches will use the second (2nd) quarter column on the report card for grades in February. Players who have a failing grade (F) in any subject in February will be suspended from game play for the remainder of the season to include post season participation. Further suspended players are not eligible to be selected for All-stars, Coaches Award and MVP awards. Division "C" AAU and HS are exempt from this rule.
- t. Coaches are required to review report cards (in accordance with **rule 7g**) with each Travel League player in grades six (6), seven (7), and eight (8) (November and February) and make note of any player who has a grade of (D) or lower in any subject. Players who have a grade of (D) or lower in any subject in November will be suspended from game play until the first game in January. Players who have a grade of (D) in any subject in February will be suspended from game play for the remainder of the season to include post season participation. Further suspended players are not eligible to be selected for any post season awards.
- u. In the event a House coach fails to report a player with a grade of "F" on his/her report card the team will forfeit all games in which the disqualified player participated in from the date report cards were distributed.
- v. In the event a Travel coach fails to report a player with a grade of "D" or lower on his/her report card then the player in question will be suspended for the remainder of the season and the coach will be suspended for two (2) weeks.

- w. The BOD will have the authority to replace any coach who does not comply with the stipulated requirements, for their respective leagues, by the start of the regular season
- x. Coaches are required to maintain attendance records on all players and must be able to produce such records upon request from the Commissioner and/or a BOD member.
- y. Coaches are responsible to ensure that all players comply with the preferences of the parent/guardian with regards to disposition of the players after a practice, game or event. ***(The preference must be obtained during the "Parent's Meeting")***
- z. The FSBL Commissioner, the applicable DC and the appropriate AC, if recruited, are to be notified of all major injuries within twenty-four (24) hours of the incident.
- aa. Parents are to be notified of all injuries if they are not present at the time of injury.
- bb. For all major injuries, if parents are not present, call "911" and the parents.
- cc. Coaches are required to have in their possession a copy of their player roster that contains the following and *(ibnlit)* ***(this should have been created as a result of the parent meeting),***
 - 1. Parent's names.
 - 2. Addresses.
 - 3. Home/Work/ Emergency telephone numbers.
 - 4. Emergency contact other than the parent/guardian.
- dd. A Coach must remain with all players until they are picked by a parent or guardian whether inside or outside the gym. Coaches must not leave any child alone in the parking lot for any reason.
 - 1. A Coach who fails to remain with a player until picked up will be subjected to the following discipline:
 - a. First (1st) offense = **rule 15a11d** - suspended for one (1) week
 - b. Second (2nd) Offense = **rule 15a11g** – suspended for remainder of the season.
 - 2. Parents who are repeatedly late picking up their child must be reported to the applicable DC or Commissioner for appropriate action.
- ee. Coaches must not transport players from one-site to another without parental permission or notification to the parent(s).
- ff. Coaches Club status is available to those coaches who complete the requirements to be a coach. *(Registration, Background Check, NYSCA Training, Draft, Coach Training, Coach*

Meeting, Evals and Pickups) The higher the club status the more consideration a coach will receive. Coaches who meet the stipulated requirements will receive a pin that is applicable to the club status that has been earned.

1. Gold Club – Coaches who fulfill all the requirements for being a coach
Head Coaches (House) must complete all eight (8) items
Assistant Coaches (House) must complete five (5) of eight (8) items
2. Silver Club - Coaches who fulfill all but one requirement for being a coach
Head Coaches (House) must complete seven (7) of eight (8) items
Assistant Coaches (House) must complete four (4) of eight (8) items
3. Bronze Club - Coaches who fulfill all but two requirements for being a coach
Head Coaches (House) must complete six (6) of eight (8) items
Assistant Coaches (House) must complete three (3) of eight (8) items

(Club status is not applicable for HS or AAU coaches)

- gg. Coaches are required to respond to communications from the Commissioner or BOD within forty-eight (48) hours of contact. Coaches that do not respond within the required timeframe can be placed on probation. Coaches who repeatedly do not respond within the required timeframe will be subject to suspension and/or expulsion from the league.
- hh. Any coach who commits any of the following actions will be expelled from the League for the remainder of the current season and the entire next season.
 1. Abandons/deserts his/her team
 2. Threatens or uses physical violence against anyone at a FSBL activity.
- ii. Any coach who uses profanity and/or racial slurs directed toward or about anyone while on school premises shall be subject to the following discipline:
 1. First (1st) offense = **rule 15a11f** - fourteen (14) day suspension
 2. Second (2nd) offense = **rule 15a11g** - suspended for remainder of the season
- jj. Coaches are to communicate any comments, concerns, issues or suggestions directly to the BOD. Coaches will not disseminate (*verbally or in written form*) any Board or league communiqué that is labeled “Confidential – Do not copy or distribute” to anyone other than the current Commissioner and/or the current BOD members. Violation of this rule will result in expulsion from the league.
- kk. Decisions rendered by the Commissioner and/or BOD about a given issue must be considered final. The BOD is always available to discuss any issue however once a discussion has taken

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place and a decision has been reached the BOD will not entertain any further discussions about the issue in question unless a grievance, when applicable, is filed.

- ll. Coaches must not speak or write inappropriately about any member of the BOD, make accusations about or engage in any innuendo that could be considered detrimental, libelous or disrespectful. Coaches who violate this rule are subject to immediate suspension. Repeated violations would result in expulsion.
- mm. A listing of coaches with team names will be posted on the web-site. A Coach agrees to this posting by virtue of submitting a Coaches Application form.
- nn. All disciplinary action for Coaches is progressive. A first (1st) offense or violation of a rule or policy that stipulates probation will result in probation. Subsequent offenses or violations will result in ever increasing levels of discipline. ie; A second (2nd) offense or violation of a rule or policy that stipulates probation will result in suspension, a third (3rd) violation expulsion.
- oo. The BOD reserves the right to refuse an individual's request to coach in the FSBL.

pp. House League Specific Rules:

- 1. Parents are welcomed as House league coaches.
- 2. All House League Head Coaches must have an approved assistant coach.
- 3. A returning House Coach in "Good Standing" will be given preference and/or right of first refusal about returning to his/her team.
 - a. Good Standing will (*ibnl*) Reports from BOD members observation, Facility Attendants, Parents, Players, Referees and School Officials. In addition the coaches' behavior and conduct from the previous season will be considered.
- 4. In the event there is not a returning coach in good standing for a team and more than one (1) qualified candidate applies for a House Head Coach position for that team then the BOD will conduct interviews of perspective House coaches before making a selection.
- 5. Coaches must notify the scheduler if they cancel practice
 - a. Coaches who fail to notify the Scheduler about a canceled practice will be:
 - 1. First (1st) offense = **rule 15a11k** Placed on probation
 - 2. Second (2nd) offense = **rule 15a11d** - Suspended for seven (7) days
 - 3. Third (3rd) offense = rule 15a11g - Suspended for the remainder of the season

qq. Travel League Specific Rules

1. It is **strongly** preferred that a parent of a player on a Travel Team refrain from being the Head Coach for that team.
2. Parents of perspective travel players who apply for the position of Travel Team Head Coach must assure the BOD that he/she will coach the team regardless of whether or not their child is selected to play on the Travel Team. Parents who are selected as a Travel Team Head Coach must understand that their child is **not guaranteed** a position on the team simply because they are coaching the team.
3. A returning Travel Coach in “Good Standing” will be given preference and/or right of first refusal about returning to his/her team.
 - a. Good Standing will (*ibnl*) Reports from BOD members observation, Facility Attendants, Parents, Players, Referees and School Officials. In addition the coaches behavior and conduct from the previous season will be considered.
 - b. Exception: A qualified coach, as determined by the BOD, and who is not a parent of a child on the team, is available.
4. In the event there is not a returning coach in good standing for a travel team and more than one qualified candidate applies for the Head Travel Coach position the BOD will conduct interviews of perspective Travel coaches before making a selection.
5. A parent selection for Head Coach of a Travel Team would be a selection of last resort.
6. All Travel Head Coaches must have an assistant Coach.
7. All Travel Head Coaches must have a designated Team parent.
8. Travel Head Coaches are required to be present at all practices and games. Further the Travel Head Coach cannot cancel a practice or a game. Exceptions to this rule must be approved, in advance, by the Commissioner, DC or the BOD.

12. Travel League Tryouts

- a. Travel Team tryouts will be conducted prior to House league evaluations.
- b. All players that desire to tryout for one (1) of the Travel Teams must complete and submit a registration form and pay the registration fee on or before the tryout date.
- c. All players that desire to tryout for one (1) of the Travel Teams must attend as follows:
 1. Boys will play on grade specific travel teams.
Boys must attend the applicable grade specific tryouts as posted on the league website.

2. Girls will play on a combined grade team (consisting of sixth (6th), seventh (7th) & eight (8th) grades). The girls division will have a “varsity” team (consisting of the eight (8) to twelve (12) best players in middle school) and an optional “JV” team (consisting of the next eight (8) to twelve (12) best players in middle school). Girls must attend the tryout session as posted online.
 - a. The Girls varsity team can consist of eight (8th), seventh (7th) and sixth (6th) grade girls but does not have to include girls from seventh (7th) and sixth (6th) grades.
 - b. The Girls JV team can only consist of seventh (7th) and sixth (6th) graders but does not have to include girls from sixth (6th) grade.
- d. Players who do not attend the tryout session will not be eligible for the Travel Team.
 1. Exception: An eight (8th) grader who was on the seventh (7th) grade Travel Team and who is unable to attend the tryouts will be considered for placement on the team at the coaches’ discretion. This action must be approved prior to tryouts by the Commissioner and/or the BOD.
 - a. For girls, any returning player who played in the previous season who is unable to attend the tryouts may be considered for placement on the team at the coaches’ discretion. This action must be approved prior to tryouts by the Commissioner and/or the BOD.
 2. Exception: A seventh (7th) grader who was on the sixth (6th) grade Travel Team and who is unable to attend the tryouts will be considered for placement on the team at the coaches’ discretion. This action must be approved prior to tryouts by the Commissioner and/or the BOD.
- e. A Travel Team (boys and girls) will not be formed in the event that not enough qualified players can be selected from the players who participated in the tryouts. The Commissioner and/or the BOD, at its discretion, may choose to conduct a supplemental tryout.
- f. Any exceptions due to illness, injury, family emergency or other must be communicated to the Commissioner and/or applicable DC in writing prior to the applicable tryout. The Commissioner and/or the applicable DC will make the decision as to the eligibility of said player.
- g. Participation in subsequent tryout sessions, if conducted, is by invitation only. Final selection of Travel Team members will be made after the last tryout session.
- h. The Travel Team Head Coach submits a proposed roster for approval. The Commissioner and/or BOD must approve potential Travel Team rosters prior to notification of players. After the Travel Team is approved each applicable Head Travel Coach will notify the selected players by phone.
- i. The formation of Travel Teams will depend upon the enrollment numbers in Divisions “B” and “A” as follows:

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1. The boys will need a minimum of ninety (90) players to enroll in “B” division and one-hundred (100) players in “A” division before travel teams can exist.
 2. The girls will need a minimum of seventy (70) players to enroll in division “A” (grades seven (7) & eight (8) and a minimum of sixty (60) players to enroll in division “B” (grades five (5) & six (6) before girls travel teams can exist.
 3. The Travel Team will be selected from the pool of players that tryout for the team.
 4. If eight (8) or less players try out only those players deemed qualified to participate at the travel level will be selected to join the team.
 5. If more than eight (8) players try out for the team than the coach has the option to select any number of players (maximum of twelve (12)) at his/her discretion.
 6. The Travel Coach will have the option to request a supplemental draft to search for more players if enough qualified players do not attend the tryout.
 7. The eight (8th) grade boys travel coach will have the option to “bring up” an exceptional player from either seventh (7th) grade or sixth (6th) grade with the approval of the Commissioner and/or DC.
 8. The seventh (7th) grade boys travel coach will have the option to “bring up” an exceptional player from sixth (6th) grade with the approval of the Commissioner and/or DC.
- j. The Travel Team roster cannot exceed a maximum of twelve (12) players and a minimum of eight (8) players.
- k. Travel players are NOT eligible to participate on ANY house league team at the same time.
- l. Travel league players are required to purchase their own uniform. Travel league players are responsible for the uniform cost in excess of the registration fee uniform allocation. Payment for Travel uniforms are due NLT the Friday before the first scheduled travel game. Travel players will not receive their uniform until payment has been received by the league thus making them ineligible to play until they pay.
- m. Travel games are generally played on Sundays. Due to the number of schools and the number of regular season games, several games may be played on weeknights during the season.
- n. Players selected for the Travel program MAY BE REQUIRED to provide assistance to the league during the evaluation sessions held for House league players.
- o. Travel Team Coaches and player rosters will be posted on the web-site. Coaches and players agree to this by virtue of submitting a coach application or registration form to participate in FSBL.

13. House League Evaluations

- a. House league evaluations will be conducted after Travel Team tryouts are completed.
- b. The evaluation sessions are conducted to evaluate the skill level and playing ability of each player to facilitate the formation of teams.
- c. All registered players are REQUIRED to participate in at least one (1) evaluation session conducted by the league for their appropriate grade level.
- d. Players who tryout for a Travel Team but are not selected for Travel MUST then attend at least one House League evaluation session conducted by the league for their appropriate grade level in order to be considered for a House league team.
- e. Players who do not attend a regular scheduled evaluation session will be required to attend a make-up session. Players who fail to attend a regular scheduled evaluation session or the make-up evaluation session may or may not be placed on a team at the discretion of the Commissioner and/or BOD.
- f. All players must be measured at the evaluation session. Players must be measured to be eligible for the draft.
- g. Players who do not attend an evaluation session and are not measured will be subject to the following:
 - 1. The Commissioner and/or Deputy Commissioners will decide whether they can be drafted by a coach or they will be assigned to team.
- h. Any exceptions from attending an evaluation session due to illness, injury or family emergency must be communicated to the Commissioner and/or applicable DC in writing (email) and approved by the Commissioner and/or applicable DC before the scheduled date of the eval.
- i. Coaches will use the ranking form to evaluate players. No coach will evaluate his/her own child. The five (5) point grading system will be used with one (1) being the lowest and five (5) being the highest.
- j. Players will be evaluated on five (5) basic skills:
 - 1. Dribbling *(using two (2) lines)*
 - a. Speed dribble the length of the court - right hand up and left hand back.
 - 2. Shooting the ball from set markers *(using two baskets)*
 - a. timed – how many shots can be made in 30 seconds.

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3. Passing *(using two (2) lines and three (3) set stations)*
 - a. Bounce pass / Chest pass up and back.
 - b. Chest pass / Overhead pass up and back.
4. Cone Dribble
 - a. Dribble around the cones – right hand up and left hand back
5. Scrimmage
 - a. Five (5) on five (5) for five (5) minutes to assess overall game skills

14. Team Formation - House

- a. The process for the formation of team rosters is a decision left to the discretion of the Commissioner and/or the BOD for each season.
- b. The evaluation sessions are conducted to evaluate the skill level and playing ability of each player to facilitate the formation of teams that possess similar playing ability, experience, skill and size so as not to create a "stacked" team.
- c. FSBL will make every effort to insure that all players registered by the end of the registration period and attending one of the required evaluation sessions will be placed on a team.
- d. FSBL BOD reserves the right to limit league/division size, which may impact placement of players on a team.
- e. The Team formation process will include a draft.
- f. All Players in a given Division will be ranked in order by ability and skills regardless of grade.
- g. Each Division will consist of an even number of teams. The Commissioner and/or the BOD have the discretion to form a Division with an odd number of teams.
- h. The optimum team size is eight (8) players. The Commissioner and/or applicable DC must approve team sizes of nine (9) or more players and team sizes of seven (7) or less players.
- i. If enrollment exceeds one-hundred (100) players in any division the Commissioner and/or applicable DC may elect to add additional teams or split the division and establish grade specific divisions.
- j. If the girls enrollment is low (four (4) teams or less) in a division the Commissioner and/or DC-G may elect to move players to different divisions to balance out the number of players in

each division. The Commissioner and/or DC-G may also elect to create two girls divisions. One for grades three (3), four (4) & five (5) and one for grades six (6), seven (7) & eight (8).

k. The Commissioner or applicable DC's will provide a "Pre-Draft" package to be used at draft time. This package will contain the following:

1. Draft Rules
2. Previous Years All-Star Listing
3. Previous Years Draft – applicable division only
4. Ranking of Players – applicable division only
 - a. Players will be sorted by ranking score and last name. Last name will serve to break ties based upon the same ranking score.
5. Blank Draft Form

This information will be distributed to all Head Coaches present at each applicable draft.

l. The Commissioner and/or the applicable Deputy Commissioner must be present at each draft and must approve the final results of the draft.

m. A returning player is defined only as a player returning to the same coach and/or team within the same division as the previous year. All other players are returned to the draft pool.

1. In the event there are grade specific divisions instead of the normal two (2) grade divisions then there will not be any returning players because either the previous year's division will not exist or the player cannot return to the same division.

n. A returning player cannot be refused or cut by the returning coach. A returning coach must accept all returning players in accordance with **rule 14m.**

o. Returning players and Coaches children will be pre-slotted based upon evaluation ranking and the stipulated process above.

p. A team may only have returning players as specified below regardless of the number of returning players:

1. A Coach is allowed to only select one (1) returning player per round based upon the rankings.
 - a. In the event a coach has a returning player and his/her child both ranked in round one (1) the coach must select his/her child.

B, In the event that siblings are ranked in the same round in any of the first (1st) three (3) rounds then the siblings will be pre-slotted beginning with the round they are ranked in and the next consecutive round going down.

1. In the event more than one sibling is ranked in round one (1) the Commissioner and/or applicable DC can make adjustments in that teams selections to compensate for the perceived advantage.

q. Returning players ranked in the first (1st) round will be pre-slotted to the applicable coach. The coach will be assigned the draft selection position in accordance with the ranking of the returning player in the first (1st) round.

(for example if a returning player is ranked #4 then the applicable coach will be assigned the fourth (4th) selection position in the draft. In this example #4 would be removed from the hat.

r. All remaining coaches will select a number from the remaining numbers in the hat.

s. FSBL will make every effort to honor specific player and parent requests or transportation accommodations as long as the request does not disrupt league parity or conflict with **rule 14o or rule 14p.**

1. High priority will be given to pre-slot returning players, coaches' children and placement requests involving players in draft round three (3) to the end providing it does not interfere with league parity or conflict with **rule 14o or rule 14p..**

t. The Commissioner and/or the BOD reserve the right to refuse specific requests made by players, their families and/or coaches for team placement.

u. Draft structure will be set as follows:

1. The number of top tier rounds will be decided by the Commissioner and/or DC each season. *(usually two (2) or three (3) rounds)* The applicable top tiers of talented players will be determined for each division. Players will be assigned to the upper portion of a tier or to the lower portion of a tier as applicable.
(This section will be altered by the Commissioner and/or Deputy Commissioner as deemed applicable)

Four (4) team league – *(two (2) round numbers on the first line and three (3) round numbers on the second (2nd) line)*

| | |
|-------------------------|--------------------|
| Top eight (8) players | (1-4 & 5-8) |
| Top twelve (12) players | (1-4 & 5-8 & 9-12) |

Five (5) team league –

| | |
|--------------------------|----------------------|
| Top ten (10) players | (1-5 & 6-10) |
| Top fifteen (15) players | (1-5 & 6-10 & 11-15) |

Six (6) team league –

| | |
|-------------------------------|------------------------|
| Top twelve (12) players | (1-6 & 7-12) |
| Top eighteen (18) players | (1-6 & 7-12 & 13-18) |
| Seven (7) team league – | |
| Top fourteen (14) players | (1-7 & 8-14) |
| Top twenty-one (21) players | (1-7 & 8-14 & 15-21) |
| Eight (8) team league – | |
| Top sixteen (16) players | (1-8 & 9-16) |
| Top twenty-four (24) players | (1-8 & 9-16 & 17-24) |
| Nine (9) team league – | |
| Top eighteen (18) players | (1-9 & 10-18) |
| Top twenty-seven (27) players | (1-9 & 10-18 & 19-27) |
| Ten (10) team league – | |
| Top twenty (20) players | (1/10 & 11-20) |
| Top thirty (30) players | (1-10 & 11-20 & 21-30) |
| Twelve (12) team league – | |
| Top twenty-four (24) players | (1-12 & 13-24) |
| Top thirty-six (36) players | (1-12 & 13-24 & 25-36) |
| Fourteen (14) team league – | |
| Top twenty-eight (28) players | (1-14 & 15-28) |
| Top forty-two (42) players | (1-14 & 15-28 & 29-42) |
| Sixteen (16) team league – | |
| Top thirty-two (32) players | (1-16 & 17-32) |
| Top forty-eight (48) players | (1-16 & 17-32 & 33-48) |

w. To begin the draft Coaches from each team must select players from the specified tiers in the specified rounds.

1. All players in round one (1) must be selected in round one (1). All players in round two (2) must be selected in round two (2).
2. The last coach to select a non-slotted player in the last specified round will have the option to take the last ranked player remaining in the last specified round or select any eligible player from the next three (3) rounds.

x. The serpentine method of selection will be used for drafting.

(i.e. A four (4) team league would choose as follows: Round one (1) = coach one (1), coach two (2), coach three (3), coach four (4); round two (2) = coach four (4), coach three (3), coach two (2), coach one (1); round three (3) = coach one (1), coach two (2), coach three (3), coach four (4); etc etc etc)

(i.e. four (4) team League with thirty-two (32) players)

| | <u>Coach 1</u> | <u>Coach 2</u> | <u>Coach 3</u> | <u>Coach 4</u> |
|-------------------|----------------|----------------|----------------|----------------|
| Round one (1) = | 1 | 2 | 3 | 4 |
| Round two (2) = | 8 | 7 | 6 | 5 |
| Round three (3) = | 9 | 10 | 11 | 12 |
| Round four (4) = | 16 | 15 | 14 | 13 |
| Round five (5) = | 17 | 18 | 19 | 20 |
| Round six (6) = | 24 | 23 | 22 | 21 |
| Round seven (7) = | 25 | 26 | 27 | 28 |
| Round eight (8) = | 32 | 31 | 30 | 29 |

- y. Coaches will be allotted sixty-seconds (60) in all rounds to make a selection.
 - 1. If a coach does not make a selection within the allotted time stated above the draft director will select the highest ranked player remaining in the draft for that team.
 - 2. In the event a coach fails to make his selection within the allotted time for a second (2nd) time the draft director will select the highest ranked player remaining in the draft for that team. In addition the draft director will select all the remaining players for that team. In each case the draft director will select the highest ranked player remaining in the draft.
- z. After the last mandatory specified round is complete Coaches will have the option to select any player remaining who is ranked in the current round or the next two (2) rounds. Coaches will continue to use the serpentine draft order to complete the draft.
 - a. After the second (2nd) round a current round is defined as the current round plus the next two (2) rounds.
- aa. Exception: The serpentine rule will be altered beginning with the final round when there are not enough players to complete a full round.

(exception – The selection in the final round, where there are not enough players to complete a full round, will be determined by the numerical strength of each team. The teams with the lowest numerical numbers will add additional players to their team in reverse order) (The numerical strength is determined by adding up the rank order number for each player on the team)
- bb. Coaches will notify the selected players within twenty-four (24) hours, one (1) calendar day) of the draft.
 - 1. At this time coaches will verify uniform size and the spelling of last names and report any discrepancies to the applicable DC.

- cc. Players who register on or before the registration deadline, and are not included in the draft for whatever reason, can be assigned to a team at the discretion of the Commissioner and/or applicable DC.
- dd. Late registrations will not be accepted or considered after the first (1st) day of House League practices except at the discretion of the Commissioner and/or applicable DC.
- ee. The Commissioner and applicable DC will be responsible for accepting or rejecting players after the draft is complete. In the event the Commissioner and applicable DC determine that a player is eligible for post draft consideration then **rule 14ff** will apply.
- ff. Players who register after the draft will only be accepted if they can be placed on a team without jeopardizing the parity of the division. Late players can only be added to a division in which the teams do not have the same number of players. The Commissioner and/or applicable DC reserve the right to review each request for additional players and/or replacement players on a case by case basis.
 - 1. In the event a team loses a number one (1) pick after the draft is declared official that team would have “right of first refusal” to any players signing up late.
- gg. Team names and player rosters will be posted on the web-site. A Player agrees to this posting by virtue of submitting a registration form.

hh. High School Draft will be conducted under the following rules:

- 1. The Commissioner and/or applicable DC must be present at all drafts.
- 2. Commissioner and/or applicable DC’s will determine how many teams will be in each division.
- 3. Commissioner and/or applicable DC’s in conjunction with the applicable HS division coaches will determine the top players in the division.
- 4. The number of top players will be determined by multiplying the number of teams times three (3). Further the first (1st) round players will be identified as the top third (3rd) of this selected group
(ex if there are ten (10) teams, this would be ten (10) x three (3) or thirty (30) players)
- 5. Coaches will draw their draft position from numbers in a hat.
- 6. Coaches children as well as Coach and player requests will be pre-slotted where unanimous agreement can be obtained.
- 7. In round one (1) Coaches are required to select one (1) each player from the first (1st) round player group

8. In round two (2) Coaches are required to make selections from the players remaining in the top player group.
9. Beginning with round four (4) a Coach may select any remaining player in the draft.
10. The serpentine method of selection will be used for drafting.

(i.e. A four (4) team league would choose as follows: Round one (1) = coach one (1), coach two (2), coach three (3), coach four (4); round two (2) = coach four (4), coach three (3), coach two (2), coach one (1); round three (3) = coach one (1), coach two (2), coach three (3), coach four (4); etc etc etc)

(i.e. four (4) team League with thirty-two (32) players)

| | <u>Coach 1</u> | <u>Coach 2</u> | <u>Coach 3</u> | <u>Coach 4</u> |
|-------------------|----------------|----------------|----------------|----------------|
| Round one (1) = | 1 | 2 | 3 | 4 |
| Round two (2) = | 8 | 7 | 6 | 5 |
| Round three (3) = | 9 | 10 | 11 | 12 |
| Round four (4) = | 16 | 15 | 14 | 13 |
| Round five (5) = | 17 | 18 | 19 | 20 |
| Round six (6) = | 24 | 23 | 22 | 21 |
| Round seven (7) = | 25 | 26 | 27 | 28 |
| Round eight (8) = | 32 | 31 | 30 | 29 |

11. Coaches will be allotted sixty-seconds (60) in all rounds to make a selection.
 - a. If a coach does not make a selection within the allotted time stated above the draft director will select a player for that team.
12. After the last mandatory specified round is complete Coaches will have the option to select any player remaining in the draft until such time as all players have been drafted. Coaches will continue to use the serpentine draft order to complete the draft.
13. Exception: The serpentine rule will be altered beginning with the final round when there are not enough players to complete the round.

(exception – Coaches will once again select numbers from a hat. The team drawing number one (1) will make the first selection. Then team two (2) and continue in this manner until all the players in the round have been placed on a team.)

15. Conduct and Discipline of Coaches, Players & Spectators.
(Appeals are not accepted to rules in this section)

- a. General

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1. The FSBL “Code of Conduct” (COC) govern the conduct of coaches, players, parents and spectators while they are participating in FSBL practices, games or any FSBL event. All participants of FSBL activities to *(ibnl)* BOD members, players, coaches, parents and spectators will be held to the same or higher level of conduct required by the Loudoun County Public School system.

2. Parents/guardians and players acknowledge the (COC) by signing the registration form. They pledge that they understand and accept their responsibilities as stated in the COC along with understanding the consequences of not adhering to the COC.

3. FSBL has a “zero tolerance” policy for the safety of players and integrity of the league. Possession and/or the use of any of the following while on school grounds (including the parking lot) is subject to immediate suspension or expulsion from all league-sponsored activities and facilities.
 - a. Alcohol related incidents
 - b. Crimes against or involving minors
 - b. Illegal Drugs
 - c. Physical violence / contact
 - d. Tobacco Products
 - e. Unlawful Sexual acts
 - f. Weapons (firearms and/or knives)

4. The following actions will not be tolerated in FSBL *(ibnl)*:
(players and/or coaches will be placed on probation, suspended or expelled from League participation for misconduct during any FSBL related activity)
 - a. The following discipline will apply to **rule 15a4b** through **rule 15a4f**
 1. First (1st) offense will result in a fourteen (14) day suspension
 2. Second (2nd) offense will result in suspension for the remainder of the season. Pending the point in the season discipline could be extended into the following season as determined by the FSBL BOD.
 - b. Using profanity and/or racial slurs toward or about another individual.
 - c. Any gesture or action deemed inappropriate by the Commissioner and/or BOD.
 - d. Refusing to abide by the decision or instructions of a BOD member, coach, FA, referee or School official.
 - e. Objectionable demonstration by throwing: equipment, personal items, furniture, removing any part of the uniform or any other forceful action as deemed inappropriate by the Commissioner and/or BOD.

- f. Abusive verbal attack, as determined by the Commissioner and/or BOD, upon a BOD member, coach, FA, player, referee, School official, Parent/Guardian, spectator, BOD subcontractor or BOD appointee.
 - g. The following discipline will apply to **rule 15a4h** through **rule15a4k**
(This rule applies to ibnlt BOD member, coach, FA, player, referee, School official, Parent/Guardian, spectator, BOD subcontractor or BOD appointee)
 - 1. Immediate expulsion from FSBL.
 - h. Inappropriate laying of hands upon, pushing, shoving or striking any individual at an FSBL event.
 - i. Physical attack or violence as an aggressor upon any individual at an FSBL event.
 - j. Threatening any individual with physical violence and/or any action that the Commissioner and/or BOD deems inappropriate.
 - k. Inviting anyone to engage in a fight anywhere on school property.
5. FSBL will take **immediate and unilateral** action upon receipt of a report from a BOD member, FA, referee or school official that indicates a violation of any FSBL conduct codes, rules, operational policy and/or procedures.
 6. Any Player, Coach or Spectator expelled during the season will remain ineligible to participate in FSBL related or sponsored activities for the remainder of the current season and the entire following season.
 7. All discipline is progressive.
Multiple infractions that occur at or near the same time as well as succeeding infractions will be subject to increasingly higher levels of discipline.
 8. The RCC will administer all probations and suspensions with input from the Commissioner and/or BOD.
 9. The League will not refund any registration fees or uniform costs as result of any disciplinary actions imposed by the league.
 10. As determined by the Commissioner and/or the BOD any violation of the COC may be remanded to Loudoun County Sheriff's office for further action.
 11. Discipline
(Discipline time will include all games and practices during the suspension period. Any time when the league is not conducting normal operations, such as holiday breaks, will not count toward the suspended time)

The start date and/or time will be determined by the BOD on a case by case basis

- a. Verbal Warning
- b. Written Warning
- c. One (1) Game Suspension
- d. Seven (7) Day Suspension
- e. Ten (10) Day Suspension
- f. Fourteen (14) Day Suspension

(Suspension time for **rules 15a11d, e & f** will be structured to assure at least one (1) game is missed)

- g. Season Long suspension
(to include the entire season or any remaining part of the season)
- h. Remaining Pre-season practice slots
- i. No make-up practice slots
- j. Vacate premises
- k. Probation
- l. Expulsion
- m. Restricted from participation in FSBL activities

12. Definitions:

- a. Expulsion -
Banned for the remainder of the current season and the entire next season. Banned from participation in league activities and presence at facilities hosting a FSBL event. (At the discretion of the BOD a parent may be allowed to attend games)
- b. Suspension -
Banned for a period of time. (could be the remainder of the season) During suspension period you are banned from participation in league activities and presence at facilities hosting a FSBL event. (At the discretion of the BOD a parent may be allowed to attend games to watch their child)
- c. Probation -

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In effect for the remainder of the season. Given notice that another rule violation will result in higher level discipline. Individual may attend FSBL events and may be present in facilities hosting a FSBL event.

b. Coach

1. Every Coach is responsible for his/her actions as well as those of their assistant coaches, players, parents and spectators while associated with any FSBL activity whether inside or outside the confines of the gym or anywhere on school property.
2. Coaches acknowledge the (COC) by completing an application form. They pledge that they understand and accept their responsibilities as stated in the COC along with understanding the consequences of not adhering to the COC.

c. Player

1. Players suspended or expelled from school are not allowed on school property hence, they are automatically suspended from League practices and games regardless of the site of the game. **While suspended or expelled players can not participate in or attend practices, games or any league activity except as noted in the rules.**
2. In-school suspension/detention does not apply.
3. Players who are required to attend a school other than their residential home school for disciplinary action are not eligible to participate in any FSBL activity until they are allowed to resume attending their home school. *(This rule can not be appealed)*

d. Referee *(the rules in this section can not be appealed)*

1. Game officials are not to be approached by Coaches, Parents, Players or Spectators before, during or after a game to question or challenge a past or present issue. This does not preclude participation by both coaches in a pre-game discussion of rules with the referees immediately before the game begins. Further it does not preclude a coach from asking a game official a question in an appropriate manner.
2. Anyone using profanity and/or racial slurs when interacting with the referee will be suspended for fourteen (14) days for the first (1st) offense and the remainder of the season for the second (2nd) offense.
3. Coaches, players or Spectators who threaten or use physical violence against a referee will be expelled from FSBL.
4. If any one has an issue with a referee they must contact the appropriate DC or the Commissioner.

16. Practices

- a. The Scheduler will develop a plan for practices. The following priority will be used to resolve practice schedule conflicts for normal practice schedules. During weeks impacted by Holidays and/or school closures the priority rules do not apply.
 - 1. Seventh (7th) and eighth (8th) grade Boys Travel Team Coaches and Girls “A” Travel Team Coach are given priority, pending seniority, for middle school gym allocation.
 - 2. Seventh (7th) and eighth (8th) grade Boys Travel Teams and Girls “A” Travel Team will be assigned two practice slots on the main court at a middle school (MS).
 - 3. Sixth (6th) grade Boys Travel Team and Girls “B” Travel Team will be assigned two (2) slots at FSMS however the main court at a middle school (MS) is only guaranteed for one slot.
 - 4. The remaining practice slots at FSMS will be assigned on a first come first served (FCFS) basis by seniority.
 - 5. Additional practice assignments, for the travel teams, if available, on the main court at a middle school (MS) will be determined as follows:
 - a. Boys eight (8th) grade travel.
 - b. Girls “Varsity” travel team.
 - c. Boys seventh (7th) grade travel.
 - d. Girls “JV” travel team.
 - e. Boys six (6) grade travel
 - f. Girls “six (6)” travel team
 - 6. Division “C” coaches will be given top priority for use of the first (1st) time slot at the elementary schools using **rule 16a3** through **rule 16a8**.
 - 7. Every effort will be made to assign two (2) practice time slots to Division “C” (grades three (3) & four (4)) teams at the Elementary schools pending league enrollment and gym availability.
 - 8. House Coaches with the most seniority coaching within FSBL will be given first (1st) priority in accordance with **rule 16a1**, **rule 16a2** and **rule 16a4** through **rule 16a8**
 - 9. House Coaches that coach multiple teams will be given second (2nd) priority in accordance with **rule 16a1** through **rule 16a3** and **rule 16a5** through **rule 16a8**.

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10. Coaches who achieved “Gold Club” status in the previous year will be given the third (3rd) priority.
 11. Coaches with the most seniority coaching overall will be given the fourth (4th) priority.
 12. Remaining Coaches on a first come first serve (FCFS) basis.
(To be determined by email date and time or the receipt of the Coaches application whichever is earlier.)
 13. If necessary remaining ties will be decided by a flip of the coin.
 14. High School practices will always receive gym allocations in the latest (last) time slots on a FCFS (first come first serve) basis by seniority.
 15. High School practices will only be held during the month of December. After the new year the practice time slots are used for HS games. After the New Year HS coaches can apply for gym space on a “space available” basis.
- b. Gym space will be allocated and designated with “A” and “B” sides as follows: (priority will be given to coaches as specified in **rule 16a.**)
1. Farmwell Station Middle - Main
 - a. The “A” side is the scoreboard side of the gym.
 - b. The “B” side is the non-scoreboard side of the gym.
 2. Farmwell Station Middle – Auxillary
 - a. The “A” side is the scoreboard side of the gym.
 - b. The “B” side is the non-scoreboard side of the gym.
 3. Ashburn Elementary
 - a. The “A” side is the non-stage side
 - b. The “B” side is the stage side
 4. Discovery Elementary
 - a. The “A” side is the non-stage side
 - b. The “B” side is the stage side
 5. Dominion Trail Elementary
 - a. The “A” side is the non-stage side

- b. The “B” side is the stage side
- 6. Steuart Weller Elementary
 - a. The “A” side is the non-stage side
 - b. The “B” side is the stage side
- 7. Trailside Middle – Main
 - a. The “A” side is the scoreboard side of the gym.
 - b. The “B” side is the non-scoreboard side of the gym.
- 8. Trailside Middle – Auxillary
 - a. The “A” side is the scoreboard side of the gym.
 - b. The “B” side is the non-scoreboard side of the gym.
- 9. Guilford Elementary
 - a. As you enter the gym the “A” side would be the left side of the gym
 - b. As you enter the gum the “B” side would be the right side of the gym.
- 10. Sterling Elementary
 - a. The “A” side is the non-stage side
 - b. The “B” side is the stage side
- 11. Sully Elementary
 - a. The “A” side is the non-stage side
 - b. The “B” side is the stage side
- 12. Moorefield Elementary
 - a. The “A” side is the non-stage side
 - b. The “B” side is the stage side

- c. The start of official practices will be determined by the Commissioner and/or the BOD but typically begins the Monday after Election Day.
- d. Subject to blackouts and holidays, usually all in-house teams will be allotted one (1) ninety (90) minute practice per week. No adjustments or accommodations will be guaranteed when addressing blackouts or holidays.
- e. Travel Teams will be allotted the (MAXIMUM ALLOWABLE) three (3) hours of practice per week.
 - 1. Exception – Weeks that contain Holidays and/or Blackouts
- f. FSBL does not practice whenever schools are closed by PRCS for weather, holidays, etc. For example, all schools are closed during the winter break, thus, no practices will be held during that time. Practices will not be rescheduled as a result of inclement weather.
- g. The practice schedule will be posted on the web-site.
- h. Vacant gym time will be awarded by the scheduler on a first come first served (FCFS) basis.
 - 1. All requests for vacant gym time must be in writing and no request can be more than seven (7) days in advance of the requested date.
 - 2. The first coach to request the vacant time will be awarded the gym space.
 - 3. A coach can not have subsequent use of vacant time slots unless no other coach has requested use of the same vacant time.
 - 4. In the event multiple requests are received for the same vacant time slot priority will be given to the coach who made the earliest request and has not previously received vacant gym time.
 - 5. In the event multiple requests are received for the same vacant time slot and all requestors have previously received vacant gym time then vacant gym time will be awarded to the coach who has received the least vacant gym time in reverse order.
 - 6. There is no limit to the amount of vacant gym time a coach may have after **rule 16h3** through **rule 16h5** have been satisfied.
 - 7. Assigned vacant time slots that are additional practices for a team are subject to cancellation in the event the Scheduler has a need to reschedule teams for primary practices.
 - 8. A coach who schedules vacant gym time and does not use it or fails to cancel use at least twelve (12) hours prior to scheduled use time will be banned from eligibility for vacant gym time for the remainder of the season.

- i. Coaches are only permitted to use the gyms in the FSBL system as assigned by the scheduler. Coaches who use a gym in the FSBL system without authorization will forfeit their next two (2) scheduled team practices. In addition the Coach will be suspended for the next game. **(rule 15a11c)**
- j. Players must arrive no earlier than five (5) minutes prior to practice time, and must leave immediately after practice ends.
- k. Players are not permitted on the gym floor until the allotted time for their teams practice.
- l. Players are not permitted to interfere with any practice in session to *(ibnlt)* bouncing balls and shooting baskets.
- m. Players and coaches are not permitted in the gym building unless an FA is present.
- n. Players are not allowed on the gym floor unless a coach, assistant coach or parent volunteer is present.
- o. Coaches will notify the BOD of any child that constantly disrupts the practice. The BOD reserves the right to require a parent is present for any child that constantly disrupts the practice
- p. When practicing at an Elementary School coaches must remember to cover the stage stairs with the large pads provided by the school. It is the responsibility of the coach to assure the steps are covered and that the pads are folded up and put away after the last practice.
Practices and/or games can not occur unless the stairs are covered.
- q. The League will not provide basketballs for practice. Each team is responsible for providing practice ball(s). Coaches are required to bring a minimum of three basketballs to each practice.
- r. **It is the responsibility of the player's parent or guardian to advise the coach that the player will not be able to attend practice.**
- s. Parents and players have made a commitment to be a member of a FSBL basketball team and as such must understand their obligation to meet all academic requirements so they can participate in the team activities.
 - 1. Consequently, a player is not excused from practice or a game to do homework.
 - a. *(To further clarify: FSBL wholeheartedly supports all academic endeavors. It is also the aim of FSBL to assist in developing students with the proper responsibility to address their academic requirements in a manner that does not interfere with participation in League activities such as practices and games. Further it is our aim to help students understand the consequences in the event that they do not fulfill their academic obligations.)*

- t. The following are the only acceptable reasons for missing practice and/or a game:
 - 1. Illness (the player stayed home from school)
 - 2. Death in the Family
 - 3. School Function (Band, Chorus, Field trip, but excludes sporting events)
 - 4. Religion (mandatory attendance to a religious activity)

(In the event **rule 16t3** and/or **rule 16t4** or unexcused absences exceed more than twenty-five percent (25%) of the practice and/or games a player will be subject to removal from the team)

- u. Unexcused absences from practice are not acceptable and, at the coach’s discretion, unexcused absences from practice can impact playing time in games up to the point of being subject to **rule 15a10c – one game suspension**.
- v. Players must not miss any practices and games because of commitments to other recreational/developmental/personal endeavors such as other sports, the arts, parties and so forth. A player who misses an FSBL practice or game to attend another sports practice or game is subject to removal from the team at the discretion of the coach.
 - 1. A player removed from the team by a coach for unexcused absences is automatically suspended from the league for the remainder of the season.
- w. The Loudoun County weather (cancellation) line is 703-777-0456.

17. Scrimmage Saturday Madness (aka..SSM)

- a. The purpose of SSM is to provide the opportunity to allow players and coaches to become familiar with playing on a full court under game conditions. SSM provides an opportunity for referees to receive on-court training. In addition this is an opportunity to conduct scoreboard and clock operator training.
 - 1. Game conditions – All League rules are in affect except as modified here
 - 2. Games begin every 45 minutes as designated on the schedule.
 - 3. Game start time or end time **WILL NOT** be altered.
 - 4. In the event that referees are not present within three (3) minutes of the designated start time of the game then coaches and/or parents will officiate the game.
 - 5. Playing time begins at the scheduled start time whether teams are ready or not

- a. Games will be thirty-five (35) minutes long with a running clock (four (4) x eight (8) minute quarters) with a one(1) minute rest between quarters.
- 6. Clock will not stop for **any reason** except at the end of the quarter.
- 7. Each player must sit out one (1) full quarter.
- 8. Each player must play at least two (2) full quarters
- 9. Each team gets four (4) thirty (30) second time outs but remember the clock does not stop.
- 10. There is no back court press except in the last minute of the second (2nd) and fourth (4th) quarters.
- 11. Games can end in a tie. No overtime will played.
- 12. Coaches must provide basketballs for these games
- 13. Players must all wear the same color T-shirt if possible.
All players must have a white T-shirt with them to change if necessary.

18. Opening Night (aka ONC) / End of the Season Awards Ceremony (aka EOSAC)

- a. If held the Opening Night Ceremony (aka ... ONC) will normally be conducted on the first (1st) Saturday in December.
- b. This event is designed to establish camaraderie between the teams and to provide an opportunity to convey League information to the parents, players and coaches.
- c. All BOD members are expected to attend and will be introduced.
- d. All teams will be introduced during this event hence all teams (coaches & players) are required to participate in this event.
- e. To encourage attendance any team with fifty percent (50%) or less team attendance will not be eligible for any favorable tie-breaking rules.
- e. The Commissioner will deliver a brief “State of the League” address.
- f. A guest speaker(s) will deliver a motivational and/or informational speech(es).
- g. A Community action drive may be conducted as part of the ONC or EOSAC. The monetary donation for such a community action, at the BOD discretion, may be included as part of the registration fee.

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- h. A Community Action Drive with the collection of material goods may be conducted as part of the ONC or EOSC in lieu of a monetary donation.
- h. If held the End of Season Awards Ceremony will normally be held on Championship Saturday.
- i. The ceremony will be held separately for each division on Championship Saturday.
- j. This event is designed to present awards, announce All-stars and bring closure to the regular season.
- k. All BOD members are expected to attend and will be introduced.
- l. All teams (players and coaches) are encouraged to attend the event.
 - 1. All teams that finished first (1st) or second (2nd) at the end of the regular season are required to attend the championship ceremony.

19. Team Pictures

- a. Team pictures will take place on the first (1st) Saturday after school resumes in the New Year.
- b. All Coaches and Players are expected to participate in getting team pictures.
- c. The Scheduler will normally attempt to schedule a team's picture time to occur just before their regular game.
- d. Teams must remain flexible to whatever picture time they are assigned.

20. Clock Operating and Scorekeeping (aka CO & SK)

- a. A League scorebook will be supplied for each game.
- b. Each team is required to provide a volunteer (not a player or coach) as scorekeeper or clock operator during their game. (One (1) person from each team)
- c. Both coaches must agree to the clock Operator and Scorekeeper before the game begins. Once the game begins neither coach can protest the Clock Operator or the Scorekeeper.
 - 1. Exception: Neither coach is allowed to challenge a CO or SK that is assigned by the Commissioner and /or a BOD member.
- d. The SK or CO cannot be anyone younger than a freshman in High School unless both coaches agree to this before the game starts.

- e. The FSBL Commissioner and/or the applicable DC reserve the right to designate and/or replace an individual as SK or CO for any game at any time.
- f. The SK and CO by rule are part of the officiating crew.
As such the persons volunteering for these positions must remain impartial during the game.
 - 1. Scorekeeper
 - a. Will make sure all players names are in the book.
 - b. The Scorekeeper will assure that the team sitting to the right of the Scorekeeper is entered on the right side of the score book. The team sitting to the left of the Scorekeeper will be entered on the left side of the score book.
 - c. Make sure each player name has a uniform number.
 - d. All scores must be entered in two (2) places in the scorebook.
The individual score for the player and the running total score for the team.
 - e. Be sure to record individual scores by the applicable quarter.
 - f. All fouls must be entered in two (2) places in the scorebook.
The Individual fouls for the player and the running total fouls for the team.
 - g. Inform a coach whenever a player is charged with their third (3rd) or fourth (4th) foul.
 - h. After you record the fifth (5th) foul for an individual player have the clock operator sound the horn and inform the referees that the player has five (5) fouls.
 - i. Be sure to record team fouls in the applicable half.
Team foul recording starts from zero (0) for each half however the foul totals at the end of a regulation game are carried over to the OT period)
 - j. After you record the seventh (7th) team foul for one (1) team in a half have the clock operator sound the horn and inform the referees that the team has committed their seventh (7th) foul of the half.
(a condition known as one (1) and one (1))
 - k. After you record the tenth (10th) team foul for one (1) team in a half have the clock operator sound the horn and inform the referees that the team has committed their tenth (10th) foul of the half.
(a condition known as double bonus)
 - l. The Scorekeeper must keep track of playing time as follows:

1. A player who starts a quarter must have a forward slash (/) placed over the quarter number next to their name.
 2. A player who comes in after the quarter is started must have a backward slash (\) placed over the quarter number next to their name.
 3. A player who plays the entire quarter must have an "X" placed over the quarter number next to their name.
 4. A player who does not play any part of the quarter must not have any marks at all.
- m. At the end of each quarter be sure to:
1. Verify the individual scores add up to the total running score.
 2. Verify the individual fouls add up to the total running fouls for this half of the game.
 3. Verify the appropriate slashes have been used to indicate proper playing time.
 4. Be sure to start recording scores and fouls in the next appropriate quarter column.
- n. Before the start of the third (3rd) quarter notify each coach of any players that have three (3) or more fouls.
- o. At the end of the third (3rd) quarter notify each coach of any players that have four (4) fouls
- p. At the end of the third (3rd) quarter notify each coach how many timeouts the team has remaining.
- q. At the end of the third (3rd) quarter notify each coach of any players who have not sat for a full quarter.
- r. Each team is allotted three (3) full timeouts and two (2) thirty-second (30) timeouts. Be sure to mark out the timeouts in the scorebook as applicable.
- s. If a team calls a timeout and they do not have any timeouts left have the clock operator sound the horn and inform the referees that the team does not have any timeouts remaining.
- t. In the event a game goes into overtime each team is awarded one additional full timeout. This is added to any remaining timeouts that the team had at the end of regulation play

- u. In the event a BOD member stops a game due to uniform violations and awards points, those points must be recorded as follows. Find a blank line in the scorebook under the team that will receive the points. Enter the word "Violation" in the player name box. Record any awarded points on this line under the appropriate quarter.

2. Clock Operator

- a. The Clock Operator must perform the following tasks:
 1. Set the time as applicable = Division "C" and "B" are six (6) minutes. All other divisions are seven (7) minutes
 2. Set Period as applicable = 1-2-3-4
 3. Set scores for Home and Visitor to zero (0)
 4. Set fouls for Home and Visitor to zero (0)
 5. Start the clock when the referee drops his/her hand
 6. Stop the clock when the whistle blows
 7. Set possession arrow each time possession changes
 8. Set the single bonus arrow for the other team when one team receives its seventh (7th) foul.
 9. Set the double bonus arrow for the other team when one team receives its tenth (10th) foul.
 10. Do not increase fouls beyond ten (10) on the scoreboard
 11. One-on-one foul shooting: if the shooter misses the first (1st) shot but hits the rim start the clock when a player touches the ball. If the shooter misses the second (2nd) shot but hits the rim start the clock when a player touches the ball. If the shooter makes the second (2nd) shot the ball has to be inbounded. Do not start the clock until the ball is inbounded and touched by a player. All other situations start the clock when the ball is inbounded and touched by a player.
 12. Two (2) -shot foul shooting: if the shooter misses the second (2nd) shot but hits the rim start the clock when a player touches the ball. If the player makes the second (2nd) shot the ball has to be inbounded. Do not start the clock until the ball is inbounded and touched by a player. All other

situations start the clock when the ball is inbounded and touched by a player.

13. Three (3) -shot foul shooting: if the shooter misses the third (3rd) shot but hits the rim start the clock when a player touches the ball. If the shooter makes the third (3rd) shot the ball must be inbounded. Do not start the clock until the ball is inbounded and touched by a player. All other situations start the clock when the ball is inbounded and touched by a player.
14. At the end of each quarter verify the Clock against the Scorebook for scores and fouls.
15. At the end of each quarter reset the TIME to the appropriate minutes and reset the PERIOD as applicable
16. At the end of the half set the clock to three minutes for the halftime break
17. At the end of the Half verify the Clock against the Scorebook for scores and fouls
18. At the end of the half (after the three (3) minute break) reset the TIME to the appropriate minutes and reset the PERIOD to three (3).
19. At the end of the half (after the three (3) minute break) reset the Home and Visitor fouls to zero
20. In the event a game goes to overtime reset the clock to three (3) minutes. Fouls are carried over into overtime. Foul shooting bonus arrows are carried over into overtime.

- g. The Commissioner has the authority to appoint/assign officials to keep score and/or operate the clock/scoreboard. These officials report to and receive direction directly from the Commissioner.
 1. The reports and observations of such appointees will be accepted as the final word in a given situation.
- h. In the event that playing time becomes an issue a third (3rd) person will be added to the scorer's table, for subsequent games, to record the quarter and time players enter and leave the game.
 1. This person reports directly to the Commissioner.
 2. This person will not provide playing time information to Coaches.

3. Coaches will refrain from having any contact with this person. Coaches who harass this person in any manner will be subject to disciplinary action at the discretion of the Commissioner.
 - i. All playoff games may be subject to having monitors and all championship games may have monitors appointed by the Commissioner or paid officials.
 - j. For purposes of scorekeeping in the main FSMS gym if you are sitting at the scorers table then the team sitting to the left of the scorers table will be considered the home team, will be entered on the left side of the scorebook, regardless of what is indicated on the schedule. The team sitting to the left must warm up at the basket to the right. The team sitting to the right of the scorers table will be considered the away team, will be entered on the right side of the scorebook, regardless of what is indicated on the schedule. The team sitting to the right must warm up at the basket to the left.
 - k. For purposes of scorekeeping in the FSMS auxiliary gym if you are sitting at the scorers table then the team sitting to the left of the scorers table will be considered the away team, will be entered on the left side of the scorebook, regardless of what is indicated on the schedule. The team sitting to the left must warm up at the basket to the right. The team sitting to the right of the scorers table will be considered the home team, will be entered on the right side of the scorebook, regardless of what is indicated on the schedule. The team sitting to the right must warm up at the basket to the left.
 - l. For purposes of synchronization and scorekeeping in the Elementary school gyms the scoreboard must be superimposed behind the scorer' table. The team sitting on the right will have their score on the right side of the scoreboard and the right side of the scorebook. The team sitting on the left will have their score on the left side of the scoreboard and the left side of the scorebook. Teams must warm up at the basket opposite their bench.
 - m. Coaches are required to report the score of their game, whether they won or lost, via email or texts, to their applicable DC within twenty-four (24) hours of the conclusion of the game.

21. Game Administration

- a. FSBL adheres to official High School Basketball Rules as published in The National Federation of State High School Association Rule Book with the exceptions listed in this document.
- b. Coaches, AC's, DC's and the Commissioner will ensure that players and parents are fully aware of all rules via website posting and league communiqués.
- c. Coaches do not have the authority to modify game playing rules. Coaches may **“recommend”** changes to rules beyond those stipulated in this document. All recommendations for any modifications to the rules must be made in writing and approved by the FSBL Commissioner and/or the BOD.

- d. Each applicable DC is responsible for having a printed copy of the "divisional" rules available for the officials at each game site.
- e. A laminated copy of FSBL abbreviated game rules must be in each scorebook.
- f. Subject to blackouts and holidays, all House teams will play a ten (10) game regular season schedule, and a single elimination post-season tournament.
- g. Once the season begins Game Day schedules will only be altered to accommodate conflicts with school functions. *Ibnlt:* (Band, Chorus, Field trips, but excludes sporting events)
- h. Make-up games will be scheduled by arrangement of the Scheduler using the first (1st) date when both school facilities and referee officials are available.
- i. FSBL usually does not play games whenever schools are closed for weather or holidays. (ie all schools are closed during the winter break, thus, no games will be held during this time.)
- j. Most regular season games will be played on Saturdays, however, in order to complete a ten (10) game schedule and a post-season tournament, or to Accommodate divisions with rescheduling issues games may be played during the week or on Sunday.
- k. The League may schedule games during the holiday weekends that occur in January and February even though schools may be closed on specific Mondays for observance of these holidays. All players are expected to be available for these games.
- l. When playing games at an Elementary School remember to cover the stage stairs with the large pads provided by the school.
- m. The Scheduler will schedule all games using the facility sites and times provided by Loudoun County - PRCS division.
- n. The Scheduler will schedule all division games using established scheduling templates in the online scheduling software. The Scheduler will assure the following occurs:
 - 1. Four (4) Team Divisions will play every team three (3) times and one (1) team four (4) times. Teams playing each other four (4) times must be the two (2) highest ranked teams and the two (2) lowest ranked teams. The ranking is determined by the numerical strength of each team as derived from the draft.
 - 2. Six (6) Team Divisions will play every team twice.
 - 3. Eight (8) Team Divisions will play every team once and three (3) teams twice
 - 4. Ten (10) Team Divisions will play every team once and one (1) team twice. Every effort will be made not to play the highest ranked team against the lowest ranked team. The ranking is determined by the numerical strength of each team as derived from the draft.

- 5. Twelve (12) Team Divisions will play ten (10) of the eleven (11) opponents once. Every effort will be made to eliminate the game involving the highest ranked team versus the lowest ranked team. The ranking is determined by the numerical strength of each team as derived from the draft.
- 6. Fourteen (14) Team Divisions will play ten (10) of the thirteen (13) opponents once. Every effort will be made not to play the highest ranked team against the lowest ranked team. The ranking is determined by the numerical strength of each team as derived from the draft.
- o. Game schedules will list the away team first (1st) and the home team second (2nd).
- p. The Game schedule will be posted on the web-site.
- q. Players are NOT allowed to bring a basketball into the gym on game days.
- r. FSBL reserves the right to confiscate any and all basketballs brought to the gym on game days by players, parents or visitors.
- s. The Coach is allowed to bring warm up basketballs for his/her team on game days.
- t. Game basketballs will be provided by the League and are the only basketballs to be used for the game.
- u. The Boys "A" division (grades seven (7) & eight (8)) will use a "standard" 29.5 size basketball. All other divisions (boys and girls) will use the 28.5 size basketball.
- v. Before the start of the game teams must warm up at the basket opposite their bench. Before the start of the second (2nd) half teams must warm up at the basket in front of their bench.
- w. Division "C" teams (grades three (3)& four (4)) will line up at center court at the start of the game and at each "TV timeout" to match up players for defense. Each Coach will assign each of their players to guard players on the other team.
- x. Division "B" (grades five (5) & six (6)) and division "A" (grades seven (7) & eight (8)) are not allocated any TV timeouts. All defensive assignments for these divisions must be done from the bench.
- y. Division "B" (grades five (5) & six (6) and division "C" (grades three (3) & four (4)) teams will play four (4) six (6) minute quarters.
Division "A" teams (grades seven (7) & eight (8)) will play four (4) seven (7) minute quarters.
Division "HS" teams (grades nine (9) through twelve (12)) will play four (4) seven (7) minute quarters.
- z. Each team (House and Travel) is allotted five (5) time-outs per game (three (3) – full and two (2) –thirty (30's)).

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- aa. All Travel Teams will play four (4) seven (7) minute quarters.
- bb. Regular House League games that are tied after four (4) quarters will continue play for one (1) additional three (3)-minute overtime period.
- cc. Teams are allotted one (1) additional full time-out in the overtime period.
- dd. If a game remains tied after the completion of the three (3) minute overtime period, each team will line up all remaining active players (players still eligible to participate in the game and have not fouled out) and shoot alternating rounds (using a different player each round) of foul shots until one (1) team makes a foul shot and the other team misses the foul shot in the same round. The team that successfully makes the foul shot will be declared the winner. The coach may arrange the remaining active players in any order he/she desires. The same player may not shoot again until all active players on the team have had a turn at the foul line. A team is awarded one (1) point for each foul shot made.
- ee. Tournament House League games that are tied after four (4) quarters will continue to play additional three (3) minute overtime periods until a winner is determined.
- ff. If a team has to forfeit a game either voluntarily (not enough players are available to start the game (must have five (5) dressed (in uniform) players physically on the court) or involuntarily (the result of some type of disciplinary action) the following format will be used to determine the score:
 - 1. The team declared the winner shall receive one (1) point for every player on the roster multiplied by four (4) quarters.
 - 2. The team declared the loser shall receive one (1) point for every player on the roster.

(i.e. If the winning team had eight (8) players they would receive eight (8) x four (4) = thirty-two (32) points and if the losing team had eight (8) players they would receive eight (8) x one (1) = eight (8) points. Thus the official score for the forfeited game would be thirty-two (32) to eight (8)
 - 3. If neither team has five (5) dressed players at the start of the game it will result in a double forfeit with the official score being zero (0) to zero (0)
- gg. The regular season record will be used to seed teams in the post-season tournament.
- hh. All teams that end the season tied with identical overall win/loss records will use the following scale to determine seeding:
 - 1. Head-to-Head (HTH) record (HTH results between the tied teams)
 - 2. Point differential in HTH

(differential of points with a max cap of twenty (20) points margin of victory per game in HTH competition)

3. Point differential between common opponents
(differential of points with a max cap of twenty (20) points margin of victory per game between common opponents)
4. Point differential for all season
(differential of points with a max cap of twenty (20) points margin of victory per game allowed all games)
5. Coin flip (involving two (2) teams) or
6. Roll of the dice (if more than two (2) teams are involved)

ii. The Loudoun County weather (cancellation) line is (703) 777-0456.

22. Uniforms

a. General Uniform Rules

1. Uniforms will be ordered using one (1) specified size for both the Jersey and the Shorts (when shorts are included). Mixed size uniforms will not be ordered unless specifically requested by a parent or player.
2. No Alterations, modifications or substitutions whatsoever will be allowed to or for the uniform.
3. If a player alters their uniform in any way they will not be allowed to participate in games until they have replaced the "altered" uniform with another uniform matching the league requirements.
4. FSBL will not pay for uniform corrections unless it was a mistake by the league. The cost of buying a replacement uniform is to be borne by the player or their family, and must be paid before the replacement uniform will be ordered and printed. Players will be ineligible to play until they have a proper authorized uniform.
5. Players must have shorts pulled up to their waist and jerseys must be tucked into the shorts.
6. Players who wear their shorts too low will receive a technical foul each time the referee makes the call. **(see rule 27d)**
7. The deadline for ordering uniform corrections is the Monday after the second (2nd) game for a given division. All applicable payments must be received by this date as well. Any request received after this date will not be processed. Requests for uniform corrections

will only be processed if they are received in writing. (emails) Verbal requests will not be processed.

- 8. Uniform corrections will be available as follows:
 - a. House (does not include HS) and Travel
 - 1. the first (1st) game in January.
 - b. High School
 - 1. NLT the fourth (4th) game of the season
- 9 Coaches may contact the uniform provider directly for Name corrections and reattaching letters, numbers and/or decals.

Coaches **MAY NOT** contact the uniform provider to reorder uniforms. Uniform reorders must go through the League Commissioner.

FSBL is not obligated to pay for any uniform ordered by a Coach, Individual Player or Parent.

- 10. Players on a team may wear undershirts. The Undershirt must match a color in the Jersey or must be black or white. All players wearing undershirts must wear the same color undershirt. All players do not have to wear an undershirt.
- 11. Players on a team may wear an arm sleeve. The arm sleeve must match a color in the Jersey, the color of a T-shirt if worn or must be black or white. All players wearing arm sleeves must wear the same color arm sleeve. All players do not have to wear an arm sleeve.
- 12. Players on a team may wear wristbands and/or a headband. The wristband and/or headband must match a color in the Jersey, the color of a T-shirt if worn or must be black or white. All players wearing wristbands and/or headbands must wear the same color wristband and/or headband. All players do not have to wear a wristband and/or headband.
- 13. All players wearing any combination of undershirts, arm sleeves, wristbands and/or headbands must all be wearing the same color. Each item worn must be the same color. No variations in color between the items is permitted.

(Exception to rules 22a10, 22a11, 22a12 & 22a13 – A team may wear any variation in color or design for the articles mentioned above as long as the ENTIRE team wears the same variation in color and design)

- 14. It is the responsibility of the coach to perform a uniform inspection prior to the beginning of the game. The coach will ensure that the appropriate and authorized Eye wear,

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Shorts, Jersey, Socks, T-shirts, Arm Sleeves, Headbands, Wristbands and Compression Pants are worn.

- a. BOD members will conduct random inspections of uniforms and eye wear. Upon discovery of eye wear and/or uniform violations the BOD member will, at the end of the next quarter, remove impacted players from the game until the violations are corrected and enforce the following penalties:

(After points are awarded and posted play must resume where it left off.)

Exception: When the discovery is made in the fourth (4th) quarter the BOD member will administer corrective action at the next stoppage of play. After the points are awarded and posted play must resume where it left off.

Clarification: BOD members are the only person(s) authorized to award points for uniform violations

(Arm sleeves, Compression shorts, Headbands, T-shirts, Wristbands are not required however if worn then all players wearing such articles must wear the same color. All players do not have to wear any of these articles)

- 1. Two (2) points will be awarded for each and every uniform violation.

(a uniform violation occurs when a player differentiates from the team standard. If four (4) players are wearing four (4) different color T-shirts then no team standard has been established. All four (4) T-shirts would be considered violations and points would be awarded. However if four (4) players are wearing T-shirts, two (2) of them are wearing white, one is wearing black and one is wearing red then the team standard of white has been established and violation points would only be awarded for the black shirt and red shirt)

- a. Points awarded for uniform violations will be recorded as follows:
The word "Violation" will be entered in a blank box as the player name under the team receiving the points. The violation points will be recorded on this line in the appropriate quarter.

- 15. Players may wear a tight fitting cap or a scarf tied in a knot about the head for religious purposes. A head covering or wrap must not be abrasive, hard or dangerous to any other player and must be attached in such a manner it is highly unlikely it will come off during play. No "free-flowing" article of clothing will be allowed to be worn during the game for any reason.
- 16. A player may not wear any garment or head gear, except for religious reason, that is deemed inappropriate, by the Commissioner and/or BOD, for basketball games or practices.
- 17. A player is not allowed to wear socks containing three (3) or more colors.
- 18. A League refund will **NOT** be provided as a result of any violations of the uniform rule.

19. Blood Rule: any blood (wet or dry) on a uniform must be covered with adhesive tape. Once blood is discovered on the uniform the player will be removed from participation until the blood is covered.
20. The Home Team (during regular season) or the Higher Seeded Team (during post-season tournament) will have the option of selecting to wear either a Dark Jersey or a Light Jersey.
21. The Commissioner and/or a BOD member have the authority to remove a player if he/she fails to wear the prescribed uniform or does not wear the uniform properly. The only warning for a uniform violation is given at the start of the game or during the pre-game talk before the game begins.
22. Uniforms will be distributed with the following attachments:
 - a. A listing of players with the uniform size ordered.
 - b. Coaches shirts will be distributed with the uniforms.
 - c. Care and maintenance instructions for each uniform.
 - d. Coaches will sign for uniform pick up.
 - e. Instructions on how to report uniform discrepancies
(Please include team name, Coach name, Player name, grade)
 - f. Coaches will distribute uniforms in accordance with attached player listing.

b. House Players (includes all grades)

1. All players must play in the uniform (jersey & shorts) provided by or specified by the League.
 - a. Shorts
 1. Uniform Shorts
 - a. Shorts will be solid black with no stripes, highlights, words or markings unless the entire team wears the exact same design shorts. A “**small**” branding logo such as a Nike “swoosh” is permissible
 - b. A team may choose to wear team-logo shorts or other design shorts that match the Jersey as long as everyone on the team wears the same style, design and color shorts.
 2. Compression Shorts

- a. Players are allowed to wear only Black compression shorts under the league specified shorts. The compression shorts must be the proper size for the height and weight of the player.
- b. If a player wears any color shorts other than black and chooses to wear compression shorts then the compression shorts must be black, white or match the color of the shorts.
- c. All players who choose to wear compression shorts must wear the same color compression shorts.
- d. All players do not have to wear compression shorts.
- e. No other garment is allowed to be worn that protrudes below the bottom of the league specified shorts.

2. Girls divisions

- a. All players in all girls divisions will wear “girls cut” Jersey as provided by the league. The objective is that brassieres cannot be visible when the jersey is worn.

c. Travel Players

- 1. Travel players are expected to purchase their uniform and payment must be received by the league NLT the Friday before the first game. Travel player will not receive their uniform until payment has been received by the league thus making the player ineligible to participate
- 2. All players on a Travel Team must be dressed in similar fashion. Shooting Shirts (SS) and Warm-up (WU) pants are not required however it is mandatory that the entire Travel team dress in the same manner. This means either the entire team wears SS and/or WU or they do not. Individual preferences are not permitted.
- 3. All girls Travel Teams will wear “girls cut” Jerseys as issued by the league. The objective is that brassieres cannot be visible when the jersey is worn.

d. Coach

- 1. Coaches shirts will follow the specified color and order as listed below:
 - a. Black (2023)
 - b. Green (2024) 30th season
 - c. Beige/Brown/Khaki/Yellow (2017)

- d. Gray (2018)
- e. Red (2019) 25th Season
- f. Blue (2020)
- g. White (2021)
- h. Purple (2022)

1. All Coaches (Head & Assistant) are expected to wear the current year coach’s shirt issued by the League. The coach’s shirt must be worn as the outer most garment when coaching a game. Coaches will have the option of wearing a shirt bearing their team logo in lieu of wearing the league issued shirt.
2. Travel Coaches will receive a color-coded polo shirt to match the Travel Team uniforms. Assistant Travel coaches will receive color-coded polo shirts at no charge.
3. House Head Coaches and Assistant Coaches will receive a polo shirt. A Coach will receive only one (1) Coaches shirt regardless of how many teams he/she is coaching.
 - a. Exception
 1. A Coach will receive two (2) polo shirts in the event he/she is coaching both a House team and a Travel team.
4. **Shirts will only be ordered for Coaches who are registered by the “Coaches Shirt Order Deadline”.**
5. Coaches will refrain from wearing open-toed shoes, sandals, flip-flops or slippers during practices and games.
6. Each coach is responsible for not playing an individual with an altered or unauthorized uniform.
7. Coaches who allow players to participate in a altered or unauthorized uniform can be assessed technical fouls until the player leaves the game or corrects the uniform discrepancy. Technical fouls and the results of such fouls will be administered for the first (1st) and second (2nd) uniform violations. Continued violations will lead to the Coach and the player being subjected to the following discipline:
 - a. First (1st) offense - **rule 15a10d – seven (7) day suspension**
 - b. Second (2nd) offense - **rule 15a10g – season long suspension**

(a time segment is defined as one-half of a quarter)

3. Seven (7) player team has only one format available and may use any variation of this scheme. No player can play more than six (6) time segments.
(a time segment is defined as one-half of a quarter)

a. Q1 = sit 2 Q2 = sit 2 Q3 = sit 2 Q4 = sit 1

4. Eight (8) player team has four (4) formats available and may use any variation of the four (4) schemes. No player can play more than six (6) time segments.
(a time segment is defined as one-half of a quarter)

a. Q1 = sit 2 Q2 = sit 2 Q3 = sit 2 Q4 = sit 2

b. Q1 = sit 3 Q2 = sit 3 Q3 = sit 2

c. Q1 = sit 3 Q2 = sit 3 Q3 = sit 1 Q4 = sit 1

d. Q1 = sit 3 Q2 = sit 2 Q3 = sit 2 Q4 = sit 1

5. Nine (9) player team has five (5) formats available and may use any variation of the five (5) schemes. No player can play more than six (6) time segments.
(a time segment is defined as one-half of a quarter)

a. Q1 = sit 4 Q2 = sit 2 Q3 = sit 2 Q4 = sit 1

b. Q1 = sit 3 Q2 = sit 2 Q3 = sit 2 Q4 = sit 2

c. Q1 = sit 4 Q2 = sit 4 Q3 = sit 1

d. Q1 = sit 4 Q2 = sit 3 Q3 = sit 2

e. Q1 = sit 3 Q2 = sit 3 Q3 = sit 3

6. Ten (10) player team has only two (2) formats available and may use any variation of the two (2) schemes. No player can play more than four (4) time segments.

a. Q1 = sit 5 Q2 = sit 5 Q3 = sit 5 Q4 = sit 5

b. Q1 = sit 5 Q2 = sit 5 Q3 & Q4

(Players are eligible to play half quarters however the fifty percent (50%) playing time rule must still be adhered too)

- f. Prior to each game the Coaches will conduct a pre-game conference to discuss the following:

1. Missing players,
 2. Injured players
 3. Players being disciplined with reduced playing time.
 4. Missing players, injured players and players being disciplined must be noted as such in the scorebook.
- g. Coaches are required to use the following playing time grid to plan player rotation. Coaches must have a copy of the playing time grid for each game and must be prepared to surrender a copy to a BOD member upon request.
1. In the event of a dispute a Coach who can not produce a copy of the playing time grid will be subject to the following discipline:
 - a. First (1st) Offense – **rule 15a10d – seven (7) day suspension and forfeiture of the game**
 - b. Second (2nd) Offense – **rule 15a10g – season long suspension and forfeiture of the game**

| | | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | Sitting Out |
|-------------|------------------|----------|----------|----------|----------|----------|---------------------------|
| Q1-a | | 7Seven | 2Two | 3Three | 8Eight | 5Five | 1One 4Four 6Six |
| | | 7Seven | 2Two | 3Three | 8Eight | 5Five | |
| Q1-b | | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | |
| | | 1One | 2Two | 6Six | 3Three | 4Four | 5Five 7Seven 8Eight |
| Q2-a | | 1One | 2Two | 6Six | 3Three | 4Four | |
| | | 1One | 2Two | 6Six | 3Three | 4Four | |
| Q2-b | | | | | | | |
| | Half Time | | | | | | Half Time |
| Q3-a | | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | |
| | | 1One | 7Seven | 6Six | 8Eight | 4Four | 2Two 3Three |
| Q3-b | | 1One | 7Seven | 6Six | 8Eight | 5Five | |
| | | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | |

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| | | | | | | |
|-------------|------|------|--------|-------|-------|--|
| Q4-a | 1One | 2Two | 3Three | 4Four | 5Five | |
| | | | | | | |
| Q4-b | 1One | 2Two | 3Three | 4Four | 5Five | |

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

| | | |
|--|--------|---|
| | 1One | 6 |
| | 2Two | 6 |
| | 3Three | 6 |
| | 4Four | 5 |
| | 5Five | 5 |
| | 6Six | 4 |
| | 7Seven | 4 |
| | 8Eight | 4 |

| |
|----------|
| <u>1</u> |
| <u>2</u> |
| <u>3</u> |
| <u>4</u> |
| <u>5</u> |
| <u>6</u> |
| <u>7</u> |
| <u>8</u> |

Every player must play 4 time segments

no player can play more than 6 time segments

Totals 40

- h. A team cannot start a game with less than five (5) dressed players from the roster. A team that has less than five (5) dressed roster players to start the game will automatically forfeit the game.
 - 1. In the event a coach allows non-roster player(s) to participate in an official game the coach will be suspended for fourteen (14) days and the team will forfeit the game.
- i. Players arriving late for the game must be on the bench before the first (1st) quarter ends and all applicable playing time rules will apply. Players arriving late for the game after the first (1st) quarter ends are not permitted to participate in the game.
- j. Exceptions to the playing time rules and substitutions are: *(This is not an exemption to rule 23c)*
 - 1. Injury,

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2. Disqualification,
 3. Medical reason,
 4. Discipline (as noted in the pre-game talk)
 5. Excessive fouls.
 - a. Excessive fouls are defined as follows:
 1. Two (2) fouls before the end of the first (1st) quarter
 2. Three (3) fouls before the end of the second (2nd) quarter
 3. Four (4) fouls before the end of the third (3rd) quarter
 6. In the event a player fouls out before completing the minimum playing time the Coach from the opposing team will select the replacement player to finish the minimum playing time for the player who fouled out. The coach cannot select a player who is sitting his/her mandatory sit time. Further if the team does not have an eligible player to substitute in then the team will have to finish the quarter with less than five (5) players.
- k. Coaches may discipline unexcused attendance (**see rule 16t**) by reducing or eliminating playing time in the following game. Coaches who intend to alter the playing time of someone must first produce the team attendance records, then notify the applicable DC, and/or the Commissioner via email, phone call or in person prior to the game and receive approval, prior to the game, to administer such discipline.
- l. A Coach may establish team standards, other than what is stipulated within this document, to affect playing time. Such standards must be communicated to the parents, in writing, during the parents meeting. Such standards must also be made available to the applicable DC. In the event of any dispute arising from such standards the Commissioner and/or BOD will have the final say in whether the standard is sustained or overruled.
- m. Requests to reduce or eliminate playing time must be received, in writing, along with attendance records as follows:
1. Email = must be received by the Commissioner and/or applicable DC as follows:
 - a. Saturday game = Deadline is preceding Friday at 1500 hrs
Coaches that have Friday night practice must call by 2130 hrs Friday night.
 - b. Weekday game = Deadline is preceding day at 1500 hrs
Coaches having practice the preceding night must call by 2130 hrs that night.

2. Phone call = Must be received by the Commissioner and/or applicable DC at least twelve (12) hours prior to the scheduled start of the game.
 3. In person = Must contact the Commissioner and/or applicable DC at least four (4) hours prior to the scheduled start of the game
 4. No request will be considered if received less than four (4) hours before the scheduled start of the game.
- n. **A Coach cannot reduce or eliminate playing time below the minimum requirements without contacting and receiving approval from the applicable DC and/or the Head Commissioner prior to the game.**
- o. Coaches who fail to provide prior notification and obtain prior approval will be placed on probation for the first (1st) offense, (**rule 15a11k – probation**) suspended one (1) game for the second (2nd) offense (**rule 15a11d – seven (7) day suspension**) and suspended for the remainder of the season for a third (3rd) offense. (**rule 15a11g – season long suspension**)
- p. In the event that playing time rules are not adhered to, for any unapproved reason, a team will forfeit the game.
- q. Division “C” (grades three (3) & four (4)) will take a “TV” timeout at the closest stoppage of play to the three (3)-minute mark of each quarter to allow for substitutions. Players will be lined up at mid-court and given defensive assignments. A coach will not substitute players at any other point in the quarter unless **rule 23j** is applicable.
- r. Division “B” (grades five (5) & six (6)) will substitute players at the closest stoppage of play to three (3) minutes being on the clock. Players are not be allowed to line up at mid-court. Defensive assignments must be given from the bench. A coach will not substitute players at any other point in the quarter unless **rule 23j** is applicable.
- s. Division “A” (grades seven (7) & eight (8)) may substitute players at any time as long as the substitutions do not violate **rule 23b and rule 23c**. Players are not allowed to line up at mid-court. Defensive assignments must be given from the bench.
- t. Prior to the start of each game both coaches will agree upon the volunteers assuming the responsibility as that game’s official scorekeeper and Clock Operator. Challenges must be raised before the game begins. Once the game begins a coach cannot protest the Scorekeeper and/or the Clock Operator.
1. Exception: Coaches cannot challenge a Commissioner appointed clock operator / Scorekeeper.
- u. The game scorebook, as kept by the Scorekeeper, will be used to verify and audit adherence to the playing time rule.

- v. Under any and all circumstances, the FSBL Commissioner, the BOD, Coaches and referees will depend upon the official scorebook for this information and will assume the information in the scorebook is accurate. If Game monitors are used the Commissioner will also consult tabulations recorded by the game monitors.
- w. The BOD will provide, as necessary, a third (3rd) person at the scorer's table, appointed by the Commissioner to exclusively monitor players entering and leaving a game. This person will maintain a log of actual times and the quarter when a player entered and left a game. Game monitors report directly to the Commissioner. Game monitors will not provide any information to coaches. Coaches will refrain from having any communication with the game monitors.
- x. The Commissioner may appoint/designate persons to perform clock operation and/or scorekeeping. These persons will be appointed by the Commissioner and will report exclusively to the Commissioner. Coaches will refrain from having any unauthorized communication with the appointees/designees.
- y. If a player is restricted from participating in normal league activities (practice and games) because of a doctors' instructions that player can not return until a doctor certifies that the player can resume normal activities. (A written doctors' note is required to return to play)
- z. The game referees will not address playing time issues or disputes.
- aa. If a coach has an issue with another coach administering playing time then the coach with the issue can register a formal protest in the scorebook. (protest must be entered into the scorebook before the game is over based on the score clock) Coaches must not disrupt the game, in any manner, to discuss playing time rules.
- bb. Coaches who fail to follow the rules for playing time will result in the following discipline:
 - 1. First (1st) Offense – **rule 15a10c – one (1) game suspension**
 - 2. Second (2nd) Offense – **rule 15a10g – season long suspension**

This applies to both House and HS league coaches.
- cc. Teams that are proven to have violated playing time rules will forfeit the game in question.
- dd. High School league will play every player at least one quarter.
- ee. There is no minimum playing time requirement for Travel League.

24. Backcourt Press & Defense:

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- a. Coaches will teach the skills associated with either person to person (PTP) defense or zone defense as stipulated in the rules. FSBL urges coaches and their teams to use both PTP and zone defense during the season except in division “C” where only PTP defense is allowed.
- b. Backcourt pressing is allowed as follows: **(also see rule 24c)**
 - 1. GC & BC (3rd & 4th grade)
 - Division “C” rule is the same before and after January
 - No backcourt pressure except
 - Backcourt pressure allowed in the last minute of the second (2nd), fourth (4th) & OT quarters. During this period you can have a 2 on 1 press situation.
 - Defense must remain at the top of the key extended until the offense crosses the half court line.
 - PTP defense only
 - Not more than one (1) yardstick from the player or not more than one (1) yardstick from the Box (lane)
 - A Defensive player, not guarding the player with the ball, must remain outside the box unless the offensive player which they are guarding is inside the box or within a yardstick from the box.
 - Any Player on the court is allowed to pursue a “loose ball” however once possession is established all players must return to the player they are guarding.
 - Help defense allowed “in the box only”
 - Trapping is not allowed
 - Zone Defense will result in a warning for the first (1st) offense and a technical foul for each succeeding offense.**
 - 2. GB & BB (5th & 6th grade)
 - Before the First (1st) game in January
 - No backcourt pressure except
 - Backcourt pressure allowed in the last minute of the Second (2nd), fourth (4th) & OT quarters. During the 2nd quarter you have a 2 on 1 press situation.
 - No Zone defense
 - Beginning with the First (1st) game in January
 - No backcourt pressure in the first (1st) half of the game
 - Except backcourt pressure allowed in the last minute of the second (2nd) quarter.
 - Choice of pressure in the second (2nd) half of the game and OT periods.
 - PTP defense in the first (1st) half of the game
 - Not more than one (1) yardstick from the player and not more than one (1) yardstick from the Box (lane).
 - A Defensive player, not guarding the player with the ball, must remain outside the box unless the offensive player which they are guarding is inside the box or within a yardstick from the box.

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Any Player on the court is allowed to pursue a “loose ball” however, if playing PTP defense, once possession is established all players must return to the player they are guarding.
Choice of defense in the second (2nd) half of the game

(To further clarify rules 24b1 and 24b2 regarding PTP defense

If I am guarding a player who is stationed on the sideline twenty (20) feet from the basket, I just need to be “Outside the Lane” on the “Same side of the Court” as the player I am guarding. I do not have to be closely guarding my player (especially when they are not a threat to score). If I have one (1) foot or both feet in the lane (playing a pseudo one (1) person zone defense) then that is illegal.

The referees will issue a warning to the team violating this rule the first (1st) time.

Referees will issue technical fouls for each subsequent violation of this rule.

If you run a spread offense then the defense will look like it is in a zone defense but in this case it is legal as long as no one is in the lane. However, If the offensive player I am guarding is in the lane or just outside the lane then I can be in the lane.

If four (4) offensive players are on one side of the court, the defensive players guarding these players must be on the same side of the court outside the lane (if their person is away from the lane)

Finally, once an opposing player has beaten their person to the basket, the defense can then “help” stop the offensive player “in the lane”. They cannot help outside the lane as that would be defined as double teaming or trapping. It is legal for players to switch on defense.)

- 3. GA & BA (7th & 8th grade) Before the First (1st) game in January
No backcourt pressure except
Backcourt pressure allowed in the last minute of the Second (2nd), fourth (4th) & OT quarters. During this period any type of pressure may be applied.
Choice of defense for the entire game
Beginning with the First (1st) game in January
Choice of pressure for the entire game.
Choice of defense for the entire game.
- 4. HS (9th – 12th grades) There isn't any difference before or after January
Choice of pressure for the entire game.
Choice of defense for the entire game

(Loose balls are defined as a rebound, lost dribble or bad pass)

- c. No house league team can backcourt press if they have a lead of twelve (12) points or more. HS teams can not backcourt press if they have a lead of sixteen (16) points or more.

25. Foul Line

- a. The foul line for the Division "C" (grades three (3) & four (4)) will be set two (2) feet "closer" than the regular marked foul line. Division "B" (grades five (5) & six (6)) & division "A" (grades seven (7) & eight (8)) will use the regular marked foul line.

26. Three Point Goals

- a. Three (3) point goals will be allowed only on those courts clearly marked with a three (3) point line.
- b. The distance of the arc "will not" be changed to accommodate different divisions.

27. Flagrant Fouls / Technical Fouls / Ejection (Appeals are not accepted for rules in this section)

- a. The following rules apply to players, coaches, and League officials for all FSBL games. Flagrant fouls can (*ibnlit*):
 - 1. Intentional push or shove during a fast break or break away
 - 2. Excessive swinging of arms and/or elbows
 - 3. Any other deliberate/intentional action (as determined by a referee) which could result in the injury of another player(s)
- b. Flagrant fouls are not permitted and will not be tolerated.
- c. A player who commits what is, in the judgment of the official(s), a flagrant foul will be ejected for the remainder of that game. Hence, flagrant fouls will be called as such by the responsible official(s). A flagrant foul is also recorded as a "Technical Foul".
- d. HS players who receive a technical foul will be subject to a one (1) game suspension.
 - 1. During the HS playoffs any HS player who receives a technical foul will be suspended for the remainder of the playoffs. HS players who are suspended for the remainder of the playoffs must vacate the school building within three (3) minutes or their team will suffer a forfeit. Further suspended HS players are not allowed to participate with the team for the remainder of the playoffs.
 - a. Technical foul exceptions (except those that result in ejection) would include non-sportsmanlike conduct, such as substitutions, dunking, uniform violations, hanging on the rim, delay of game T (after a warning)
- e. Players receiving a second (2nd) technical foul in the same game are automatically ejected for the remainder of the game.

1. HS players who receive a second (2nd) technical foul in the same game will be subject to a two (2) game suspension.

- f. Players ejected from a game for unsportsmanlike conduct and/or flagrant violation of a rule will be automatically subjected to **rule 15a11d – seven (7) day suspension.**
 1. During the playoffs HS players who are ejected from a game for unsportsmanlike conduct and/or violation of a rule will be automatically suspended for the remainder of the playoffs. HS players who are suspended for the remainder of the playoffs must vacate the school building within three (3) minutes or their team will suffer a forfeit. Further suspended HS players are not allowed to participate with the team for the remainder of the playoffs.

- g. A player receiving a second (2nd) ejection within the season is automatically subjected to **rule 15a11g – season long suspension.**

- h. Each coach is responsible for reporting to the AC, if applicable, the applicable DC or the Commissioner all technical and/or flagrant fouls assessed during a game. This includes fouls assessed against players and coaches. This must be done within twenty-four (24) hours of the conclusion of the game

- i. A Coach receiving a second (2nd) technical foul in the game is automatically ejected for the remainder of the game.

- j. Coaches and /or bench personnel ejected from a game will be automatically be subjected to **rule 15a11d – seven (7) day suspension.**

- k. A coach who is ejected from a game shall communicate in writing with the appropriate DC and/or Commissioner within twenty-four (24) hours of the termination of the game or the coach will be subject to an additional seven day suspension.

- l. A coach receiving a second (2nd) ejection within the season will automatically be subjected to **rule 15a11g – season long suspension.**

28. Post Season Tournament

- a. The post season tournaments for all divisions will be single elimination tournaments.

- b. The post-season tournament schedule will be posted the Sunday after house game ten (10) and will not be altered except for weather related issues and school functions.

- c. The winner of the tournament is the Divisional Champion.

- d. Tournaments will use the following format:

| Number of Teams in a Division | Round 1 | Round 2 | Round 3 | Round 4 | Round 5 |
|-------------------------------|----------|-------------------|----------------------------|--------------------------------------|------------------------------|
| | Play-In | Play-Off | Quarter-Finals | Semi-Finals | Championship |
| 4 Teams | | | | 1 vs 4 | winner 1 vs 4 |
| | | | | 2 vs 3 | winner 2 vs 3 |
| 5 Teams | | | 4 vs 5 | 1 vs 4/5 winner | winner 1 vs 4/5 |
| | | | | 2 vs 3 | winner 2 vs 3 |
| 6 Teams | | | 3 vs 6 | 1 vs 4/5 winner | winner 1 vs 4/5 |
| | | | 4 vs 5 | 2 vs 3/6 winner | winner 2 vs 3/6 |
| 7 Teams | | | 2 vs 7 | 1 vs 4/5 winner | winner 1 vs 4/5 |
| | | | 3 vs 6 | 2/7 winner vs 3/6 winner | winner 2/7 vs 3/6 |
| | | | 4 vs 5 | | |
| 8 Teams | | | 1 vs 8 | 1/8 winner vs 4/5 winner | winner 1/8 vs 4/5 |
| | | | 2 vs 7 | 2/7 winner vs 3/6 winner | winner 2/7 vs 3/6 |
| | | | 3 vs 6 | | |
| | | | 4 vs 5 | | |
| 9 Teams | | 8 vs 9 | 1 vs 8/9 winner | 1 vs 8/9 winner vs 4/5 winner | winner 1-8/9 vs 4/5 |
| | | | 2 vs 7 | 2/7 winner vs 3/6 winner | winner 2/7 vs 3/6 |
| | | | 3 vs 6 | | |
| | | | 4 vs 5 | | |
| 10 Teams | | 7 vs 10 | 1 vs 8/9 winner | 1-8/9 winner vs 4/5 winner | winner 1-8/9 vs 4/5 |
| | | 8 vs 9 | 2 vs 7/10 winner | 2-7/10 winner vs 3/6 winner | winner 2-7/10 vs 3/6 |
| | | | 3 vs 6 | | |
| | | | 4 vs 5 | | |
| 12 Teams | | 5 vs 12 | 1 vs 8/9 winner | 1-8/9 winner vs 4-5/12 winner | winner 1-8/9 vs 4-5/12 |
| | | 6 vs 11 | 2 vs 7/10 winner | 2-7/10 winner vs 3-6/11 winner | winner 2-7/10 vs 3-6/11 |
| | | 7 vs 10 | 3 vs 6/11 winner | | |
| | | 8 vs 9 | 4 vs 5/12 winner | | |
| 14 Teams | 11 vs 14 | 5 vs 12/13 winner | 1 vs 8/9 winner | 1-8/9 winner vs 4-5-12/13 winner | winner 1-8/9 vs 4-5-12/13 |
| | 12 vs 13 | 6 vs 11/14 winner | 2 vs 7/10 winner | 2-7/10 winner vs 3-6-11/14 winner | winner 2-7/10 vs 3-6-11/14 |
| | | 7 vs 10 | 3 vs 6-11/14 winner | | |
| | | 8 vs 9 | 4 vs 5-12/13 winner | | |
| 16 Teams | | 1 vs 16 | 1-16 winner vs 8-9 winner | 1-16/8-9 winner vs 4-13/5-12 winner | 1-16-8-9/4-13-5-12 winner vs |
| | | 2 vs 15 | 2-15 winner vs 7-10 winner | 2-15/7-10 winner vs 3-14/6-11 winner | 2-15-7-10/3-14-6-11 winner |
| | | 3 vs 14 | 3-14 winner vs 6-11 winner | | |
| | | 4 vs 13 | 4-13 winner vs 5/12 winner | | |
| | | 5 vs 12 | | | |
| | | 6 vs 11 | | | |
| | | 7 vs 10 | | | |
| | | 8 vs 9 | | | |

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29. Regular Season & Tournament Trophy Awards

- a. The League will award individual trophies to the first (1st) and second (2nd) place regular season finishers.
- b. The League will award individual plaques to the coaches (Head and Assistant) of the first (1st) and second (2nd) place regular season finishers
- c. The League will award individual trophies to the first (1st) and second (2nd) place tournament finishers.
- d. The League will award individual plaques to the coaches (Head and Assistant) of the first (1st) and second (2nd) place tournament finishers
- e. Trophy colors will be assigned as follows:

| | <i>(regular season – tournament)</i> | | |
|------------------|--------------------------------------|--|---------------------------|
| 1. 2019 season - | Red and Gold | | (25 th season) |
| 2. 2020 season - | Blue and Silver | | |
| 3. 2021 season - | Green and Maroon | | |
| 4. 2022 season - | Black and White | | |
| 5. 2023 season - | Gold and Red | | |
| 6. 2024 season - | Silver and Blue | | (30 th Season) |
| 7. 2017 season - | Maroon and Green | | |
| 8. 2018 season - | White and Black | | |

- f. The following format will be used for the championship ceremony:
 - 1. Comments from the applicable DC. Introductions of BOD members and recognition of sponsors.
 - 2. Presentation of Coaches awards and Allstar selections (by individual coaches)
 - 3. Presentation of special coaches' awards.
 - 4. Presentation of MVP

5. Presentation of team trophies as follows:

(any team that won the same position for both the regular seson and the tournament will receive both trophies together)

- a. Regular season runner-up
- b. Regular season champion
- c. Tournament runner-up
- d. Tournament champion

(Teams will be allotted five (5) minutes to takes pictures after the ceremony concludes)

30. Coaches Award and Most Valuable Player (MVP) award

a. Coaches Award

- 1. The League will award a Coaches trophy to the most improved player on each team. Coaches will select the most improved player on the team for this award.
- 2. Improved is defined as talent, attendance, attitude and/or hustle.
- 3. This award is designated for the less advanced player who has shown improvement throughout the season. Typically, this award would go to someone from the lower four (4) rounds of the draft. Coaches must be prepared to justify selections that are at or above the mid-round draft for the applicable division.
- 4. All-Stars and MVP's are not eligible for this award. Further the league discourages selecting the fourth (4th) all-star for this award.
- 5. Players who have been suspended during the season, are currently suspended and/or expelled are ineligible to be selected for the Coaches Award.
- 6. Coaches must submit selected names no later than the Monday after the eight (8th) game of the regular season or a date specified by the BOD.
- 7. The Commissioner and/or the applicable DC must approve all coaches' award selections.
- 8. The identity of the recipient of this award must be kept secret until it is announced at the championship games. Coaches must encourage potential recipients to be present at the championship game.

b. Most Valuable Player (MVP) Award (To be conducted one week after the All-Star selections)

- 1. Offensive MVP (aka O-MVP)

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- a. Only head coaches are allowed to vote. Head coaches can not vote for any players on their team
- b. Each Head Coach will submit one (1) name from his/her team as the nominee for O-MVP to be placed on the ballot.
- c. The Head coach must vote for one of the players on the ballot. Write-in nominees are not accepted.
- d. MVP selection must be an Allstar.
- e. The player with the most votes will receive the award
 - 1. In the event of a tie between two (2) players a flip of the coin will decide the winner
 - 2. In the event of a tie between three (3) or more players:
 - a. The names will be placed in a hat and the winner will be drawn at random
- f. Offensive Player selection criteria:
 - 1. Was not suspended or expelled any time during the season
 - 2. Did not receive an "F" on either report card
 - 3. Was not ejected from any game during the season
 - 4. Did not violate the on-the-court rules during game stoppage
 - 5. Did not have any uniform violations during the season
 - 6. Was among the leaders in scoring on the team
 - 7. Was among the leaders with assists
 - 8. Was among the leaders in rebounding on the team
 - 9. Has outstanding ball handling and passing skills
 - 10. Displayed leadership skills on the court directing the offense

1. Defensive MVP (aka D-MVP)

- a. Only head coaches are allowed to vote. Head coaches can not vote for any players on their team
- b. Each Head Coach will submit one (1) name from his/her team as the nominee for D-MVP to be placed on the ballot.
- c. The Head coach must vote for one of the players on the ballot. Write-in nominees are not accepted.
- d. MVP selection must be an Allstar.
- e. The player with the most votes will receive the award
 - 1. In the event of a tie between two (2) players a flip of the coin will decide the winner
 - 2. In the event of a tie between three (3) or more players:
 - a. The names will be placed in a hat and the winner will be drawn at random
- f. Defensive Player selection criteria:
 - 1. Was not suspended or expelled any time during the season
 - 2. Did not receive an "F" on either report card
 - 3. Was not ejected from any game during the season
 - 4. Did not violate the on-the-court rules during game stoppage
 - 5. Did not have any uniform violations during the season
 - 6. Was able to closely guard any player in the league and limit their ability to score
 - 7. Was able to anticipate what the offense will do next
 - 8. Was able to play both MTM and Zone defense
 - 9. Has the ability to block shots
 - 10. Among league leaders with steals
 - 11. Was able to execute a switch

- 3). Six (6) Team league Each team selects top three (3) players

eighteen (18) players selected overall,
nine (9) players per squad
East squad = players from teams one (1) – four (4) – six (6)
West squad = players from teams two (2) – three (3) – five (5)
- 4). Seven (7) Team League The regular season seventh (7th) place team selects top two (2) players
All remaining teams select top three (3) players.

twenty (20) players selected overall,
ten (10) players per squad
East squad = player one (1) from team seven (7) and players from teams one (1) – four (4) – six (6)
West squad = player two (2) from team seven (7) and players from teams two (2) – three (3) – five (5)
- 5). Eight (8) Team League Each team selects top two (2) players

sixteen (16) players selected overall,
eight (8) players per squad
East squad = players from teams one (1) – four (4) – five (5) – eight (8)
West squad = players from teams two (2) – three (3) – six (6) – seven (7)
- 6). Nine (9) Team League Each team selects top two (2) players

eighteen (18) players selected overall,
nine (9) players per squad
East squad = player one (1) from team nine (9) and players from teams one (1) – four (4) – five (5) – eight (8)
West squad = player two (2) from team nine (9) and players from teams two (2) – three (3) – six (6) – seven (7)
- 7). Ten (10) Team Leagues Each team selects top two (2) players

twenty (20) players selected overall,
ten (10) players per squad
East squad = players from teams one (1) – four (4) – five (5) – seven (7) – ten (10)
West squad = players from teams two (2) –three (3) – six (6) – eight (8) – nine (9)

8). Twelve (12) Team League The regular season teams finishing first (1st) through eight (8th) will each select top two (2) players.
All remaining teams select one (1) player

Twenty (20) players selected overall.
Ten (10) players per squad
East squad = players from teams one (1) – four (4) – five (5) – eight (8) – ten (10) – twelve (12)
West squad = players from teams two (2) – three (3) – six (6) – seven (7) – nine (9) – eleven (11)

9). Fourteen (14) Team League The regular season teams finishing first (1st) through sixth (6th) will each select top two (2) players
All remaining teams select one (1) player

Twenty (20) players selected overall.
Ten (10) players per squad
East squad = players from teams one (1) – three (3) – six (6) – eight (8) – nine (9) – twelve (12) – fourteen (14)
West squad = players from teams two (2) – four (4) – five (5) – seven (7) – ten (10) – eleven (11) – thirteen (13)

- i. The Commissioner and/or applicable DC will determine if adjustments are necessary and will approve adjustments to the placement of players on a squad.
- j. The first place regular season Coach will coach the East squad
The second place regular season Coach will coach the West squad
- k. Playing time for All-stars will be as follows:
 - 1. Eight (8) person teams
 - a. Each Player will participate for five (5) time segments
 - 2. Nine (9) person teams
 - a. Each player will participate for four (4) time segments
 - b. Four (4) players will participate for five (5) time segments
 - 3. Ten (10) person teams
 - a. Each player will participate for four (4) time segments
 - 4. All-star players **are not** required to sit out a quarter.

5. All All-star players must play at least fifty-percent (50%) of the game or four (4) time segments.

I. During half time at all All-star games the parents of the players will be invited down to the court to shoot a basket with their child. Parents will attempt three (3) point shots and the child will attempt a shot from the foul line. Each Head Coach of the All-Star teams will also attempt a three (3) point shot. Any baskets made will count toward that team's score.

1. The head coaches from the three (3) premier games (Boys 7, Girls A, & Boys 8) will square off in a 30 second shoot off of foul shots. The coach who makes the most baskets can add his points to the score. The coach who loses will receive no points.

a. In case of a tie both coaches will receive the points they earned.

32. Allstars – Coaches vs Coaches

a. Coaches vs Coaches

1. Boys league coaches play against the girls league coaches. Each team will be coached by the applicable DC.

2. The first twenty (20) coaches from each league to register will play.

3. The game will be played in four (4) ten (10) minute quarters with a running clock. The clock will not stop for anything except the last ninety (90) seconds of each quarter will be a normal clock.

33. Inter-League Play

a. FSBL will make every effort to establish Inter-league competition for all leagues:

b. Each week one (1) game from each division will be played.

c. The Scheduler will use the same format to schedule Inter-league games as is used for House league games.

d. An Inter-league championship game will be played at the end of the season. The first (1st) place regular season winners from both schools will compete for a school trophy.

e. This game will usually be played one (1) week after the All-Star games

f. The Commissioner will seek to establish Inter-League competition where feasible but especially for leagues of five (5) teams or less.

34. County All-Star Tournament

- a. Each league will have the opportunity to register an All-Star team to compete in a county wide tournament.
- b. This tournament is conducted for House League players. Those players who participated in the Travel League are not eligible to participate in this tournament.
- c. Each league will provide two (2) All-Star teams for grades six (6), seven (7) and eight (8). One (1) Boys team and one (1) Girls team per grade.
- d. The intent is to provide an opportunity for the best House League players to compete on a countywide level
- e. The County All-Star Teams will be coached by the first (1st) place Coach of the Post-Season Tournament for each respective division.
- f. Selection for the teams will be as follows:
 - 1. The designated Head Coach will select seventy-five percent (75%) of this team from the pool of All-Star players. The remaining twenty-five percent (25%) can be selected from the eligible players in the applicable division.
 - a. Boys – BA, BB and BC division all-stars
 - b. Girls - GA, GB and GC division all-stars
 - 2. Commissioner and/or BOD must approve selections of players below division “A”.

35. All other issues not set forth in this document will be addressed through the following general rule.

The Commissioner and/or the BOD have the authority to alter or establish discipline, rules or policy for any violation or situation as (he/she - they) deem appropriate.

End End End End End End End End End End End End End End

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