



Detroit PAL House Basketball

Rules and Regulations

2018

INTRODUCTION

In addition to the Detroit PAL Rules and Regulations listed, Detroit PAL adheres to the rules and regulations set forth by the National Federation of State High School Associations (NFHSA), of which the governing body has the right to change for the betterment of the league. Under no circumstances will the rules and regulations be changed, in any way, without the written consent of the Basketball Commissioner of Detroit PAL.

IMPACT CERTIFICATION

Every adult working directly with PAL participants must be certified IMPACT trained throughout the duration of the season. Any personnel who has not taken IMPACT or been IMPACT certified for the current season may not coach or be on the bench for any reason. Site monitors and score keepers will have an updated list of certified coaches.

It is expected that all team personnel on the bench during games have their valid IMPACT badge displayed at all times. However, if a certified coach forgets their badge for a game that coach will receive a technical foul. In addition, the opposing team will receive 2 points (no shots needed) and possession of the ball. The coach may stay on the bench with the team. The incident must be reported by the site monitor or score keeper to the league commissioner.

The technical fouls may be called at any time when the referees, site monitor or scorekeeper notices the violation, although effort should be made to check all badges before the game begins.

If coaches from both teams do not have valid IMPACT badges, the points and possession off set each other but both coaches receive a technical foul.

If a coach has 2 similar infractions, they may face further disciplinary action.

REGISTRATION

In order to be considered as a participant in the House Basketball season, the following guidelines must be adhered to:

- a. Team must submit Preliminary Team Registration Form by January 5, 2018.
- b. A representative from each organization must be in attendance at all Detroit PAL mandatory meetings
- c. Teams must submit completed registration forms, including parent/guardian signature, and birth certificates for a minimum of 10 players (max of 15) in addition to the team entry fee by the deadline (Jan 19, 2018).
- d. Volunteer coach must be IMPACT certified through the championship (April 21, 2018)
- e. There are a limited number of spots available for teams. Team registrations are accepted based on merit and timeliness at the commissioner's discretion.

FEES

The entry fee shall be \$150.00 per team or \$45/player (if uniforms are needed) for all non-Detroit Recreation Department teams. Player who register though the Detroit Recreation Department entry fee shall be \$20 per player. Full entry fee must be paid before the start of the season. Penalties will apply to teams who have not paid in full.

ELIGIBILITY

Each participant must complete a registration form including parent/guardian signatures and submit a valid birth certificate in order to be eligible. There will be no exceptions. Additional identification such as social security card, school or medical records may be requested as further proof of identity.

a. Age Divisions

Competition in house basketball shall be in the following age divisions:

8 and Under	Can not turn 9 before September 1, 2018
10 and Under	Can not turn 11 before September 1, 2018
12 and Under	Can not turn 13 before September 1, 2018
14 and Under	Can not turn 15 before September 1, 2018
16 and Under	Can not turn 17 before September 1, 2018

b. Ineligible players

An ineligible player shall be defined as:

- a.** Any player without a completed registration form and birth certificate on file with the league.
- b.** Any player that is not included on the official submitted roster.
- c.** Any player who doesn't meet age requirements.
- d.** Any player who has been suspended.
- e.** Any player appearing on multiple house basketball rosters.

Teams / players / coaches shall be subject to penalty if:

- a.** The name of the ineligible player appears in the official scorebook or is otherwise identified by a league official as officially appearing in a game.

If it is determined that a player is not properly registered or otherwise ineligible, all games that the player has participated in (defined above) shall be forfeited and that player will be subject to suspension from Detroit PAL. Coaches who knowingly allow an ineligible player to participate in any game (defined above) shall be subject to a minimum of one year's suspension. It is the coach's responsibility to make sure that players meet all requirements in order to be eligible.

b. Playoff Eligibility

Players must have played or checked in at least 4 regular season games and be on the official roster all season to be eligible to participate in the playoffs. There are no exceptions for injuries.

ROSTERS

- a.** Any additions or changes made to your roster prior to the third game of the season must be submitted to the House Basketball Commissioner no less than 48 hours before the start of the next scheduled game. Final rosters are due no less than 48 hours before the start of the fourth game of the season.
- b.** All final rosters shall be signed by the House Basketball Commissioner the fourth game of the season.
- c.** All final rosters shall be signed by the House Basketball Commissioner. After the final roster is submitted, no player changes shall be made.
- d.** Teams that have not submitted their rosters in accordance with these rules and regulations will forfeit their game each time this occurs.
- e.** No more than 15 registered players are allowed on the bench in uniform during games unless approved by the League Commissioner.
- f.** Players cannot play for another Detroit PAL house basketball team, unless they have been released from the first team. The release must be in writing and signed by the head coaches from both teams and submitted to the House Basketball Commissioner before the fourth game.

UNIFORMS

- a. All players are required to wear gym shoes and Detroit PAL approved uniforms while participating in game activities. Players will not be permitted to play unless they are properly dressed.
- b. Team jerseys shall be of the same color front and back and team shorts shall be of the same color. All shirts must be tucked in during game play. Undershirts worn under the uniform should be matching the rest of the team. Teams with multiple violations may face penalties.
- c. All players shall wear a numbered jersey, front and/or back, while participating in a Detroit PAL sanctioned game and numbers can be 00-99. The player's jersey number must be consistent with the player's number recorded on the scorekeeper's book during games.
- d. Players must remove all jewelry (including rubber bands). NO exceptions. (Placing tape over earrings or jewelry is prohibited).
- e. Any infraction will result in a technical foul on the offending team (the opposing team will then shoot 2 shots and gain possession of the ball).

SCOREKEEPING

- a. Each team will be required to provide one volunteer who is willing and able to serve as clock manager or bookkeeper if needed. Detroit PAL's site monitor will instruct the volunteers as to their role before the beginning of each game.
- b. Prior to the start of games, coaches must instruct all players to check in at the scorer's table.
- c. All players must be listed into the green scorebook by authorized league scorekeepers only. Coaches are PROHIBITED from writing/listing names into the official green score book. Players listed in the score book are the only players eligible to enter the game.
- d. Coaches should check in all of their players (name and number) before the start of the game (even if they are running late) to prevent a technical foul.
- e. A player who enters the game without being signed in the score book will result in a technical foul for the player's team as well as two shots and possession of the ball for the opposing team. This penalty should be enforced for every player that enters the game without checking in. The scorer's table will inform officials of an undocumented player at the first available break in the game.
- f. Detroit PAL shall keep the books.
- g. The score of a forfeited game shall be documented as 15-0 in favor of the team ready to play.

TIMEKEEPING

- a. Game times for each age groups shall be:
 - a. 8U shall play 6 minute quarters of running time. (see "d" below)
 - b. 10U & 12U shall play 7 minute quarters of running time. (see "c" below)
 - c. 14U & 16U shall play 8 minute quarters of running time. (see "c" below)
- b. Rest interval between quarters is one minute. Half-time rest is two to five minutes at the discretion of the site monitor in order to keep games on schedule. Each team's cheer squad may have up to a minute and a half to perform during half time.
- c. The clock will stop only for team time-outs, official time-outs, and technical fouls. During the last two (2) minutes of the 2nd quarter and the 4th quarter, the clock stops with any whistle, out-of bounds, free throws, or time-outs (**exception: when one team has a twenty (20) point or more lead the clock will stop only for time-outs, official time-outs, and technical fouls**). After a time-out, the clock will not be started until the ball is live. The ball is not live until it is touched by a player. During free throws the ball is not live until it's rebounded or in-bounded. If a player is at the free throw line before 2:00, the clock will count down to 2:00 and stop. Shoe tying and injuries require official timeouts. Officials may ask for clock stoppages at anytime.

- d. **Each team will have two (2) full time-outs per half.**
- e. Overtime periods shall be three (3) minutes in length. Clock will stop at every whistle within one (1) minute left in the overtime period. There will be no tie games. There is no limit on how many overtime periods there are. Teams will receive one (1) time-out per overtime.

RULES OF PLAY

Detroit PAL adheres to the rules and regulations set forth by the National Federation of State High School Associations (NFHS) *unless noted in these bylaws.*

- a. **Game Start & Possession of Ball** - The game will start with a jump ball at center court. Thereafter, all tie ups will result in alternating possession. The first possession will go to the team that did not gain possession of the jump ball. A jump ball starts all overtime periods.
- b. **Calling Time Outs** - Each team is allowed two (2) full time-outs half. Full time-outs shall be sixty seconds. Teams will receive one (1) full timeout per overtime. There is no carrying over a timeout from first half to second half or to any overtime period.
- c. **Press Rule**
 - i. **8U**– No checking in the back court at all. Teams ahead by 20 points or more at any point of the game must play defense behind their three-point arc. First offense: Warning. Second and all additional offenses: 2 shot technical.
 - ii. **For 10U, 12U, 14U and 16U**– A full court press is allowed all game. Exception: Teams ahead by 20 points or more at any point in the game must play defense behind their three-point arc (not to be confused with half-court). First offense: Warning. Second and all additional offenses: 2 shot technical.
- d. **8 & under Division free throw rule** – When a free throw is required, the player may take their free throw from 10 ft or the regulation distance of 15 ft. The player's coach will decide what distance is most appropriate for the player.
- e. **Personnel on bench** - The only individuals allowed on the player's bench are the head coach, two assistant coaches and teams currently playing. Every coach must wear their current Detroit PAL badge to every game (including All-Star games and special events). Ball boys, team photographers, team mom's and other personnel are strictly prohibited. Players from a younger or older team not currently playing must sit in the stands or other area designated by the facility.

Addendum: Spectators

- i. Spectators are to sit or stand opposite of the players bench on the other side of the court.
 - i. Spectators are not allowed to sit or stand behind the player's bench during the game.
- a. **Behavior of Coaches** - Coaches are not allowed to communicate (yell, complain, etc.) to officials on any matter while the game is in play. Coaches must take a "time-out" to discuss any matter (play, call, ruling, etc.) with an official in a quiet, professional manner. (Official timeouts and game breaks are also permissible time for such discussion). Coaches must control any discussion or comments to officials, from their bench or their players. No one is permitted to discuss any game matters with the officials during timeouts other than the

head coaches. Violations will draw a warning from the officials. Subsequent violations will warrant technical fouls and/or expulsion from the gym. Coaches in all divisions will only coach on their end of the court. Coaches will not be allowed to cross onto the other team's end of the court.

- f. **One Coach Standing** - Only one (1) coach at a time per team can be standing during the course of a game. Exceptions: time-outs, injuries, and between halves. The first violation for a team for the game will result in a warning to the head coach; the head coach will be charged with a technical foul for a 2nd violation. After a coach receives one technical as a result of coaches conduct the coach receiving the technical must sit for the balance of the game. A coach receiving a 2nd technical will result in ejection from the game and an automatic suspension for the next game.
- g. **No Headphones, Cellular/Mobile Device Usage or Camera Recording Rule** – The head coach is responsible for his/her own conduct and behavior, as well as all other bench personnel. Bench personnel, including the head coach, shall not listen to headphones, video record, text, or hold a phone conversation on the bench during the game. Failure to comply with the rules will result in two free-throws granted to the opposing team, plus the possession of the ball for a division-line throw in. If the head coach is the offender, the foul will be directly charged to him/her. The foul is charged to the offender (if not the head coach) and also charged indirectly to the head coach.
- h. **Sportsmanship** –
 - i. Fighting is prohibited. Any violation of this rule will result in a double technical foul and ejection of the offending player. Any player ejected for fighting will serve a minimum of a one game suspension.
 - ii. Profanity is prohibited. Any violation of this rule will result in a two-shot technical foul and the opposing team is awarded possession of the ball. A subsequent violation will result in another two-shot technical foul and the opposing team is awarded possession of the ball. In addition, the player will be ejected and receive an automatic suspension for the next game.
 - iii. All players MUST shake hands after the game. If a player refuses to shake hands, he/she and their head coach will be suspended for the next game and may face additional disciplinary actions.
 - iv. Teams must clean up their bench area before leaving the gym.
- i. **Technical Fouls** - Officials may call technical fouls within guidelines of the official rules. A technical foul on a parent/spectator will be charged to that team's coach. Penalty for each technical foul shall be two (2) shots from the free throw line and possession of the ball to the offended team.
- j. **Fouling Out**- A player shall be disqualified from the game once they are charged with their 5th foul. They may play in the next game.
- k. **Team Fouls**- a team has accumulated 7 team fouls, the opposing team will shoot a 1-and-1 free throw bonus (unless it's a shooting foul). On the 10th team foul and each foul thereafter, each foul will result in 2 free throw attempts.
- l. **Intentional Fouls** - An intentional foul is any foul where the defensive player is not going for the ball, or there is excessive contact, in the opinion of the official. Penalty for an intentional foul shall be two (2) shots from the free throw line and possession of the ball to the offended team.

m. Flagrant Fouls - A flagrant foul is any foul where the player charged for the foul has caused, or attempted to cause, harm to another player through his/her action on the court. Flagrant fouls will be an automatic double technical foul resulting in ejection from the game.

n. Fouls Carry Over to Overtime - Player's individual fouls carry over to all overtime periods. Team fouls from the second half carry over to all overtime periods.

b. Ejections and Suspensions - Any coach or player who is ejected from a game for any reason shall automatically be suspended for a minimum of one additional game. A coach or player who has been ejected or suspended shall not be in the gym after the ejection or during the suspension period. Site manager will be responsible for notifying the League Commissioner of all ejections. Any Detroit PAL staff or official has the authority to eject a player or coach. Any ejection or suspension may also result in further disciplinary action from Detroit PAL staff. Any coach ejected from a game will have three minutes to leave the gym or his/her team will receive a technical foul for each minute over. If he/she receives (2) technical fouls for not leaving the gym, the next will result in a forfeit of the game.

o. Team Standings - The standings shall be determined on a win/loss basis. The standings will be posted weekly on our site www.detroitpal.org. Standings and playoff seeding shall be based on the following:

- i. Head to head competition

p. Cancelled games

- i. Only the Detroit PAL staff may cancel or reschedule games.
- ii. If there are any changes in game time or location, the appropriate teams will be notified by the Detroit PAL office.
- iii. It is also the responsibility of each coach and manager to contact the PAL staff to determine if a game has been canceled.

q. Forfeits (15 Minute Grace Period)

- i. Please make every effort to start your game on time. There is a 15 minute grace period for all teams late to games. If a team has not arrived at the scheduled game time, clock officials will put 15 minutes on the game clock. Teams that neglect to arrive by 15 minutes after the scheduled game time will face an automatic forfeit. Teams frequently arriving late or unprepared to play may face disciplinary actions from the league (not excluding being dropped from the league and not entitled to any refund).
- ii. All teams should be at the game site 15 minutes prior to start time to warm up. On court warm up time will vary based on the length of the previous game. Warm up time is at the discretion of the site monitor.
- iii. If a team forfeits three games over the season, the team may be dropped from the league and not entitled to any refund.

OFFICIALS

The Referee in Charge (RIC) will designate two officials for each game. Game officials will notify the RIC if they are going to be late or are unable to attend a game. Officials shall not referee any game when immediate family members are participating. This includes, but not limited to family members that are coaches, players or those listed on the roster. Violation of this rule shall result in the related team forfeiting that game and a win awarded to the opposing team.

EQUIPMENT AND SERVICES

- a.** Detroit PAL will provide at each sanctioned game site: two officials, a score book, a copy of all final team rosters for each division and 2 game basketballs. Players and coaches are prohibited from writing in the score book. Official score keepers will copy the player names into the score book. The player names will come from the final roster submitted to the league commissioner. Before the start of the game, players and coaches are to verify jersey numbers.
- b.** The league will use the following ball sizes:
 - i. 8U – 28.5" Girls
 - ii. 10U – 29.5" Boys HS
 - iii. 12U – 29.5" Boys HS
 - iv. 14U – 29.5" Boys HS
 - v. 16U – 29.5" Boys HS
- c.** Teams must bring their own practice balls. However, all balls must be collected and secured before the start of the game or they may be confiscated by an official or site monitor.

PROTESTS

- a.** Protests concerning player eligibility (see eligibility) and rule interpretation will be the only types of protests considered.
- b.** Game officials shall be informed of intent to protest at the time the infraction occurs. At the conclusion of the game, the officials will make a notation and have both coaches initial the scorebook, indicating that a protest has been lodged.
- c.** All protests must be submitted to the league commissioner in writing, within 24 hours, accompanied by a fee of \$100.00 for every protest lodged. If the protest is allowed, the fee will be refunded. If the protest is not allowed, the fee becomes a donation to Detroit PAL and no protest can be filed at a later date.
- d.** Disciplinary actions from the league will follow this process: verbal notification of decision from the league, written notification from the league, appeal to league commissioner (if necessary), appeal to athletic director (if necessary)
- e.** Right to Appeal - The results of any disciplinary decision may be appealed to the Detroit PAL athletic director following normal appeal procedures. Such intent to appeal must be filed in writing and submitted to the League Commissioner within twenty-four hours. The Detroit PAL athletic director is the final resort for appeals.

RESPONSIBILITES OF COACHES AND MANAGERS

Team coaches and managers shall be responsible for the following:

- a.** Ensuring that participating team members meet the eligibility requirements.
- b.** Controlling the conduct and demeanor of all team members, assistant coaches and fans.
- c.** Providing for the proper maintenance and care of all Detroit PAL equipment and property to ensure the return of the same at the conclusion of the Detroit PAL basketball season.
- d.** Complying with all requests for administrative paperwork and ensuring the completeness and accuracy of all documents.

- e. Providing participants and their parents with information regarding schedules, game rules for age division, site information, and contact numbers.
- f. Completing appropriate IMPACT training each year before the start of the season.
- g. Head Coaches will ensure that the Commissioner has the current telephone numbers and addresses of all participating coaches, along with practice sites, days and times of practice.
- h. All coaches or his/her designee, are required to attend all mandatory meetings held by the league.
- i. Any coach observing, receiving information or having personal knowledge concerning a violation of any by-law, rule, regulation, order, or procedure by a member of this organization shall report the matter promptly to the Basketball Commissioner in writing.

SOCIAL MEDIA RULES

All Detroit PAL Members (Coaches, Players, Site-Monitors, and Staff) shall abide by the following guidelines when using social media:

1. Be positive and respectful, and always take the high road. When disagreeing with others' opinions, remain appropriate and polite. If you find yourself in a situation online that is becoming antagonistic, ask the Detroit PAL league commissioner for advice on how to disengage from the dialogue in a polite and respectful manner that reflects well on Detroit PAL.
2. Do not post content that would damage Detroit PAL's reputation. Remember that even while you are on your own personal time, you are a representative of Detroit PAL, and people may interpret your online postings or social interactions as though they were official Detroit PAL statements.
3. Use good judgment when posting comments on any official Detroit PAL sites. Bear in mind that your comments can create liability for Detroit PAL. If you are unsure whether a comment is appropriate to post, either do not post it or obtain prior approval from the league commissioner.
4. Encourage others to engage in positive interactions on social media. If you are concerned about any Detroit PAL member's use of social media, please bring your concerns to the attention of the league commissioner immediately.

Violations of the Social Media Policy

The league commissioner shall have the authority to monitor and enforce this Social Media Policy. The failure of any Detroit PAL member to adhere to this Social Media Policy shall be considered a violation of the Detroit PAL Code of Conduct, and any Detroit PAL Member who fails to adhere to this Social Media Policy shall be subject to disciplinary action, up to and including termination of such individual's involvement in Detroit PAL.

COACH OF THE YEAR AWARDS

One of Detroit PAL's core values is, "Kids First." We define "Kid First" as, "kid games, with kid rules, for kid entertainment regardless of whom that is for or against." To celebrate those coaches that have put kids first by displaying fantastic sportsmanship throughout the House Basketball season we will award Coach of the Year. All basketball organizations will vote on these awards and they will be announced during the championship. Some examples of great sportsmanship:

- This coach respects all opponents by playing hard until the end when they are down and not running up the score when they are ahead
- This coach always shakes hands after the game
- This coach comes to games on time and ready to play, does not forfeit if at all possible

- This coach plays all their kids as equally and fairly as possible and puts emphasis on learning the game rather than winning the game
- This coach supports the league as a whole and is rooting for every kid to have a great season
- This coach has supportive and non-disruptive parents and fans who show respect for opponents, officials and the league as whole

FUND RAISING EFFORTS BY INDIVIDUAL ORGANIZATIONS

No independent basketball organization may charge more than \$45 in mandatory fees for any participant for the house basketball season. Violators may be expelled from the league.

Detroit PAL is a non-profit, civic organization that receives professional guidance from its Board of Directors. The Board of Directors assures proper control of Detroit PAL money and all programs in general. Therefore, any individual wishing to raise money for their respective organizations purpose and/or desiring the assistance of Detroit PAL must first obtain written permission from the Detroit PAL Board through the Detroit PAL office. Furthermore, no solicitation materials, printed or otherwise, bearing the name or logo of Detroit PAL for the purpose of obtaining funds shall be publicized or disbursed without the written consent of Detroit PAL.