



THINK DETROIT PAL

Think Detroit PAL House Basketball

Rules and Regulations

INTRODUCTION

In addition to the Think Detroit PAL Rules and Regulations listed, Think 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 Think Detroit PAL.

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 Interest Form by Dec. 13, 2011
- b. A representative from each organization must be in attendance at all Think Detroit PAL mandatory meetings
- c. Teams must submit completed registration forms, including parent/guardian signature, for a minimum of 10 players (max of 15) and birth certificates in addition to the team entry fee by the deadline (Jan 13, 2012). Additional identification such as social security card, school or medical records may be requested as further proof of identity.
- d. Volunteer coach must be IMPACT certified through the championship (May 5, 2012)
- e. There are a limited number of spots available for teams. Registrations are accepted on a first-come, first-served basis.

FEEES

The entry fee shall be \$500.00 per team. Full entry fee must be paid at the time of registration.

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 a 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:

8U	born on or after - January 1, 2003
10U	born on or after - January 1, 2001
12U	born on or after - January 1, 1999
14U	born on or after - January 1, 1997

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.

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

- a. The name of the ineligible player appears in the official scorebook.

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 Think 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 5 regular season games to be eligible to participate in the playoffs.

ROSTERS

- a. Any additions or changes 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 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. After the final roster is submitted, **NO PLAYER CHANGES** shall be made.
- c. Teams that have not submitted their rosters in accordance with these rules and regulations will forfeit their game each time this occurs.
- d. No more than 15 registered players are allowed on the bench in uniform during games unless approved by the League Commissioner.
- e. Players cannot play for another Think Detroit PAL 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 Think Detroit PAL approved uniforms while participating in game activities. Players will not be permitted to play unless they are properly dressed.
- b. Team shirts shall be of the same color front and back and team shorts shall be of the same color. Undershirts worn under the uniform must be matching the rest of the team. All shirts must be tucked in during game play.
- c. All players shall wear a numbered jersey, front and/or back, while participating in a Think 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).
- e. Any infraction may result in a technical foul on the offending team.

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). Think 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. Only players who are dressed and ready to play shall be permitted to check in.
- c. All players must be signed in the score book to be eligible to enter the game.
- d. Coaches should sign 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.
- f. The scorebooks must be signed by both coaches and referees to confirm final scores of the game. Think 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 based of running time.
 - b. 10U & 12U shall play 7 minute quarters of running time. *(see "c" below)*
 - c. 14U shall play 8 minute quarters of running time. *(see "c" below)*
- b. Rest interval between quarters is one minute. Half-time rest is two minutes.
- c. The clock will stop only for 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. **Clock does not stop in 8U.**
- d. 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. **(exception: for the 8 & under division, games tied at the end of regulation will go to a free throw shoot out. Each team will pick five players and they each will take one free throw on the basket away from their bench. Each basket made will add one point to the final score of that player's team. If still tied after each team shoots, repeat in rounds of five players each until the score is untied.)**

RULES OF PLAY

Think 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. 8U games will be played the width of the court with two games running at the same time, using the same clock.
- c. **Calling Time Outs** - Each team is allowed two (2) full time-outs and one (1) 30-second time out per 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.
- d. **Press Rule**
 - i. **8U and 10U** – No checking in the back court at all. Exception: Teams ahead by 20 points or more at any point in the second half must play defense behind their three-point arc. First offense: Warning. Second and all additional offenses: 2 shot technical.
 - ii. **For 12U and 14U** – A full court press is allowed all game. Exception: Teams ahead by 30 points or more at any point in the second half must play defense behind their three-point arc. First offense: Warning. Second and all additional offenses: 2 shot technical.
- e. **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.
- f. **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 Think Detroit PAL credential to every game (including All-Star games and special events). If a coach does not have their credential properly displayed, that coach will receive a technical foul before tip-off. In addition, the opposing team will receive 2 points and possession of the ball. If a coach has 2 similar infractions, they may be expelled from the league.
- g. **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.

- h. 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.
- i. Sportsmanship** - 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. **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. All players MUST shake hands after the game. If a player refuses to shake hands, he/she will be suspended for the next game.**
- j. Scorer's Sheet** - A player who enters the game that is not listed on the score sheet will result in a technical foul. A team will receive two (2) shots and the ball for each infraction.
- k. 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.
- l. 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.
- m. Fouls Carry Over to Overtime** - Player's individual fouls carry over to all overtime periods. Team fouls from the second half and thereafter carry over to all overtime periods.
- n. Forfeiture for Technical Fouls** - Four (4) technical fouls other than press or non-sportsmanlike technical fouls, against a team and/or coaches constitute a forfeit. The site manager witnessing the official calling forfeiture shall make a full and detailed written report to the League Commissioner within forty eight (48) hours. The issuance of four technical fouls against any team during a single game may result in further disciplinary action from Think Detroit PAL staff.
- o. 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 Think 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 Think Detroit PAL staff.

p. Team Standings - The standings shall be determined on a win/loss basis. The standings will be posted weekly on our site www.thinkdetroitpal.org. Seedings shall be based on the following:

- i. Head to head competition
- ii. Least points given up over the season
- iii. Coin toss

q. Cancelled games

- i. Only the Think Detroit PAL staff may cancel games.
- ii. If there are any changes in game time or location, the appropriate teams will be notified by the Think Detroit PAL office.
- iii. It is the also the responsibility of each coach and manager to contact the TDP staff to determine if a game has been canceled. Hotline number (313) 359-6105

r. Forfeits

- i. Please make every effort to start your game on time but there is a 15 minute grace period for all games.
- ii. All teams should be at the game site 30 minutes prior to start time to warm up.
- iii. If a team forfeits three games over the season, the team will 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. Think Detroit PAL will provide at each sanctioned game two officials, a scoresheet and 2 basketballs. The league will use the following ball sizes:
 - i. 8U – 27” Pee Wee
 - ii. 10U – 28.5” Girls
 - iii. 12U – 29” Boys HS
 - iv. 14U – 29” Boys HS
- b. During league games, there will be no basketballs admitted into the gym. The league will provide basketballs for warm-up and games.
- c. 8U will use regulation rims.

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 Think Detroit PAL in writing, within two business days, accompanied by a fee of \$100.00 for every protest lodged, i.e. \$100.00 per individual named in the protest. If the protest is allowed, the fee will be refunded. If the protest is not allowed, the fee becomes a donation to Think Detroit PAL and NO PROTEST CAN BE FILED AT A LATER DATE.

INTERNAL DISCIPLINARY PROCEDURES

- a. **Responsibility to Report Violations** - 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.
- b. **Immediate Action** - If the misconduct or suspected violation is of such a nature that immediate action is necessary, the Basketball Commissioner shall take appropriate action, i.e. suspension, etc. The program supervisor shall investigate all hearings of alleged misconduct.
- c. **Investigation** - All investigations will be conducted by the Think Detroit PAL office.
- d. **Right to Appeal** - The results of any disciplinary decision may be appealed to the Think Detroit PAL appeal committee following normal appeal procedures. Such intent to appeal must be filed in writing and submitted to the League Commissioner within twenty-four hours. The Think Detroit PAL appeal board is the final resort for appeals.

RESPONSIBILITIES OF COACHES AND MANAGERS

Team coaches and managers shall be responsible for the following:

- a. Ensuring that participating team members meet the age requirements.
- b. Controlling the conduct and demeanor of all team members and their fans.
- c. Providing for the proper maintenance and care of all Think Detroit PAL equipment and property to ensure the return of the same at the conclusion of the Think 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. Having a completed contract filed with Think Detroit PAL and completing IMPACT Training. (Must be fully certified)

- g. 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.
- h. **No more than 3 coaches allowed on the sideline, with only 1 standing during game time. If a technical foul is issued to a coach, no coach may stand from that team.**
- i. 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.
- j. 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.
- k. All coaches or his/her designee, are required to attend all meetings held by the league.
- l. Every coach must wear their Think Detroit PAL credential to every game (including All-Star games and special events). If a coach does not have their credential properly displayed, that coach will receive a technical foul before tip-off. In addition, the opposing team will receive 2 points and possession of the ball. If a coach has 3 similar infractions, they may be expelled from the league.

COACHES CONDUCT

There is a Zero-Tolerance for the misconduct of coaches. Use of profanity will not be tolerated. Coaches must show respect for each other, personnel and everyone else involved. Coaches will adhere to the following rules at all times while participating in Think Detroit PAL activities:

- a. Abstain from criticizing an opposing team's players, coaches, or fans by word of mouth or gestures.
- b. Reserve constructive criticism for a private moment or in the presence of the team, if others might benefit, but never in front of spectators.
- c. Refrain from "running up" a score against a weak opponent.
- d. **Stay off the court and remain under control in order to set a good example for the players and fans.**
- e. Together with game officials, coaches will be jointly responsible for the conduct and control of the team, fans and spectators.
- f. Players and coaches that engage in fighting and/or touching of an official , opposing coach, opposing player, or spectator may be expelled from that game and may be subject to further disciplinary action, up to and including suspension from Think Detroit PAL activities for a period of time to be determined by the Think Detroit PAL office. **If a player or coach is suspended, they are not allowed to enter the gym.**
- g. Accept decisions of officials on the floor as being fair and called to the best ability of the officials. A decision by the official based on good judgment should never be questioned.
- h. The use of sideline electronic equipment, such as walkie-talkies, etc will not be permitted.

FUND RAISING EFFORTS BY INDIVIDUAL ORGANIZATIONS

Think 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 Think 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 Think Detroit PAL must first obtain written permission from the Think Detroit PAL Board through the Think Detroit PAL office. **Furthermore, no solicitation materials, printed or otherwise, bearing the name or logo of Think Detroit PAL for the purpose of obtaining funds shall be publicized or disbursed without the written consent of Think Detroit PAL.**



INCIDENT REPORT

CHILD'S FULL NAME (please print) _____ EXACT DATE OF ACCIDENT ____/____/____
(LAST, FIRST, MI)

CHILD'S DATE OF BIRTH ____/____/____ SEX: MALE FEMALE GRADE: _____

STUDENT'S HOME ADDRESS _____

FATHER MOTHER

FATHER'S FULL NAME _____ MOTHER'S FULL NAME _____

HOME ADDRESS _____ HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ CITY _____ STATE _____ ZIP _____

HOME PHONE (_____) _____ HOME PHONE (_____) _____

ADMINISTRATION / OFFICIAL / POLICYHOLDER TO COMPLETE

DATE OF ACCIDENT: _____ TIME OF ACCIDENT: _____ AM
PM

DETAILED DESCRIPTION OF ACCIDENT: HOW DID IT OCCUR? (OR ATTACH ACCIDENT REPORT COMPLETED BY AN OFFICIAL REPRESENTATIVE WHO WITNESSED THE ACCIDENT)

WHERE DID IT OCCUR? _____

PART OF BODY INJURED: _____ RIGHT LEFT

ACTIVITY: _____

NAME AND TITLE OF AUTHORITY SUPERVISING ACTIVITY: _____

WAS SUPERVISOR A WITNESS TO THE ACCIDENT? YES NO IF NO, DATE REPORTED TO SUPERVISOR
____/____/____

COACH/LEAGUE PRESIDENT _____ DATE ____/____/____
(NAME)

SIGNATURE OF LEAGUE OFFICIAL (TDP STAFF) _____ TEAM NAME (please print)

TITLE OF LEAGUE OFFICIAL (please print)

****PLEASE NOTE: THIS FORM MUST BE SUBMITTED TO THE OFFICES OF THINK DETROIT PAL WITHIN 3-5 BUSINESS DAYS AFTER THE ACCIDENT OCCURS.****



Our league provides accident insurance coverage for all participants in our league sports activities. Outlined below is important information regarding this coverage. It is intended as a brief description for reference only, and is not the policy.

Only **ACCIDENTS** that occur in league sponsored and supervised sports activities are covered.

DEFINITION OF ACCIDENT:

An unexpected, sudden and definable event which is the direct cause of a bodily injury, independent of any illness, prior injury or congenital predisposition.

Conditions that result from participating in an activity do not necessarily constitute accidents. For example, illnesses, diseases, degeneration, conditions caused by continued stress to a particular area of the body, and existing conditions aggravated by an accident are not covered.

Medical treatment for a covered accident must begin within 60 days of accident. Only expenses incurred within 52 weeks are considered. Benefits are determined on the basis of **REASONABLE AND CUSTOMARY** for the geographic location where services are performed.

Any person who knowingly presents a fraudulent claim containing any false or misleading information is guilty of insurance fraud and may be subject to fines and confinement in prison.

Accidents must be reported to the league official within 3-5 days. Questions regarding the incident may be directed to:

Think Detroit PAL
111 W. Willis
Detroit, MI 48201
(313) 833-1600