



**Detroit PAL Rec. Basketball**  
**“The Coldest Winter Ever”**  
**Rules and Regulations**

**2020**

## 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 TRAINING

- All Recreational Basketball Coaches/ Volunteers working directly with participants **must be Impact Certified through the championship (April 18, 2020)**
  - Coaches can REGISTER FOR CLASS online at our website!
  - <http://detroitpal.org/volunteer/>
  - Scroll down until you see IMPACT Training Registration & Click “Register Here” or call Detroit PAL at 313- 833-1600.
- Any personnel who has not taken an Impact Training class and/or who does not have proper Impact badge/credentials, may not coach or sit on the bench for any reason.
- It is expected that all team personnel on the bench during games have a valid Impact badge displayed and visible at all times.
- 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.
- Technical fouls for missing badges 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 become a team in the Detroit PAL Recreational Basketball League, the following guidelines must be adhered to:

- Teams must complete and submit a Team Registration form.
  - The Team Registration form can be downloaded and printed directly from [www.detroitpal.org](http://www.detroitpal.org).
  - Teams who do not complete and submit this form by December 1, 2019 will forfeit their opportunity to receive uniforms and/or practice space from Detroit PAL and will be responsible to supply their own.
- Teams must complete and submit Team Registration Packet composed of rosters, 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 (January 1, 2020).

- Paperwork required to complete Registration Packets should be neatly placed in envelop with team name and division legibly written on envelop.
- Registration Packets should include:
  - One (1) Team Registration form per team (listing all players)
  - One (1) registration form per player
  - One (1) birth certificate per player.
- Address the envelop to Stephanie Douglas: Rec. Basketball Commissioner
- The deadline is January 1, 2020, however, teams should make an effort to submit registration packets in advance.
- A representative from each organization must be in attendance at all Detroit PAL mandatory meetings
- 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, DUE January 1<sup>ST</sup>. If uniforms, practice space (separately) or both are needed, the entry fee shall be \$45 per player and must be PAID IN FULL BY DEC 1<sup>ST</sup>.

### **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.

#### **Age Divisions**

Competition shall be in the following age divisions:

- **8 and Under**            **Can not turn 9 before May 1, 2020**
- **10 and Under**        **Can not turn 11 before May 1, 2020**
- **12 and Under**        **Can not turn 13 before May 1, 2020**
- **14 and Under**        **Can not turn 15 before May 1, 2020**
- **17 and Under**        **Can not turn 17 before May 1, 2020**

#### **Ineligible players**

An ineligible player shall be defined as:

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

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

- 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.

### **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. In preparation for game 1, all team rosters are due January 1, 2020.
- b. After game 1, any additions or changes to your roster must be submitted to the League Commissioner no later than 48 hours before the 2nd scheduled game. (January 30, 2020 by 6pm @Detroit PAL Headquarters)
- c. Final rosters are due no later than 48 hours before the start of the third game of the season. (February 6, 2020 by 6pm @Detroit PAL Headquarters)
- d. All final rosters shall be signed by the League Commissioner. After the 3<sup>rd</sup> game of the season, no player changes shall be made.
- e. Teams that have not submitted their rosters in accordance with these rules and regulations will forfeit their game each time this occurs.
- f. No more than 15 registered players are allowed on the bench in uniform during games unless approved by the League Commissioner.
- g. Players cannot leave one team and join another 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 Basketball Commissioner before the 3<sup>rd</sup> game. After 3<sup>rd</sup> , no changes can be made.

### **UNIFORMS**

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.

- Team jerseys shall be of the same color front and back and team shorts shall be of the same color as the jerseys. All shirts must be tucked in during game play. Undershirts worn under the uniform should be matching the rest of the team.
- 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.
- Players must remove all jewelry (including rubber bands). NO exceptions. (Placing tape over earrings or jewelry is prohibited).

- 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

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.

- Prior to the start of games, coaches must instruct all players to check in at the scorer's table.
- 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.
- 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.
- 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.
- Detroit PAL shall keep the books.
- The score of a forfeited game shall be documented as 15-0 in favor of the team ready to play.

### TIMEKEEPING

Game times for each age group shall be:

- 8U shall play 6 minute quarters of running time.
  - 10U & 12U shall play 7 minute quarters of running time.
  - 14U & 16U shall play 8 minute quarters of running time.
- 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
  - The clock will stop only for team time-outs, official time-outs, and technical fouls. During the last two (2) minutes of the 2<sup>nd</sup> quarter and the 4<sup>th</sup> 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.
- ***Each team will have two (2) full time-outs per half.***
  - 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 three 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 until the score is untied.)**

## **RULES OF PLAY**

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

- **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.
- **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.
- **Press Rule**
  - **8U** No checking in the back court at all.
  - **10U** Can press ONLY in the last two minutes of second and fourth quarters.
  - **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.

### **Distance of Free throw Line**

- In efforts to develop proper form and increase success, players in the 8u division will take free throws 14 feet from the basket.
  - In special circumstances, coaches may request that specific players shoot 15 feet from the basket.
  - By default, referees will administer free throws 14 feet from the basket.
  - Coaches must alert the referee of his/her request for a player to take free throws 15 feet from the basket (instead of 14 feet) before the ball is administered (official to player).
  - **10u, 12u, 14u, and 16u** division will take free throws **15 feet** away from the basket.

**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 moms 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.

- **All adults attending games and/or working with children, including coaches, shall engage in conduct that models healthy relationships and behavior for our youth. At minimum, the following code of conduct must be followed. These examples include but are not limited to:**

### **Spectators**

A spectator is considered to be any person attending a game for the purpose of watching the game and/or not a player or coach that is directly involved with the game in play.

- Spectators are to sit or stand opposite of the players bench on the other side of the court.
- Spectators are not allowed to sit or stand behind the player's bench during the game.
- Spectators are not allowed to shoot a basketball on side baskets. It is also prohibited for spectators to run, walk-on or shoot a basketball on the main court baskets during half-time.

- Team coaches are responsible for ensuring that their fans/spectators remain in their proper places during games; offenders can cause their team penalties for unsportsmanlike conduct.
- Officials may request the removal of objectionable spectators from the area of the game in the interest of the players' well being.

### **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.
- **Any coach, player, team representative or spectator who approaches an official in any way to challenge a call may be banned from the game.**

### **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 2<sup>nd</sup> violation. After a coach receives one technical as a result of coaches conduct the coach receiving the technical must sit for the remainder of the game. A coach receiving a 2<sup>nd</sup> technical will result in ejection from the game and an automatic suspension for the next game.

### **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 players shall not listen to headphones, video record warm-ups or the game from the bench, text, or hold a phone conversation on the bench during the game. Failure to comply with the rules will result to a technical foul – (two points granted to the opposing team, plus the possession of the ball).

### **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 and their head coach will be suspended for the next game and may face additional disciplinary actions.
- Teams must clean up their bench area before leaving the gym.

### **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.

### **Fouling Out**

A player shall be disqualified from the game once they are charged with their 5<sup>th</sup> foul. They may play in the next game.

### **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 10<sup>th</sup> team foul and each foul thereafter, each foul will result in 2 free throw attempts.

### **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) points and possession of the ball to the offended team.

### **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.

### **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.

### **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/Scorekeeper will be responsible for notifying the League Commissioner of all ejections. Any Detroit PAL staff or game official has the authority to eject a player, coach, or spectator. 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.

### **Team Standings**

The standings shall be determined on a win/loss basis. The standings will be posted weekly on our site [www.detroitpal.org](http://www.detroitpal.org). Standings and playoff seeding shall be based on the following:

- Head to head competition

### **Cancelled games**

- Only the Detroit PAL staff may cancel or reschedule games.



- If there are any changes in game time or location, the appropriate teams will be notified by the League Commissioner via email, phone, and/or text.
- It is also the responsibility of each coach and manager to contact the PAL staff to determine if a game has been canceled.

### **Forfeits (15 Minute Grace Period)**

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 who arrive late or unprepared to play on more than 2 (two) occasions, may face disciplinary actions from the league (not excluding being dropped from the league and not entitled to any refund).

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. 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**

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.

The league will use the following ball sizes:

- 8U – 28.5” Youth
- 10U – 28.5” Girls
- 12U – 28.5” Girls
- 14U – 29.5” Boys HS
- 16U – 29.5” Boys HS

### **Warm-up Equipment**

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**

- Protests concerning player eligibility (see eligibility) and rule interpretation will be the only types of protests considered.
- 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.
- 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 Detroit PAL upholds the protest, the fee will be refunded. If Detroit PAL denies the protest, the fee becomes a donation to Detroit PAL and no protest can be filed at a later date.
- 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)
- 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.

### **RESPONSIBILITIES OF COACHES AND MANAGERS**

Team coaches and managers shall be responsible for the following:

- Ensuring that participating team members meet the eligibility requirements.
- Controlling the conduct and demeanor of all team members, assistant coaches and fans.
- 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.
- Complying with all requests for administrative paperwork and ensuring the completeness and accuracy of all documents.
- Providing participants and their parents with information regarding schedules, game rules for age division, site information, and contact numbers.
- Completing appropriate IMPACT training each year before the start of the season.
- 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.
- All coaches or his/her designee, are required to attend all mandatory meetings held by the league.
- 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:

- 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.

- 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.
- 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.
- 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.

#### **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.