

Men's, Women's & CoEd Basketball League

Rules, Regulations, & Information

1. Welcome
 - a. Welcome, and thank you for being a part of the VAIL Sports program. We look forward to delivering you the most in-depth, enjoyable recreational basketball experience you will find. We represent a very respectable product, and we ask from each participant to display great sportsmanship as a member of the VAIL Basketball League. Best of luck to each and every participant – we look forward to a fantastic season, and many more to come!
2. Rules
 - a. Players & Substitutions
 - i. Teams must have at least 4 players present at game time in order to avoid a forfeit.
 - ii. In CoEd, at least 2 team members from each gender must be present to make up the 4 players. There must be 2 of each gender on the floor at all times.
 - iii. A game must begin with 4 players, and it may continue if injuries, ejections, or other problems force a team below 5 players.
 - iv. In CoEd, if a problem causes a team to drop to 4 players, it must be 2 of each gender for the game to continue.
 - v. If, at any point, a team is to drop below 4 players, the game is to be stopped.
 - b. The Game
 - i. All games will begin with a jump ball and then alternate possession the rest of the game.
 - ii. All games will be played in two 20-minute halves with a running clock, and a 3 minute halftime. The clock will stop on all whistles in the last 2 minutes of the second half IF the game is within 15 points at the 2-minute mark in the second half.
 - iii. In CoEd, a female basket inside the 3-point arc will count for three points and, if beyond the arc, a female basket will count for four points.
 - iv. Each team will be allowed two timeouts per game. Timeouts will be 30 seconds.
 - v. A tie score at the end of regulation time will result in a 3 minute running clock overtime period with ball possession determined by a jump ball. The clock will stop in the last minute of overtime. Each team will have one timeout in overtime.

- vi. Double overtime is a 2-minute period with the clock stopping in the last minute, and all remaining overtimes will be one-minute sessions with the clock stopping on all dead balls. Each team gets one timeout per overtime, and no timeouts carry over.

c. Fouls

- i. All common and personal fouls shall be counted against a team's total. On and after the seventh team foul, a one-and-one bonus shall be awarded for the remainder of the half/game. There is no double bonus on or after the 10th team foul.
- ii. Prior to the seventh team foul:
 - 1. Any common foul shall result in loss of possession for the offending team.
 - 2. Any player control foul shall result in a loss of possession.
 - 3. Any shooting foul with a converted basket shall result in the basket being awarded and one free throw
 - 4. Any shooting foul without a converted basket shall result in either two or three free throws being awarded (or in CoEd, three or four free throws, respectively).
- iii. On and after the seventh team foul:
 - 1. Any common foul shall result in a one-and-one free throw. (In CoEd, a female will shoot a two-and-one, which means if the female makes both of her free throws, she will attempt one more).
 - 2. Any player control foul shall result in a change of possession.
 - 3. Any team control foul shall result in a change of possession.
 - 4. Any shooting foul with a converted basket shall result in the basket being awarded and one free throw
 - 5. Any shooting foul without a converted basket shall result in either two or three free throws being awarded (or in CoEd, three or four free throws, respectively).
- iv. A free throw must be attempted 10 seconds from the time the ball is at the disposal of the shooter. (Free throw restrictions for those lined up on the lane line must wait until the ball is released; the shooter and those behind the three point line must wait until the ball hits the rim).
- v. Only 2 offensive players may line up on the lane line for a free throw. Two defensive players must occupy the lowest spot. The remaining spots may be occupied by any team, but with priority given to the defensive team. The low block on either side must remain unoccupied.

- vi. An intentional foul results in two free throws and possession of the ball. If the foul is ruled flagrant (i.e. pushing a player in the back on a lay-up with intent to injure), it will also be filed as a technical foul to the guilty player.
- vii. Officials may call a technical foul for anything that, in the judgment of that official, is thought to be a delay of the game or unreasonable behavior on the part of an individual/team (this includes fans, also).
- viii. All technical fouls will result in awarding the opposing team two free throws and possession of the ball. Dunking in warm-ups is a technical foul. Refusal to remove jewelry at the request of the official is a technical foul.
- ix. A technical foul on a fan of a team will constitute a technical foul on the captain of the team.
- x. Any player receiving two technical fouls in one game will be removed from the game and the gym.
- xi. Any player removed from a game by an official must contact the Commissioner of VAIL Sports as to future status. A second ejection in a single season will result in an indefinite suspension from the league.
- xii. Any player who makes contact with an official will be ejected from that game and suspended indefinitely.
- xiii. The VAIL Supervisor on site reserves the right to impose disciplinary action on players/teams if the situation warrants.
- xiv. All other rules not listed on this sheet will be followed according to NCAA Rules.

3. Ejection Procedure

- i. Any player, coach, or fan ejected from a VAIL game for any reason must leave the playing area immediately if requested to do so by the official or VAIL Supervisor. Failure to leave the area may result in forfeiture of the game by the team associated with the ejected person.
- ii. Full cooperation with the VAIL staff by an ejected participant is strongly encouraged in order to ensure the safety and reconciliation of the problem as quickly as possible.
- iii. Any participant, coach, or fan that is ejected from a VAIL game is temporarily ineligible from further competition in VAIL Sports. The player must contact the Commissioner of VAIL Sports as to future status.
- iv. If any suspended participant is found to be playing with another VAIL team prior to reviewing the ejection with the Commissioner, he or she will jeopardize the eligibility of that team and could lead to the removal of that team from participation in the league.

4. Structure

i. League Play

1. Regular seasons are 8-game schedules.
2. Games are scheduled Mondays through Thursdays, depending on gym time needed for that particular season.
 - a. The conflict sheet in the registration form will enable VAIL to attempt to schedule its participants at their most convenient times.
 - b. VAIL cannot guarantee, by crossing out a time, that your team will never play at that time. We will certainly do everything we can to accommodate your requests.
3. Schedules will be available a week prior to the beginning of League play.

ii. Tournament Play

1. Single Elimination Tournaments will be held for all divisions at the conclusion of the regular season.
2. League Standings
 - a. Game results and League standings will be updated shortly after games are concluded. Results, standings, and more will be at www.vailsports.net for all to review.
 - b. Standings will be used to seed teams in the postseason tournaments.
 - c. if a tie in the standings exists at the end of regular season play, the following tie-breaking system will be used:
 - i. head-to-head result
 - ii. W-L record vs. like opponents, starting from teams with the best records and moving down
 - iii. point differential (total points scored during season – (minus) total points allowed)

5. Forfeits & Defaults

- i. Teams must have at least 4 players present in order to avoid a forfeit. (For CoEd, there must be at least 2 members of each gender to make up the 4 players).
- ii. If the captain knows his or her team will indeed have to forfeit a game ahead of time, PLEASE notify the Commissioner immediately at vailsports@gmail.com so the opposing team can be notified in a timely manner.
- iii. If a team has to forfeit more than one game, it could potentially result in removal from the league.

- iv. GAME TIME IS FORFEIT TIME.
- v. A forfeit during a single elimination playoff tournament eliminates the forfeiting team from further competition.

6. Roster Policy

- i. Additions to the team roster can be made up until the end of a team's 5th scheduled game, provided that:
 - 1. The added player PLAYS in at least one of the first 5 scheduled games.
 - 2. The added player is not or has not played with another team in the same division, unless he/she is properly removed from the other team's roster. (This applies to Divisions only – a male *can* participate on both a Men's team and a CoEd team).
 - 3. Additions to the team roster are made when a participant signs the Assumption of Risk Form on the scorecard.
- ii. An individual who has played for a team and wishes to remove himself/herself from that team's roster has 10 days to notify VAIL from the first time he/she plays with the team. If the player then seeks to join another team in the same league, he/she must receive approval from VAIL before playing with the new team.
- iii. A team can have as many players on the roster as desired, as long as everyone is wearing a league-approved jersey. If more jerseys are needed, the team captain can contact VAIL at vailsports@gmail.com to order additional jerseys at an additional cost.

7. Playoff Structure

- i. ALL TEAMS will be placed into a single elimination tournament as long as they meet the following criteria:
 - 1. The team has followed the player eligibility rules throughout the season.
 - 2. The team does not forfeit multiple games.
 - 3. Playoffs will begin the week after the regular season concludes, & brackets will be posted on www.vailsports.net
 - a. The brackets will be updated daily.
 - b. Teams should check the brackets the afternoon following a playoff game to find the scheduling of their next game.

8. Eligibility

- i. All participants must be at least 18 years of age.
- ii. All participants may participate on no more than one Men's team and one CoEd team.
- iii. The Assumption of Risk Form must be signed before playing in a game.

9. Protests

- a. All protests must be filed via email by the protesting team captain with the Commissioner of VAIL Sports by 1:00 PM the day following the incident, accompanied by a \$20 Protest Fee for each rule under protest.
- b. Eligibility Protest
 - i. In all games, eligibility protests must be made prior to the start of the second half. The protesting team captain must notify the official and VAIL Supervisor. If the official(s) are hesitant or refuse to summon the Supervisor, then the team captain is responsible for securing the VAIL Supervisor. The team captain should refuse to continue play until the VAIL Supervisor arrives and makes a ruling regarding the protest. The Supervisor will hear the protest and then explain the protest to the opposing team captain. If the player(s) in question are removed from the game, no further penalty is required. If the player(s) in question play(s) in the remainder of the contest, the Commissioner of VAIL Sports will rule on the protest the next day.
- c. Rule Misapplication or Misinterpretation Protest
 - i. Judgment calls cannot be protested. If a team captain wishes to protest an official's rule application or interpretation, he/she must do so immediately before the next live ball play. The protesting team captain should notify the official(s) to suspend play and request that the Supervisor be brought to the court to make a ruling prior to continuation of play. If the official(s) are hesitant or refuse to summon the Supervisor, then the team captain is responsible for securing the VAIL Supervisor. The team captain should refuse to continue play until the VAIL Supervisor arrives and makes a ruling regarding the protest. If the team captain disagrees with the Supervisor's protest ruling, the team captain should immediately inform the Supervisor that the contest is being played under protest. The Supervisor will document the contest facts (player name, team played for, score, ruling, date, time, site, time remaining in game, etc.) and file a report with the Commissioner of VAIL sports.

10. Game Locations/Inclement Weather/Cancellations

- a. VAIL will be using various gymnasiums throughout the different “regions” of Richmond. Gym locations and directions will be provided for all locations at www.vailsports.net
- b. If, for any unforeseen reason, games need to be postponed or canceled, the decision will be made no later than 4:00 PM that day.
- c. Captains will be notified via email, and you can go to www.vailsports.net to check on any postponements or cancellations.

11. Captain’s Responsibilities

- a. Inform players of game time and location.
- b. Have team members fill out and sign the back of the scorecard on the Assumption of Risk Form legibly prior to each game.
- c. The captain is the only team representative that is allowed to discuss rule interpretations and player eligibility with the official(s)/VAIL Supervisor.
- d. Be familiar with rules, schedules, and policies of VAIL Sports, and pass this information along to all team members.
- e. Stress importance of sportsmanship to all team members.
- f. The use of alcohol and tobacco are not permitted in the gymnasiums – make sure your team obeys.
- g. Complete and submit Team Conflict Sheet and provide VAIL Sports with feedback about the league through the basketball assessment survey after the season concludes.

12. Team Member Responsibilities

- a. Each team member must sign his/her name on the Assumption of Risk Form on the scorecard prior to the start of each game.
- b. We encourage arrival and sign-in 15 minutes prior to game time.
- c. Clean up any trash or equipment brought to the game before you leave.

13. Equipment

- a. All jewelry except medical alert bracelets must be removed before play. Other accessories that the official deems inappropriate (within his or her grounds of rational judgment) must be removed at the official’s request before play. Not obeying repeated requests from the official(s) could result in a player’s removal from the game.
- b. Each player must wear shoes.
- c. Only official VAIL basketballs will be used for league play.
- d. VAIL jerseys must be worn by all participants. Make sure that every team member has an official VAIL jersey before he or she attempts to enter the game.