

BMC Men's Basketball League

Costs and Information

Team Registration:

Each team must submit their roster to BMC Wellness via email at bibbwellness@gmail.com immediately following registration.

Information to include:

- Players name
- Date of Birth
- Email address

Team cost of \$250 to be paid in full at registration.

Cost covers:

- Referees
- Admin fees/scheduling

Jerseys are not required. Same or similar color shirts are required, **NOT** included in registration cost!

Roster and Players:

All teams must submit a completed roster at registration.

- ❖ Rosters shall have a minimum of five players and a maximum of 10 players.
- ❖ Injured players or ejected players cannot be replaced on the original roster.
- ❖ Each player on your roster must be at least 21 years of age.
 - This policy involves liability issues and cannot be waived.
- ❖ Teams must have at least four players on the court to play.
- ❖ Any team that drops to three players will forfeit.

Etiquette:

Each team will designate a team captain (preferably a BMC Wellness Member).

The team captain has sole responsibility for all interactions with officials.

- ❖ Captains may discuss rule interpretations but ***may not*** discuss judgment calls.
- ❖ Captains are expected to be respectful to officials and never act disrespectfully.
- ❖ If you are unable to play your regularly scheduled game, contact BMC and the opposing team captain. No rescheduling dates, only forfeits. ***Penalty: technical foul***

Team captains are responsible for ensuring that all players and spectators who are with their team behave in an appropriate manner.

Penalty: technical foul.

NOTE: The officials' jurisdiction begins from the time a player arrives on site until the player leaves.

Actions that occur, before, during and after games are all subject to a technical foul, flagrant foul or ejection. In the event that a player received a technical or flagrant foul, the player will be suspended from the next game.

League Format:

There will be 5 regular season games followed by a round of playoffs.

Regular season games will be held on Thursday's beginning at 6:00 at the BMC Wellness Center.

Team schedules will be emailed out the week prior to season start date.

Playoffs will begin the week following the regular season.

Equipment:

Jerseys/shirts are NOT included in the registration cost. All players must be wearing the same color.

Balls will be provided by BMC Wellness Center - no outside balls allowed during league games.

Game Time:

Games will begin promptly at the scheduled start time

- ❖ If a team only has four players present at game time, they must play with four.
- ❖ If a team does not have four players present at ten minutes past the scheduled game time, they will forfeit the game.

Games will consist of four 10-minute quarters.

- ❖ The clock will be running time except:
 - The final 2 minutes of each half (unless a team is ahead by 20 points or more)
 - An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is up to the officials' judgment)
 - A time out is called
 - During free throws
 - Officials may correct a mistake by scorekeepers
 - If a team requests a scoreboard correction, and no mistake is found, that team will be charged with a time out

Official Score and Scorekeeper:

Captains must fill out the scorebook at the front desk prior to each game. Players first and last name must be entered into the scorebook at the front desk.

- ❖ Only players who are present shall be listed in the scorebook.
- ❖ Players may not enter the game until they've been entered into the scorebook.

Teams are responsible for keeping up with the score and foul count. Teams must designate someone to run the scoreboard if they wish to have it running.

- ❖ Teams are encouraged to closely monitor the scoreboard and keep their own scorebook
- ❖ Teams shall alert the officials immediately if any errors occur
- ❖ If a team alerts the official to an error (that requires a clock stoppage) and no error is found, that team shall be assessed a timeout.

Putting the Ball in Play:

Jump balls will only be used to begin the game and to begin all overtime periods.

All other jump ball situations (including half time) will be determined by alternating possessions

The officials shall handle the ball after every whistle

Time Outs:

Each team will be allowed two one-minute timeouts per half

Unused timeouts **do not** carry over between periods

Dunking:

Dunking is allowed in games, however, players may not hold onto the rim

- ❖ Players holding onto the rim (even briefly) will be assessed a **technical foul**
- ❖ **DUNKING IS NOT ALLOWED DURING WARMUPS**
- ❖ Any player caught dunking during warmups or in any other non-live situation **will be assessed a technical foul**
- ❖ This includes dunking after a whistle, or during a stoppage in the game.

Fouls:

Any participant who is assessed five personal fouls will be removed from the game (fouled out)

A technical foul is considered a personal foul

Example: a player who receives four personal fouls and one technical has fouled out.

A player shooting a three point shot when fouled shall receive three free throws (only when a three point line is available)

Free Throws:

Players may enter the lane once the ball leaves the shooter's hand (on the release).

Technical Fouls:

All technical fouls are two-shot fouls plus the ball at mid-court

Any player who receives two technical fouls in a game will be ejected from the game and will be suspended for a minimum of one game.

- ❖ *Note - this excludes technicals for a jersey violation*

ANY PLAYER WHO RECEIVES THREE TECHNICAL FOULS DURING THE SEASON WILL BE SUSPENDED FOR THE REMAINDER OF THE SEASON

Refunds will not be given for expelled players

Players who receive their 3rd technical foul during the final game will be suspended for the next season.

Any misinformation about a technical foul may result in a team suspension

The following will be considered misinformation:

- ❖ Refusal to give the scorer's table the offending players name
- ❖ Lying about the name of a player who's received a technical
- ❖ Attempting to play with a suspended player

Flagrant Foul:

A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking, kneeing or an attempt to injure.

Any player who receives a flagrant foul shall be ejected from the game and will serve a minimum of a one game suspension.

A flagrant foul will also count as a technical foul.

Player Conduct

BMC Men's Basketball League is a recreation program who aims to create a welcoming environment for all players. As such, the following conduct expectations are in place for all adult basketball games.

The following actions may result in a technical foul:

- ❖ Use of profanity
- ❖ Complaining about or questioning an official's call by a non-team captain
- ❖ Persistent complaint about judgment calls by any player (including captains)
- ❖ Abusive or profane language by a spectator (team technical shall be assessed)

The following actions shall result in a technical foul, double technical (ejection) or flagrant foul.

- ❖ Use of profanity toward an official or an opposing player
- ❖ Making a comment that is personal in nature to or about an official or opposing player
- ❖ Any attempt to "bait," taunt or otherwise instigate an opponent
- ❖ An attempt to physically intimidate an opponent or official
- ❖ Any physical contact with an official will result in ejection from the league and notification of authorities

NOTE: The officials' jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur, before, during and after games are all subject to a technical foul, flagrant foul or ejection.

Alcohol and tobacco is not permitted to be on-site during any activities.

Fighting

Any player who is ejected for, or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season.

BMC Wellness will use a strict definition of fighting, and shall impose the fighting for penalty for any of the following action

- ❖ Throwing a punch (regardless of whether or not it is landed)
- ❖ Slapping or pushing a players face or head area

- ❖ Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team)
- ❖ Any violent, physical act on another player outside of the actions allowed in basketball
 - Example: throwing a player to the court**
- ❖ Any player who leaves the bench while an altercation is happening shall be considered to be fighting (exception: if an official specifically asks players to help to restore order).
- ❖ The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.

Elam Ending - Overtime

The clock is turned off at the first dead ball with under four minutes left in the game.

A *target score* is then determined by taking the leading team's current score and adding a certain number of points to it.

The first team to reach the target score wins the game.

Eight points will be added to the leading team's score to set the target score. So if the score is 88-80 at the first dead ball with under 4 minutes left in the game, they will set the target score at 96. The first team to reach the target score wins.

This means that EVERY GAME ends on a made basket, eliminating dull + boring finishes. **ELIMINATING ALL THE PLAYER ON PLAYER FOULING!!**

Officials:

The officials for the Adult Basketball league are not employees of BMC, they are contracted. However, the officials are expected to treat players in a professional and respectful manner, and uphold all of the rules and policies in this manual.

BMC contracts for two official per game and intends to play each game with two officials

- ❖ In the event that one official is unavailable, a game may be officiated by one official and will be considered an official game.
- ❖ In the event that either neither official is present, teams may decide to proceed in one of the following ways:
 - Solicit a volunteer(s) to officiate the game. The volunteer officials will be paid the officials' fee.
 - Play a self-officiated game (teams will split the officials' fee).
 - Declare the game a no-contest, so neither teams standings are affected (teams will split the officials fee)
 - If option i or ii are agreed upon, the game must be played to completion, unless an official arrives to complete the game (the game shall not be restarted).
 - Once a game has begun, it is considered an official game and cannot be replayed.

Team Conduct:

Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeiture of all fees.

Officials and teams shall report all poor sportsmanship to the league director.

Rules Not Listed: Any rule not listed in this manual will be governed by NFHS (High School) rules.

Forfeits: If you must forfeit, please notify the Wellness Center Coordinator as soon as possible
205.926.3360

Weather: In the event of inclement weather, contact the BMC Wellness front desk (205-926-3360) to determine whether games have been canceled.

**PLEASE READ CAREFULLY BEFORE SIGNING. THIS DOCUMENT HAS LEGAL CONSEQUENCES
AND WILL AFFECT YOUR LEGAL RIGHTS AND ABILITY TO BRING FUTURE LEGAL ACTIONS.**

In consideration of being allowed to participate in any way in a BMC Wellness Center program, game, event or activity (an "Event"), I _____, the undersigned, on behalf of myself, and my participant child or ward (if applicable, in which case "I," "me," and "my" in the following

provisions shall also apply to my participant child or ward, as appropriate), and my personal representatives, heirs, assigns, and next of kin, acknowledge and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist;

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS, AND ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION. I hereby certify that I am healthy and capable of participating in one or more BMC Wellness Center programs;

3. I willingly agree to comply with the stated and customary terms and conditions for participation. I also agree that I will inspect the facilities and equipment to be used, and if I observe any unusual hazard or anything unsafe during my presence or participation, I will bring this to the attention of BMC Wellness Center and remove myself from participation immediately;

4. I will respect the spirit of fair play, clean game and non-violence, and behave accordingly on and off the court, and I agree to comply with and be bound by BMC Wellness Center's Code of Conduct and Rules and Regulations, which I was provided a copy of.;

5. I HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE BMC WELLNESS CENTER (AND EACH OF THEIR RESPECTIVE AFFILIATES, ADMINISTRATORS, DESIGNEES, LICENSEES, AGENTS, COACHES, OFFICERS, DIRECTORS AND EMPLOYEES), OTHER PARTICIPANTS, OPERATORS, VENDORS, SPONSORING AGENCIES, SPONSORS, ADVERTISERS, AND OWNERS AND LESSEES OF PREMISES USED IN CONNECTION WITH AN EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY ASSOCIATED WITH MY PRESENCE OR PARTICIPATION, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW;

7. I HEREBY AGREE TO HOLD HARMLESS, DEFEND, AND INDEMNIFY EACH OF THE RELEASEES FROM ANY LOSS, LIABILITY, CLAIM, DAMAGE, JUDGMENT, LEGAL FEES, OR COSTS ARISING FROM OR INCURRED DUE TO MY PARTICIPATION IN OR OTHERWISE IN CONNECTION WITH THE EVENT, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, TO THE FULLEST EXTENT PERMITTED BY LAW;

8. I am responsible for all property I bring into the BMC Wellness Center, and I agree that the Releasees shall have no responsibility for any loss or damage to my property;

9. I irrevocably grant to BMC Wellness Center and its designees, agents and licensees (with no obligation to compensate me) the right and license, throughout the world, in any and all forms of media currently existing or hereafter created, to use, reproduce, adapt, publicly distribute, perform, display, broadcast, acquire, activate, retain, and transmit my name, nickname, initials, autograph, facsimile signature, voice, biographical data, statements, performance, video and/or film portrayals, photograph and/or electronic likeness and image and/or facsimile image of me in connection with (i) the promotion of the sport of basketball; (ii) the promotion or exhibition of one or more basketball events sanctioned or organized by BMC Wellness Center; and/or (iii) any non-commercial use. I understand that BMC Wellness Center may not use my image in a manner that creates or implies an endorsement of a commercial product or service

without my prior consent and represent and warrant that I have the right to grant such consent on behalf of myself.

10. I acknowledge and agree that my participation in an Event does NOT grant to me any right or license to use, reproduce, adapt, publicly distribute, perform, display, broadcast, acquire, activate, retain, or transmit and video or audio footage (in any and all forms of media currently existing or created) from the Event without the prior express written consent of BMC Wellness Center. This includes, without limitation, the use of video or audio footage on social media, YouTube or other comparable sites, or in personal videos.

11. I expressly agree that

(a) this RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT is governed by the laws of the State of Alabama, USA, and is intended to be as broad and inclusive as is permitted by law, and that if any portion hereof is held invalid, it is agreed that the balance shall nonetheless continue in full legal force and effect; and

(b) for the purposes of any action or proceeding arising out of or related to this RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, I expressly submit to the jurisdiction of all federal and state courts located in the State of Colorado.

12. I certify that I have NOT:

a. Been convicted of, received a deferred sentence or adjudication for, or pled guilty or no contest at any time for, have been charged with (a diversion agreement will be considered a charge unless and until the agreement is fulfilled and the charge(s) dismissed), or have a pending charge for, any felony or misdemeanor or other crime involving vehicular bodily harm, except as listed in the Disclosures in Exhibit A. For purposes of clarity, this includes juvenile offenses if such offense would fall under any of these categories in the prior sentence, if they were committed by an adult.

b. Had any interim measures, suspension, sanctions, or other penalties imposed on me by any National Governing Body or the U.S. Center for SafeSport, except as listed in the Disclosures in Exhibit A.

c. Had any interim measures, suspension, sanctions, or other penalties imposed on me by my school, university, school district, or another sport organization, except as listed in the Disclosures in Exhibit A, for any physical violence, sexual misconduct, sexual harassment, or any misconduct resulting in expulsion.

Please check one:

☐ I certify that I have disclosed in Exhibit A any and all of the above-described offenses in this Section 12, if applicable to me.

☐ I certify that none of the above applies to me.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY.

Participant's Signature

Age: _____

(Print Name)