

| | Name | Contact Phone | Email Address |
|---------------------------|------|---------------|---------------|
| Coach 18+ | | | |
| Team Captain | | | |
| Team Representative (18+) | | | |

Structure of League

Games will be played in two-20 minute halves. There will be running time for the first 18 minutes and stop time for the last 2 minutes of each half. Each team is allowed 3 timeouts per game, which can be taken at any time. Taking a timeout when your team does not have any left will result in 2 technical foul shots for the opposing team. Games will start no later than 10 minutes past the scheduled start, or 10 minutes after the conclusion of the previous game, whichever situation applies. No game will start before the scheduled start time. The J-Ball league will start immediately after JCC programming or the scheduled start time, whichever applies. Each team must have four players on the court at all times or the game is forfeited.

Overtimes will consist of a 3 minute period, 2 minute run, and 1 minute stop time. Each team is awarded an additional time out to their existing timeouts.

Rules

This league is in compliance with the Minnesota State High School League basketball rules, with the following changes:

- Eligible players may only play on one team:
 - Athletes who play on Junior Varsity and Varsity Basketball teams during the current academic year are not eligible for the league.
 - The score sheet is the official score.
 - No coach or team representative means no game and an automatic team forfeit.**
- 1. **NO DUNKING:** Any attempt to dunk will result in automatic ejection from the game.
- 2. Fighting, swearing, and abusive conduct, unsportsmanlike conduct, and flagrant fouls will not be tolerated at any time. Violators may be removed from the game and gym by either the game official or the JCC staff supervisor.
- 3. Any player ejected from a game for misconduct will be subject to a minimum of one game suspension.
- 4. **Over and Back Policy:** Once the ball passes the half court line, the team with the ball cannot go past the white (volleyball) line again. If the other team tips the ball and it goes onto the other side of the line, you can grab the ball without the "over and back" violation.
- 5. **Free Throw Policy:** When a player is taking a free throw shot, all players on the free throw line must be between the free throw lane hash marks (not on them); this will count as a violation if players step onto the hash marks or into the free throw lane before or during a shot. Once the ball is released from the shooter hand, players are allowed to enter the free throw lane.
- 6. **Rim Violation:** If the basketball hits the top of the backboard or the basket wiring, it will be counted as out of bounds and possession will be awarded to the opposing team.
- 7. **THE REFEREE'S CALL IS FINAL!** Anyone arguing with a referee will be ejected for the remainder of the season. The severity of a misconduct penalty will be decided by the league coordinator based on the nature of the misconduct.

By submitting this form I am accepting the responsible for collecting/ submitting all league payments and information. I also understand and will ensure the team will abide by all SABES JCC League rules. The SABES JCC assumes no responsibility for injuries or illness which may result from participating in this sports league. I expressly acknowledge on behalf of myself and my team that I assume the risk for any and all injuries, which may result from my participation in these activities. I hereby release and discharge the SABES JCC, its agents, servants, and employees from any and all claims for injury, illness, death, loss or damage which I may suffer as a result of my participation in this league.

Coach's Signature:

Team Representative's Signature: