

DEPARTMENT OF PARKS AND RECREATION
Athletic and Facilities Services Division, 300 N Park Dr, Arlington, Virginia 22203
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****** 2025-26 Youth Basketball Leagues ******
Rules & Regulations

League games will be governed by the current Official Basketball Rules as adopted by the National Federation of State High School Athletic Associations (cited herein as National Federation), except where amended by the League rules presented herein or declared by the League Commissioner.

Note: All changes/updates for the 2025-26 season are in red.

1.00 - Coaches/Managers

- 1.01 The designated head coach or, in his/her absence, assistant coach shall be the team representative.
- 1.02 Each head coach shall be responsible for the following:
- a. Attending all League meetings;
 - b. Informing team members of the outcome of League meetings and protest review;
 - c. Knowing the League regulations and playing rules, and being able to advise team members and parents as to their interpretation and application;
 - d. Distributing League schedules and other League materials to team members;
 - e. Controlling the language and conduct of his/her players, bench personnel, and spectators during practices and games;
 - f. Acting as liaison to the League office;
 - g. Timely submission of protests and other paperwork required by the League office or these rules; and
 - h. Obtaining proof of the grade and school a player is currently attending, when requested, for review by the League office (see Rule 4.01 below).
- 1.03 All teams will be limited to a total of three non-player bench personnel (i.e., head coach and two assistants) to be listed on the team roster. The individuals shall be registered as volunteer coaches/assistants with the League Office and are not subject to change without the authorization of the Commissioner, Arlington Youth Basketball Leagues. Any additional personnel working with any youth team must also be registered as volunteer assistants with the League Office. All coaches, assistant coaches, and other volunteers must pass the Arlington County background check.
- 1.04 Coaches must remain seated on the bench at all times while the clock is running or is stopped except to (as in National Federation Rule 10-5, Articles 2 - 7):
- a. Confer with bench personnel and players within the confines of the bench area during a charged time-out or the intermission between quarters and extra periods;
 - b. Rise and stand in front of their seat to signal players to request a time-out;
 - c. Confer with personnel at the scorer's table to request a time-out for a correctable error (as in National Federation Rule 2-10);
 - d. Confer with personnel at the scorer's table to request a time-out to prevent or rectify a timing or scoring mistake or an alternating possession mistake;
 - e. Attend an injured player when beckoned onto the court by an official; and
 - f. Replace or remove a disqualified or injured player within the confines of his/her bench.
- Note 1:* Coaches may rise in front of their seats to spontaneously react to an outstanding play by a member of their team or to acknowledge a replaced player(s), but must immediately return to their seats.
- Note 2:* ONLY the head coach of a Boys/Girls 3rd grade Developmental League team may continuously stand, in the area immediately in front of his/her seat on the team bench, for coaching purposes only.

Violation of this rule will result in a warning to the head coach by the game official. All subsequent violations will result in a technical foul being assessed against the head coach. Additionally, the Gym Supervisor is authorized to impose sanctions upon bench personnel for improper conduct, regardless of any action taken by game officials.

- 1.05 If a coach or assistant coach is disqualified (ejected) from a game, that person is automatically suspended from further participation for a minimum of one game commencing with the next game. The commissioner may waive or increase the suspension based on the specific circumstances. However, a coach so disqualified shall not be eligible to resume coaching activities until he/she has been formally reinstated by the League office. A second offense of this nature by the same person will result in additional disciplinary action as determined by the Commissioner. Actions taken pursuant to this regulation are not subject to protest or review.

2.00 - Game Officials

- 2.01 Game officials shall normally be members of an approved local association or individuals holding a current contract with the Arlington County Department of Parks and Recreation. Game officials shall be assigned to games by the director of the local association.
- 2.02 If assigned game officials fail to appear, the affected head coaches should, by mutual agreement, appoint substitute officials for the game. Should only one of the assigned game officials be present at game time, that official will consult with the Gym Supervisor and head coaches involved:
- Concerning the prospect of getting another contracted official for the game without undue delay
 - If required by the situation, obtain the mutual agreement of the head coaches for either playing the game with only the one assigned official or appointing a substitute to work the game with the assigned official. If the head coaches cannot agree on the approach to be taken or, in the latter case, on the individual to be appointed as the substitute official, the necessary decision(s) shall be made by the assigned official and the game commenced without further delay.
 - The League will pay these substitute official(s) the regular game fee if his/her name and address are included in the Gym Supervisor's written report of the game.
- 2.03 Any player, coach, or parent hitting, shoving or otherwise abusing a Gym Supervisor or game official shall be immediately barred from further participation in League activities until formally reinstated by the Commissioner. All incidents of this nature will be documented.

3.00 - Registration Fee

- 3.01 The registration fee shall be an established amount to cover League expenses.
- 3.02 The registration fee must be paid to the League office prior to any player being placed on a roster for participation in the League.
- 3.03 Fee reductions are available for those who qualify. Please see Arlington County Fee Reduction Policy (<http://parks.arlingtonva.us/fee-reduction-policy-overview/>) for more information.

4.00 - Player Eligibility

- 4.01 League eligibility is determined by the grade of the registrant. Upon request it is the player's responsibility to provide proof of the grade and school currently attending, when requested, for review by the League office. (See Rule 1.02h)
- 4.02 Players are assigned to teams based on their Arlington public school district. The teams will be comprised of players from their elementary school district (3rd–5th grade), middle school district (6th–8th grade) or high school district (9th – 12th grade). For middle/high school teams, all the players on the team must have either lived in the same elementary school district or all the team members must live in the same middle school or high school district. If the player goes to a specialized or private school the player has the choice to play with a team from either the specialized, private school, or the school district where his/her home is located. If a team has a player

that does not follow the district rule, the team will forfeit each game that the player has participated in. Exception: The League Commissioner may assign players to teams regardless of school attended, based on roster space available.

- 4.03 All players must be Arlington County residents as of the date of their first game. "Resident" is defined as:
- a) A person or family living within the geographical boundaries of Arlington County, Virginia.
 - b) A person or family whose property is bisected by the county boundary and that of an adjacent jurisdiction, such that real estate taxes are paid to Arlington County.
 - c) A person or family owning property and paying real estate taxes in Arlington County even though that person or family resides outside the county boundary.
 - d) Current employees of the Arlington County Government, and their immediate family members.
 - e) Nonresident, full-time students who attend a public or private school in Arlington County
- 4.04 The eligibility of players moving out of Arlington County shall terminate at the end of the current season.
- 4.05 A player may participate on only one recreational basketball team each season under the jurisdiction of the Arlington County Department of Parks and Recreation Sports Office.
- 4.06 Players rostered on a team that participates in the Fairfax County Youth Basketball League, Arlington High School freshman or junior varsity, or Private High School freshman or junior varsity teams are eligible to participate in the Arlington House League program but each team will be limited to one (1) such player. Travel players are subject to the playing time limits as outlined in rule 7.08b. The Commissioner has discretion to raise this limit for teams in grades 9-12 based upon registration numbers. High school varsity players may not play in the Arlington House League; no exceptions are allowed. This restriction does not apply to players on Middle School or AAU teams.
- Note: The Fairfax County Youth Basketball League player limit applies only to players on an active team roster. Those individuals listed as "practice players" with the FCYBL will not count towards the one player limit. These players however are restricted to the playing time limits in rule 7.08B.
- 4.07 A team playing an ineligible player shall automatically forfeit all games in which that player participated. For the purpose of this regulation, the entry of a player's name into the official scorebook shall constitute participation in the game in question.
- 4.08 Any player using an assumed/false name or who falsifies his or her grade shall be permanently barred from participation in these Leagues.
- 4.09 Players shall remain obligated to the team to which they are assigned for the entire basketball season, unless they are released in writing by the Commissioner's office or move from the area. The final decision in these matters rests with the League office.
- 4.10 If a player is disqualified (ejected) from a game that person is automatically suspended from further participation for a minimum of one game commencing with the next game following the next business day. The commissioner may waive or increase the suspension based on the specific circumstances. A second offense of this nature by the same person will result in additional disciplinary action as determined by the Commissioner. Actions taken pursuant to this regulation are not subject to protest or review.

5.00 - Team Rosters

- 5.01 Team rosters will be provided to coaches by the League office prior to the first scheduled bracket or screening game. Up to two assistant coaches will be listed on the roster; additional assistants must register online even if they cannot be listed on the roster.
- 5.02 **Team rosters are limited to a maximum of 10 and a minimum of 8 players** in the 3rd through 12th grade leagues. Commissioners will assign additional players and make every effort to ensure each roster has preferably the maximum and at least the minimum number of players, to promote competitive fairness.

- 5.03 Roster changes of players or coaches will be permitted after the first scheduled screening or bracket game only at the Commissioner's discretion. The League office will notify the coach of any roster changes approved by the Commissioner.

6.00 - Uniforms & Equipment

- 6.01 All players on a team must wear identical team uniforms. Arlington County will provide all players with a reversible jersey consisting of a legal number. (Only the digits 0-5 will be used).

Should a team player(s) arrive for a scheduled game without a regular team jersey/shirt, each player of that team shall wear a temporary jersey ("pinnie") of the same color and with individual numbers; available from the Gym Supervisor) for the game in question. Any player not wearing the prescribed uniform may not be allowed to play.

- 6.02 Athletic-style shorts are required but need not be identical. Leggings or long pants are allowed to be worn under your basketball shorts.

- 6.03 Players and coaches must wear customary basketball or non-marking gym shoes for both games and practices. Other types of shoes shall not be permitted on the playing court at any time.

- 6.04 Teams in all age groups must furnish their own practice and game balls. Time clocks, horns, and scorebooks will be provided by the League.

6.05 **BALL SIZE:**

- a. Grades 3-5
 - i. 3-5 Boys shall use a 28.5-inch ball (regulation size women's basketball).
 - ii. 3rd and 4th grade Girls shall use a 27.5-inch ball.
 - iii. 5th grade Girls shall use a 28.5-inch ball (regulation size women's basketball).
- b. Grades 6-12
 - i. Boys shall use a 29.5-inch ball (regulation size men's basketball).
 - ii. Girls shall use a 28.5-inch ball (regulation size women's basketball).

6.06 **HEIGHT OF BASKET.**

- a. 10 feet above the parallel to the floor for 5th-12th Grade League.
- b. 9 feet for 4th Grade League.
- c. 8 feet for 3rd Grade Developmental League.

- 6.07 The following items are prohibited and may not be worn by players:

- a. Homemade "shooting sleeves" or those altered from the manufacturer's design (shooting sleeves must fit properly)
- b. **Earrings/Piercings and all other jewelry, metal or plastic hair clips/ponytail holders.**
 - i. **Taped over earrings/piercings are not permitted.**
- c. Hard casts
- d. Other items prohibited in the NFHS rules.
- e. Exceptions based on medical need will be evaluated on a case-by-case basis.
 - i. Note: Concussion preventing headwear may be worn

7.00 - Playing Rules

- 7.01 Game playing time shall be as follows:

- a. Boys/Girls 3rd Grade Developmental Leagues: Four 10-minute quarters with a running clock except for the last 2 minutes of the fourth quarter, which will have regulation time. Clock will stop for all time-outs.
- b. Boys/Girls 4th, 5th, 6th, and 7-8th Grade Leagues: Four 6-minute periods with regulation timing.
- c. Boys/Girls 9th-10th & 11th-12th Grade Leagues: Four 7-minute periods with regulation timing.
- d. There normally will be a 5-minute break between halves; and a 1-minute break between quarters and any overtime periods in all Leagues. (NOTE: To keep the commencement of games as close as possible to the scheduled starting time, the Gym Supervisor may - with pre-game notice to the affected head coaches and game officials - shorten the break between halves to 3 minutes.)
- e. Each team is allowed four (4) 30 second timeouts per game. One additional time out will be issued per team

per overtime (also 30 seconds in length).

- 7.02 For grades 4-12, a tied game in the regular season will be continued into one 3-minute overtime period. If the score is tied after the one overtime period in the regular season the game will end in a tie. Overtime is considered an extension of the 4th quarter. Players' playing time in overtime is at the coaches' discretion. There will be a 1-minute break between the end of regulation playing time and the overtime period(s).

NOTES: No overtime will be played in pre-season bracket or seeding games. Post-season tournament games will play overtime(s) until one team wins. Tied games in the Boys/Girls 3rd Grade Developmental League will end with the conclusion of regulation playing time; no overtime periods will be played.

- 7.03 There will be a 5-minute warm-up period before each game. This 5-minute period commences at the final horn of the preceding game. (Note: In an effort to keep the commencement of games as close as possible to the scheduled starting time, the Gym Supervisor may shorten the warm-up period.)

- 7.04 A minimum number of four players is required for a team to start a game; all other provisions of National Federation Rule 3-1 apply. (Also see Rule 8.01 below.) NOTE: Whenever each team has at least four players present for a scheduled game that game shall be played unless a team's coach elects to forfeit the game.

- 7.05 All Leagues in grades 4-12 will have a post-season tournament for all teams participating in the respective League. Boys/Girls 3rd Grade Developmental Leagues will not play post-season games.

- 7.06 Boys/Girls 3rd, 4th, & 5th Grade Leagues - Special Rules of Play:

- a. ZONE DEFENSES ARE NOT PERMITTED IN GRADES 3-5. The following rules will be adhered to by coaches and officials for the purposes of teaching and officiating man to man defense at the 3rd - 5th grade level.
- i. Each defensive player must stay reasonably close to their assigned opponent and may not disengage from them and cover other areas of play.
 - ii. Players are allowed to "sag off" their player when they are more than one pass from the ball
 - iii. Players may help whenever the ball enters the lane, however no defensive player can be permanently stationed in the lane.
 - iv. Defenders directly involved in a pick play may; hedge, help, and recover to their assigned opponent (strongly encouraged) or switch defensive assignments as the pick play develops.
 - NOTE- During these pick plays, double teaming may occur until the player providing help defense recovers to their opponent.
 - v. No double teaming or trapping may occur outside the lane
 - NOTE- Inadvertent double teaming may occur when an offensive player dribbles or moves the ball into another defender or towards the basket. Defensive players in an inadvertent double teaming situation must make reasonable efforts to return to their defensive assignment or switch, but may not persist in double teaming.
 - vi. Help side defenders are expected to help and then recover to their opponent
 - vii. The two best players do not have to guard one another.
 - viii. Players do not have to guard the player assigned to guard them.
 - ix. Use of a "spread/ clear out offense," designed to take advantage of the man-to-man defense rule, is not permitted as a primary offensive scheme (as determined by the game officials).
 - NOTE- This offense is defined as having a single player handle the ball isolated in one area of the court while his/her remaining teammates are in another area of the court
- b. PRESSURE RESTRAINING LINES will be the top of the key extended to each sideline on all courts. When team ball possession changes, all defensive team players must immediately retreat behind the front court restraining line without restricting the advance of the ball by the offensive team. Defensive pressure, defined as any **INTENTIONAL** act which, in the judgment of the referee, might restrict the control or advancement of the ball by the offensive team, may not be applied anywhere on the backcourt side of the restraining line until the offensive player with the ball has both feet and the ball across the division (half court) line. An offensive team's loose ball in the backcourt or pass across the division line may be intercepted only by a defensive player who is positioned (i.e., physically located) behind the restraining line. Once the ball first gains frontcourt status immediately following a change of team possession, defensive pressure may be applied anywhere on the playing court by players who had previously retreated behind the restraining line, except when Rule 7.06c also applies. A defensive player is in violation of this rule if any

body part touches the court on or beyond (backcourt side) the restraining line after he/she has retreated to a legal defensive position and before the ball has gained frontcourt status.

- c. **FULL-COURT PRESS.** No full court press allowed in Boys/Girls 3rd and 4th grade leagues. 5th Grade League games allow full-court press during the last 3-minutes of each half and the entire overtime period, as long as the team is not in the lead by 10 points or more.
- d. **DEFENSIVE PRESSURE PENALTY. (Full Court Press and Pressure Restraining Lines)** Violation of the rules governing defensive pressure will result in two warnings to the offending team and then, for grades 4 and 5, a team technical foul for every subsequent offense; the penalty prescribed under National Federation Rule 10-2 applies. In grade 3, one point will be awarded to the opposing team for team technical foul assessed in other than the final two minutes of the game. (Note: This team technical foul shall not be included in the fouls leading to the bonus shot.)
- e. **FREE THROWS.** The 3rd Grade Developmental League will not shoot free throws. All fouls are possession fouls, and the team that was fouled will get possession of the ball out of bounds. On shooting and technical fouls, one point will also be awarded to the offended team.
EXCEPTION- If a player is fouled in the act of shooting, and the basket is made, the basket will count and an additional point will be awarded. Possession of the ball out of bounds is awarded to the team which committed the foul.
- f. **FREE THROW LINE.** The free throw line shall be three feet closer than the regulation foul line for 4th and 5th Grade Leagues. Regulation lane width will be considered as the free throw lane.
- g. **BONUS SITUATION.** Teams will shoot two free throws for all common fouls after their opponent commits five fouls in a quarter each half. Team fouls will reset at the end of each quarter, instead of resetting at the end of each half.
- h. **THREE-POINT SHOT.** The three-point rule will not be in effect for games in the Boys/Girls 3rd, 4th, or 5th Grade Leagues.
 - i. **SCOREBOARD.** In the 3rd, 4th, and 5th Grade Leagues, if one team is ahead by 20 points or more, the scoreboard shall be turned off on the game clock. The score will continue to be kept in the book. If the score margin narrows to 10 points, the scoreboard will be turned back on. It is the responsibility of the gym supervisor to inform the timekeeper, scorekeeper, and referees of this guideline before each game.

7.07 Boys and Girls 6th, 7th, 8th, 9th-10th, 11th-12th Grade Leagues - Special Rules of Play:

- a. **BACKCOURT PRESS.** Whenever a team is ahead by 10 or more points (6-8th grade) or 20 or more points (9-12th grade), that team may not apply defensive pressure in the backcourt. In this situation, defensive pressure - defined as any intentional act which restricts the control or advancement of the ball by the offensive team - may not be applied until the offensive player with the ball has both feet and the ball across the division line. An offensive team's loose ball in the backcourt or a pass across the division line may be intercepted only by a defensive player who is positioned (i.e., physically located) in the frontcourt. Once the ball gains frontcourt status, defensive pressure may be applied anywhere in the frontcourt area. This backcourt press rule applies as soon as the team which is behind by the specified number of points gains possession of the ball in its backcourt or is making a backcourt throw-in. There is no restraining line rule for 6-12th grade.
- b. **DEFENSIVE PRESSURE PENALTY.** Violation of the rules governing defensive pressure will result in two (2) warnings to the offending team and then a team technical foul for every subsequent offense; the penalty prescribed under National Federation Rule 10-2 applies. (Note: This team technical foul shall not be included in the fouls leading to the bonus shot.)
- c. **BONUS SITUATION.** Teams will shoot two free throws for all common fouls after their opponent commits five fouls in a quarter each half. Team fouls will reset at the end of each quarter, instead of resetting at the end of each half.
- d. **THREE-POINT SHOT.** The three-point rule will be in effect for Boys/Girls 6th-12th Grade League games.

7.08 **PLAYER PARTICIPATION.** Each player must play a complete, uninterrupted quarter in the first half of the game and the equivalent of a full quarter in the second half of the game ("guaranteed play"). Beginning with the 2019-20 season, players (other than travel players) are no longer required to sit out any specified length of time, provided all players present at the game receive the guaranteed play time. Please see below for additional information.

Guaranteed Play. Each player present at the start of a game will play ONE (1) COMPLETE AND UNINTERRUPTED QUARTER in the first half, and the equivalent of ONE (1) QUARTER in the second half, unless he/she fouls out or is

injured and must leave the game early. No substitutions may be made in the first quarter unless a player is injured or fouls out. The injured player who leaves the game shall be charged as participating completely in the period; the substitute will also be charged as participating in the period partially. However, if a substitution is made for injury or equipment malfunction and the player is out for only one or two dead ball periods with less than 45 seconds of game time, the substitution will not count toward loss of guaranteed play / mandatory sit-out. If a player subsequently recovers from injury and is able to play at no risk to him/her, the coach should return the player to the line-up immediately. It is within the purview of the coach to allot playing time to a player who arrives late for a game. In the spirit of the rule, players who arrive prior to the beginning of the second period must play their minimum quarters. Coaches should attempt to play a player that arrives during half time or later in a manner that will not disrupt the playing time of other players.

- a. **MAXIMUM PLAY.** Travel players (**regardless of active or "practice player" status**) and high school players, as defined in Section 4.06 above, may play NO more than 2 quarters during a regulation game. Both travel and high school players may play in overtime situations even if they have already played two quarters in the regulation game. Teams may exceed the maximum play rule in order to place five eligible players on the court in the event of foul outs/injuries.
 - i. Abuse of the foul out exemption (having players intentionally foul out, etc.) is subject to review by the commissioner and may result in forfeiture, coaching suspensions, and other disciplinary measures.
 - ii. When players are permitted additional playing time beyond the guaranteed play time due to the number of players present, coaches should attempt to spread the additional playing time among all non- travel players over the course of the season.
 - iii. **While a team may have a travel and a practice player, they may not appear on the court at the same time.**

The spirit of the player participation rule is to maximize the playing time of all players while not giving a team with fewer players an unfair competitive advantage.

Any disciplinary issues with players, for which a coach may wish to restrict playing time beyond what is allowed by the rules, must be discussed and approved in advance with the Division Commissioner.

7.09 FAILURE TO COMPLY WITH GUARANTEED PLAY RULES. Each head coach is obligated to follow the guaranteed play guidelines, as stated in Rule 7.08 above, for each member of his/her team. If a coach fails to comply with the guaranteed play rules, the following sanctions will automatically enter into effect upon receipt of report of the offense by the League office from a Gym Supervisor, game official, or other cognizant party:

- a. Should a coach wish to protest the failure to comply with the guaranteed play rules by an opposing coach, he/she must initiate the protest by notifying the gym supervisor **prior to the end of the game in question (see Rule 10.01 below).**
- b. First Offense: Forfeit of the game and/or suspension from coaching activities for one game (i.e., next game his/her team plays)
- c. Second Offense: Forfeit of the game and/or suspension from coaching activities for two games (i.e., next two games his/her team plays);
- d. Third Offense: Forfeit of the game and/or suspension from all League activities for the remainder of the season involved.
- e. The league commissioner has the discretion to determine the penalty for failure to comply with the guaranteed play rules.

NOTE: Gym Supervisors have the authority to enforce all playing time rules

7.10 PRE-GAME SCOREBOOK ENTRIES. In connection with the requirements of National Federation Rule 3-2, each head coach shall ensure that the name of each player on his team roster is entered into the official scorebook prior the start of the game. An appropriate annotation must be made beside the name of any player: (a) not then present for the game (i.e., "absent"), (b) who is the subject of a "Notice of Loss of Privilege Play" filed with the Gym Supervisor for the game (i.e., "NLPP"), or (c) who is the subject of a medical waiver regarding playing time (i.e., "med"). As soon as the head coach becomes aware of a player's late arrival to the team bench, the coach must so advise the official scorekeeper and have the previous annotation beside the player's name changed to reflect the

period in which the player arrived at the game (e.g., "Q-2 ARR"). Failure to comply with the League requirements stated in this rule shall result in a team technical foul as prescribed under National Federation Rule 10-1.

Note: Changes to previous annotations in the official scorebook shall not be cause for penalty action.

8.00 - Forfeiture

A team forfeiting two League games because of failure to have the required number of players to start a game may be dropped from further League play until the matter is reviewed and a decision rendered by the League office. All games will stand and no part of any registration fees will be returned.

- 8.00 Entry of an ineligible player into the game shall result in the forfeiture of that game by the offending team (see Rule 4.07 above).
- 8.01 Failure to comply with the guaranteed play rules in a regular season, playoff or tournament game may result in the forfeiture of the game by the offending coach (see Rule 7.09 above).
- 8.02 If the team to which a game is forfeited is ahead in points when the cause for a forfeiture ruling arises, the final game score shall be as then recorded for each team in the official scorebook; if not, the game score will be 2-0.

9.0 – Standings / Tie-Breakers

- 9.01 For seeding into the post-season tournament, tie-breakers will be determined by the following criteria:
 - a. Head to head competition
 - b. Best record against common opponents, beginning with the highest seeded opponent(s)
 - c. Fewest points allowed among tied teams
 - d. Fewest points allowed in all games
 - e. Coin flip

10.00 – Protests

- 10.01 Protests on game situations involving an official's judgment will not be recognized. If a ruling by an official is believed to conflict with National Federation or League rules or if a question of player eligibility is involved, a coach may initiate a protest. If protesting, a coach must notify the Gym Supervisor, game officials, and official scorekeeper that he/she is protesting the game and state of the essence of the cause for the protest. This notification is expected to be made immediately following the occurrence or situation being questioned **but must be accomplished prior to the end of the game**. Upon notification the official scorekeeper will enter the protest in the scorebook for the game. A confirming written protest must be submitted by the initiating coach to the Commissioner by email or hand-delivery within one business day.
- 10.02 Each written protest must contain the following information:
 - a. Date, time, and place of the game in question;
 - b. Identification of the teams involved in the game;
 - c. Names of game officials and official scorekeeper(s); and
 - d. Name(s) of player(s) whose eligibility is being questioned; or
 - e. Statement of the ruling and situation/condition giving rise to the protest; and
 - f. Summary of all essential facts involved in the matter being protested, including reference to any specific rules believed applicable.
- 10.03 Each formal protest will be evaluated as soon as possible after its receipt in the League office, by the Commissioner, who may seek input from additional staff not to exceed a panel of three. The Commissioner will act on each protest in a timely manner and announce its decision as to the denial or granting of the protest along with its determination of any corrective actions(s) to be taken (e.g., forfeit game, replay game, suspension of player or coach). The decision and determination(s) are final and binding on all parties involved.

- 10.04 If any of the procedures specified in these League regulations for the timely and proper initiation and submission of a protest are not followed, the protest will not be accepted.

11.00 - Administrative Matters

- 11.01 Any situations or questions not covered by these League rules, or official interpretations thereof, shall be referred to the Commissioner for a final decision. These decisions are not subject to appeal or review.

11.02 Code of Conduct Violations

All coaches, players, and parents are expected to uphold the Code of Conduct agreed to during registration. Any violations will be reviewed by the league and addressed appropriately. Depending on the nature and severity of the breach, further league action may be taken, up to and including suspension or removal from league activities.

- 11.03 Any player, bench personnel, coach or team assistant who has been determined by the Commissioner to be guilty of gross or repeated misconduct shall be suspended from further League activities.
- 11.04 **No food or beverages of any kind are allowed in the gyms, except water in a proper NON-SPILL plastic or metal container.**
- 11.05 The use of tobacco products, alcoholic beverages, or narcotic and other illegal substances is prohibited in all facilities used by the League for either practice or competitive games. (Note: All League participants are cautioned that even the appearance of being under the influence of an intoxicating or illegal substance, including the simple sensory detection of prior use of such a substance, at any League activity shall be sufficient cause for the immediate suspension of the offending person and his/her removal from the facility.)
- 11.06 Teams will not be allowed in the gym locker rooms for any reason unless directed by the Gym Supervisor.
- 11.07 No scheduled game may be moved to another site or postponed to a later date without the prior approval of the Commissioner.
- 11.08 For scheduled games, each team shall furnish a competent person to serve as either official scorekeeper or timekeeper.
- 11.09 Whenever the prospect of inclement weather exists, it shall be the head coach's responsibility to call the Sports Division (League) inclement weather line at **703-228-4715** on the day in question to find out whether his/her game will be played as scheduled, and to notify his/her team.

(Note: School closings does NOT automatically cancel League games scheduled on the weekend. Please check the inclement weather line.