

SWBA Y LEAGUE INFORMATION AND RULES

1. Minimum of 5 players per team to register in the league and a player may only be on one team.
2. Game format: First game 25 minutes, second game 20 minutes. There are no halves, running clock (except last 2 minutes of each game), 1 minute between games. Each team will have 2 - 30 second time outs per game.
3. If subs are needed, you may add up to a total of 5 players only. All substitutes must fit into the level of the game being played and must be approved by the opposing team captain. You must use someone who is a registered league player.
4. If a fall occurs on the court, NCAA rules call for the referee to stop the game if there is a dangerous situation. If the referee does not stop the game and the captain feels it should have been stopped, she should speak with the referee.
5. **If a team cannot field a team for a game, the team's captain must advise the opposing team captain and the Director of the SWBA as much in advance as possible. Director's email: info@swba.info , Tel: 619-281-1959**
6. All games will begin on the hour with or without a referee or scorekeeper. If the ball is not in play by the team that won the coin flip within 5 seconds, the other team takes possession and the same rule applies to them.
7. Equipment, such as a rigid knee brace, worn during the game should be covered with a slow rebounding foam to prevent injury to other players.
8. Team players should have same color uniforms with numbers and be ready to play on the court at game time. If the game starts late, your playing time will be shortened. All games end 5 minutes before the hour. No exceptions.

REMEMBER: "Temper your playing according to whom you are playing, and play within your body". (Coach Kathy Marpe)

CAPTAIN'S DUTIES AND RESPONSIBILITIES

1. IF THEY CANNOT FIELD A TEAM FOR A SCHEDULED GAME, IT IS THE CAPTAIN'S RESPONSIBILITY TO GET ANOTHER TEAM OR INDIVIDUALS TO PLAY IN THEIR TEAM'S PLACE.
2. Captains are required to sign in their team 10 minutes before game time. Remind the referee before the game that SWBA would like the game to be called tight.
3. Keep team informed of any events, game changes and notices about the YMCA League.
4. Complete league registration form by first game date, and money collected and handed in to the YMCA by the second game.
5. Captain should have knowledge of the rules and regulations of the game.
6. Promote good sportsmanship, fair play, and have the team play by the rules. Captains will bench any team member using excessive rough play, improper conduct or harassing other players or referees.

Please Read: YMCA INFORMATION

- All teams must have numbered jerseys by the second game - no exceptions.
- Four points will be given to the other team if jerseys are not numbered by the 2nd game.
- All teams must arrive 10 minutes before game time AND sign in.
- THERE ARE NO PAID COACHES IN THIS LEAGUE!

COMPLAINTS OF ROUGH PLAY

Senior Women's Basketball Association
Guidelines for YMCA Sr. Women's Basketball League

The SWBA has established guidelines for the control of rough play in the League. Please take the time to **read** these guidelines and **follow** them should a complaint of rough play occur:

Rough play is defined as excessive contact with an opposing player.

If players and/or teams are thought to demonstrate rough play, the following steps should be followed:

- 1. Discussion with the referee by the complaining team captain. It is the referees' responsibility to call fouls according to the rules of the game.**
- 2. If rough play is felt to continue, despite discussion with the referee, the captain of the complaining team should speak with the opposing team captain. The opposing team captain should speak with the offending player(s) in an attempt to resolve the problem.**
- 3. If a team feels an opponent's play is too rough, and they would like to have the player / team observed by a neutral unbiased party, they should have their captain contact the chair of the Player Safety Committee. A member of that committee will observe the player / team as soon as possible and share the observations with both teams as well as make possible recommendations. Contact MaryAnn Travnik at matravnik@cox.net**

4. If the rough play is felt to continue, the team captains, the referee, and the player should confer regarding the complaint and the appropriate rules should be clarified. **The discussion should be documented on the score sheet by both captains and the referee.**

5. If there is no resolution to the problem, it should be brought to the attention of the SWBA Board and the Director in a written letter (not email) within 10 days from the documentation date on the score sheet.

6. After three complaints to the SWBA Board against a given player or team, using the same process, the SWBA Board of Directors will review the situation and may issue a warning letter or recommend suspension from a game or games. Further offensives may result in longer suspensions.

It is good sportsmanship to self-correct improper behaviors that endanger the safety of others, whether or not a foul is called. Please address any roughness issues during the game time. Prompt resolution without SWBA intervention is the best solution.