

MISSION VALLEY YMCA WOMEN'S 50 & OVER BASKETBALL LEAGUE WINTER 2019

TEAM	CAPTAIN	EMAIL
1. Half Fast	Cherri Gase	cbgase@cox.net
2. Young at Heart	Sheri Vandeventer	svandeve4@live.com
3. West Coast Warriors	Di Meredith	di.meredith.encinitas@gmail.com
4. Lucky Ladys' Giriz	Jan Beverley	llcgirl2@aol.com
5. Triple Threat	Jill Spitzer	jillspitzer@hotmail.com
6. Peace Hoop	Mary Miller	millermp10@gmail.com
7. Shooters	Carol Brownlee	highc@cox.net
8. Sunday Shakers	Pat Bull	patbull@icloud.com
9. Shakers	Pat Bull	patbull@icloud.com
10. Hoop It Up	Aurora Brown	browncdf@cox.net
11. Spark Plugs	Sylvia Gonzalez	sylmurguia@gmail.com
12. Lady Hawks	Eileen Timmons	etsandiego@gmail.com
13. Renegades	Carol Whaley	cawhaley@cox.net
14. Dreamers	Jackie Luzak	jaluzak@att.net
15. San Diego Sun	Keri Gloyna	kerisport@sbcglobal.net
16. Class Act	Marianne Hall	machall@pacbell.net
17. Big Laugh	Dyan Quann	dyanjohnquann@gmail.com
18. Wild Jokers	Kris Shelley	shelleykristin@yahoo.com
19. Splash	Grace Larsen	larsen.g@sbcglobal.net
20.. Rookies	Susanne Carvalho	scarvalho@prodigy.net

Team listed on left wears dark (guest)

Please sit on side of court under "Guest" on scoreboard

Team listed on right wears white (home)

Please sit on side of court under "Home" on scoreboard

W = West Court

E = East Court

Team underlined and in bold have 2 games that day

	20- Rookie Training	11 AM E	11 AM SW	11 AM NW	12 PM E	12 PM SW	12 PM NW	1 PM W	1 PM E	2 PM W	2 PM E
Feb. 10	9:00 AM	1 v 2	3 v 4	15 v 16	5 v 6	19 v <u>12</u>	13 v 14	7 v 8	11 v <u>12</u>	9 v 10	17 v 18
Feb. 17	9:00 AM	No Games – Presidents' Day Weekend									
Feb. 24	9:00 AM	8 v 11	18 v 16	<u>10</u> v 19	1 v 3	7 v 9	<u>10</u> v 12	4 v 6	14 v 17	2 v 5	15 v 13
Mar. 3	9:00 AM	5 v 1	13 v 17	12 v 9	2 v 4	8 v 10	19 v <u>15</u>	11 v 7	18 v <u>15</u>	6 v 3	16 v 14
Mar. 10*	9:00 AM	4 v 5	14 v 15	2 v 8	1 v 6	17 v 16	10 v 11	3 v 9	18 v <u>13</u>	7 v 12	19 v <u>13</u>
Mar. 17	9:00 AM	10 v 7	AR v 18	8 v 12	5 v 3	9 v 11	13 v 16	6 v 2	19 v 14	4 v 1	17 v 15
Mar. 24	9:00 AM	3 v 4	10 v 15	16 v 9	2 v 1	12 v 13	14 v 18	19 v <u>6</u>	17 v 11	7 v 5	8 v <u>6</u>
Mar. 31	9:00 AM	4 v <u>2</u>	15 v 11	9 v 13	7 v 6	17 v 12	19 v <u>2</u>	5 v 8	10 v 14	3 v 1	16 v 18
Apr. 7*	9:00 AM	2 v 7	18 v AR	6 v 5	8 v 3	19 v 17	14 v 13	1 v 4	15 v 16	9 v 10	12 v 11

*On March 10 Dori O'Rourke will provide shooting workshop from 9:35-10:30 for SWBA members.

*On April 7 Di Meredith assisted by Denise Clark will provide a workshop (topic to be determined) from 9:35 to 10:00 for SWBA members.

Any questions please contact Jackie Luzak at 951-634-7166 / jackieluzak@gmail.com or Brian Boyd, YMCA Sports Coordinator at 619-298-3576 / bboyd@ymca.org.

PLEASE READ INFORMATION BELOW! There are changes!

SWBA YMCA SUNDAY LEAGUE RULES AND INFORMATION

1. Minimum of **5 players per team** to register in the league, maximum 10 players.
2. Subs can be added to a roster, but used only when a team has **less than 5** players available to play. Subs can only be added up to a **total of 5 players**. A sub **cannot start the game or play substantial minutes** unless the team has only 3 total players, including the sub. A sub must be a registered league player (Thursday or Sunday). **Please refer to [CAPTAIN'S DUTIES AND RESPONSIBILITIES](#) for complete rules on using subs.**
3. **GAME FORMAT:**
 - **ONE 40-MINUTE GAME** consisting of **two 20-minutes halves**
 - Continuous running clock - **EXCEPT the last 2 minutes of each half** - when the clock will stop in accordance with normal basketball rules (i.e., for fouls, violations or timeouts)
 - The clock will also stop after a made basket during the **last minute** of the game (i.e., 2nd half only)
 - Two minutes between halves
 - Two **1-minute timeouts** are permitted per team, per half
 - There is **NO shot clock**
 - **Delay of game** (stalling) is NOT allowed EXCEPT in the **last 2 minutes of the game**
4. All games to begin on the hour **with or without a referee or scorekeeper**. If the ball is not put in play by the team that won the coin toss within 5 seconds, the other team takes possession and the same rule applies to them.
5. Team players should have same color uniforms with numbers and be on the court ready to play at game time. If the game starts late, the game time will be shortened as necessary. All games end 7 minutes before the hour. No exceptions.
6. Equipment, such as a rigid knee brace, or a fitness bracelet worn during the game, should be covered appropriately to prevent injury to other players. Wearing jewelry should be avoided to prevent injury to yourself and other players.
7. 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 that it should have been stopped, she should speak with the referee.
8. If a team wishes to add a player to its roster after the schedule has been created, they must notify **Carol Brownlee at least one week** prior to that person playing and it must be approved to ensure that it does not change the standing of the team.
9. Please refer to [POLICY AND PROCEDURE FOR COMPLAINTS OF ROUGH PLAY](#) as needed.
10. [2019 NSGA Rules](#) are followed except where otherwise noted.

YMCA INFORMATION

- THERE ARE NO PAID COACHES IN THIS LEAGUE!

SWBA CAPTAIN'S DUTIES AND RESPONSIBILITIES

- 1) It is the Captain's responsibility to field a team for scheduled games.
 - a) If a team has fewer than 5 of its roster players present for a game, that team **may add a sub(s), up to a total of 5 players**, providing the sub(s)' level of play is comparable to or lower than the player(s) being substituted.
 - b) The opposing team Captain must be notified of a sub(s) **as much in advance of the game as possible**.

The opposing team Captain may disapprove of a sub(s) **ONLY** if the sub(s)' level of play is significantly greater than the player(s) being substituted. Should there be a disagreement between Captains regarding a proposed sub(s)' level of play, and it cannot be resolved amicably, the disagreement should be settled by a third party, preferably a current or former SWBA Board Member not participating in the game in question.

- c) Any sub must be a **current registered league player** (Thursday or Sunday).
 - d) The **sub must be used as a sub only** – i.e., she **cannot start the game or play substantial minutes** unless the team only has 3 players including the sub.
 - e) If a team has followed these rules/guidelines for substitution, the opposing Captain **may not** refuse that substitution.
 - f) **PLEASE NOTE:** The opposing team Captain **may not refuse or contest** a sub(s) who is included on a team's official roster as published at the beginning of the season. All other stipulations apply.
- 2) 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 of the game as possible.
Director: jackieluzack@gmail.com / 951-634-7166
- 3) 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**.
- 4) Keep your team informed of any events, game changes and notices about the YMCA league.
- 5) Complete the **league registration form** and submit it and **payment** to the YMCA **by the first game** of the season.
- 6) Captain should have knowledge of the **rules and regulations** of the league.
1. Promote good sportsmanship, fair play and ensure that your team plays by the rules. Captains should address any team member who exhibits rough play, improper conduct, or who harasses other players or the referee.

SWBA POLICY AND PROCEDURE FOR COMPLAINTS OF ROUGH PLAY

The SWBA has established guidelines for the control of rough play in the League. Please ensure that all players on your team are aware of these guidelines and that they adhere to them.

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. If the referee deems that rough play has occurred, the referee should speak with the offending player/team.
2. If rough play continues, 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 the rough play continues, the team captains, the referee and the player should confer as a group to discuss and clarify rules.
4. At the end of the game, it is the **responsibility of the complaining team captain** to fill out the Rough Play Complain Form (see attached). Within 7 days, it must be filed with the SWBA Board. This Documentation will be kept on file with the board.
5. If **three** Complaint Forms have been filed with the Board about the same player/team, the Board will issue a warning letter to that player/team. It may result in suspension from game(s).
6. If a player/team is suspended and then returns to playing and the rough play continues, further action may be taken such as longer suspension or expulsion from the league.

If a team feels that an opponent's play is too rough and they would like to have the player/team observed by a neutral, unbiased party, the captain can contact the Director. A group will be formed to observe the player/team and share the observations with the captain, as well as make recommendations.

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 rough play during the game. Prompt resolution without SWBA intervention is the best solution.

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

ROUGH PLAY COMPLAINT FORM

Captain's Name and Team Filing Complaint: _____

Against Name of Player or Team: _____

Date of Game: _____ Referee Name: _____

STEPS FOLLOWED:

1. Captain discussed concerns with referee who then spoke with offending player/team. Y or N

2. If rough play continued, the captain spoke with offending team's captain who spoke with player again. Y or N

3. If unresolved, discussion with both captains, referee and player.
Write in space below the discussion that took place: