

**MONTEBELLO
POLICE ATHLETIC AND ACTIVITIES LEAGUE
(PAAL)**



**GENERAL RULES AND REGULATIONS
2014**

THE FUNDAMENTAL OUTLOOK

- F-** Follow a proved plan. Preparedness means complete mastery and confidence.

- U -** Use time wisely - Practice what is played and play what is practiced.

- N -** Never overlook enthusiasm - it works.

- D-** Demand self discipline on and off the court.

- A -** Aggressive spirit to achieve victory.

- M -** Motivate the drill by offering encouragement, constructive criticism and enthusiasm.

- E -** Emphasize desire and the will to win.

- N -** Nature gives us talent, but practice gives us skill.

- T -** Technique must be mastered by practice.

- A -** Attention, pay attention to all your players, not just your best players.

- L -** Learn quickly that hard work has its rewards.

- S-** Success is a product of practice, practice, practice!

MONTEBELLO PAAL

General Rules and Regulations

HEAD COACHES CAN FREEZE UP TO (2) PLAYERS, COMBINATION OF BELOW

1. Head coach's son/daughter, brother/sister, or children under their guardianship, or by approval of the board.
2. Players who played for the head coach on last year's team only. **NO EXCEPTIONS**
3. Once the coach picks their players there will be no changes made after the draft. No blind draft players are allowed to be traded unless approved by the board. Anyone drafting a team for a coach can not trade any players unless approved by the board.
4. Head coach has the option to freeze two (2) players from last years team.
5. You may move to a higher division with your frozen players, however you can't freeze players from any other team. **(CROSSING OVER NOT ALLOWED).**

FROZEN PLAYER

6. Frozen player must have contract completed and signed, registration fee paid in full before draft day or player will be placed into the draft.
7. Each team will carry a maximum of ten (10) players. Only registered players, the head coach and two assistants will be allowed to sit with the team.

TEAM UNIFORMS

8. The league will order team uniforms after the league draft. Each coach will receive uniforms from the uniform coordinator, prior to the start of the season. It is the coach's responsibility to pass out the uniforms to the players before the start of the season. T- Shirts are optional but are considered part of the uniform when used and only a shirt of the dominant color of the uniform is allowed. No pants are allowed under the shorts. Players who lose the team uniform must purchase another uniform in order to continue playing in any games. **(NO EXCEPTIONS)**

PLAYING TIME

9. A team's first five players will play the first quarter and the second five players will play the second quarter. A player who has played the entire first quarter may be substituted in the second quarter if ten players are not present or to take the place of an injured player. All players will play, the association will not allow discrimination against physical disabilities.

Playing Time Amendment 1:

The Cadet Division players are to be rotated in five minute intervals in a quarter, must sit out the first 5 minutes of the next quarter. The fourth quarter coaches are allow unlimited substitution.

Playing Time Amendment 2:

In the Cadet Division, if a team does not have the 10 required players at the time of the

game, the player or players that played two consecutive five minute intervals in a quarter, must sit out the first 5 minutes of the next quarter. Teams in the Rookie, Officer, Sergeant and Commander Division that do not have required 10 players at the time of the game, the player or players that played the entire first and second quarter must sit on the bench during the third quarter. The only time that the player or players will be allowed to play in the third quarter is if the player or players have been rotated in the second quarter for a period of five minute, with a player who has already played from the first quarter. This rotation of five-minutes will allow both players from the second quarter to play in the third quarter.

ARRIVING

- 10 If a player(s) arrives before the last two minutes of the half he/she will be allowed to play in the second half of the game. If a player(s) arrives after the before mentioned two minutes he/she will not be allowed to play in the game. It is the responsibility of the coaches to notify the scorekeeper and the opposing coaches of the player or players not in attendance.

COACHES' RESPONSIBILITIES

- 11 Coaches' responsibilities are to notify players of all scheduled games, all team practices and all PAAL functions. Coaches must have their schedules prepared for each player. The schedule must contain names telephone numbers and team treats, if provided.

RUNNING TIME

- 12 Each game will have forty (40) minutes of running time, with four ten minute quarters
- 13 In case of a tie at the end of a regular game, a three minute overtime will be played until a winner is determined.
- 14 The clock will stop only during the "last minute" of the fourth quarter and any overtime period unless a team is ahead by fifteen (15) or more points. The clock will stop on a dead ball, free throw and time out.

INBOUNDING THE BALL

- 15 This rule applies to all divisions during the two minutes of any game. If a player calls for a time out that team must inbound the ball into the front court when play resumes.

TIME-OUTS

- 16 Each team will be allowed four time outs during a game. Team coaches and players may call time outs. In any over time period, each team will be allowed one additional time out. Unused time outs may be carried over.
- 17 All divisions will abide by the three second rule limiting offensive players time in the key. The Cadet Division will be the only exception, they will be given five seconds.
- 18 The free throw line for the Cadet Division will be the second blue line from the original free throw line, the Rookie Division will be the first blue line from the original free throw line. All other divisions will use the regulation free throw line. Coaches may not have a substitute player on the first free throw, only the second free throw.
- 19 Prior to each game, team captains and officials will meet to review rules at center court. In the Cadet and Rookie Division, the coaches will meet with the official prior to the start of each game.
- 20 Each player must raise his/her hand when charged with a personal foul. Players who do not raise

their hand will be charged with a technical foul, with the exception of the Cadet Division.

SCOREKEEPER TABLE

- 21 Only head coaches may approach the scorekeeper's table during a time out call OR FACE A TECHNICAL FOUL.

COACHES' CONDUCT

- 22 MTB PAAL BASKETBALL teams will abide by CIF rules with the exception of those specified by the ASSOCIATION.
- 23 All coaches must remain in control of their players and themselves at all times. As a coach, you must remain seated during the game, no pacing or disrupting the game will be tolerated.
- 24 If a coach is disruptive during a game, yelling at the game officials or his players he will receive a technical foul for unsportsmanlike like conduct.
- 25 If a coach receives two (2) technical fouls for unsportsmanlike conduct, he/she will be ejected from the game and the next scheduled game.
- 26 If a coach is ejected for a second time he/she will be expelled from the league. (IF EXPELLED YOU CAN APPEAL IN WRITING).

PLAYERS CONDUCT

- 27 Players must abide by the CIF rule book and the association rules. Any player who is disruptive will be given a technical foul for unsportsmanlike conduct. If a player receives two (2) unsportsmanlike conduct fouls, he/she will be ejected from the game and the next scheduled game. A player who starts or participates in any fighting or pushing will be ejected automatically from the game and will be suspended for the next four (4) games.
- 28 Coaches, players or parents found using vulgar language in or out of the gym or practice sites and/or association functions will be escorted from the vicinity and suspended from the league. **(Regular or Post Season).**

PARENTS CONDUCT

- 29 It is imperative that parents conduct themselves in a proper manner at all times. NO SWEARING OR HARASSMENT OF GAME OFFICIALS WILL BE PERMITTED. No coach or fan shall use signs, gestures degrading personal comments, or act in any unfavorable manner towards opposing Coaches, players, spectators, or game officials.
1. In the event that a spectator's conduct is found to be not acceptable, any game or league official may request that the PARENT AND/OR SPECTATOR VACATE THE FACILITY IMMEDIATELY.
 2. If the offending parent and/or spectator refuses to vacate the facility, the basketball game will be forfeited immediately.

THE GYM RULES

- 30 It is the responsibility of all coaches, parents and players to keep the gym clean.
- 31 Soft drinks, food, and water bottles have been allowed in the gym, however, it must be purchased from the league's snack bar, with the exception of a player's personal drink or team snacks.

- 32 No smoking, alcoholic beverages, drugs or usage of foul language is permitted INSIDE OR DIRECTLY OUTSIDE THE GYM. Smoking near the rear entrance WILL NOT BE ALLOWED. If anyone is observed, violating these rules, school security and/or police will be notified.

COACHES' CONTRACTS

- 33 All coaches must be approved by the Board of Directors.

SCHEDULED PRACTICES

- 34 Players are required to attend no more than two scheduled practices per week through the course of the regular or post season. Players are excused from practice or game for any school or religious function or activity as well as illness. Players can be suspended for one game, after missing two (2) or more unexcused practices. Coaches must notify the Board of Directors prior to the suspension of a player for missing practices, in writing, for approval by the majority vote. Coaches must make notification a day prior to the scheduled game.
- 35 If a coach does not call a player because of the player's disabilities, the child or parent has the right to complain to the Board of Directors in writing. Each child has the right to be a working part of the team for at least one game during the season. Coaches will notify all players and/or parents of practice and game's schedules.

CADET DIVISION

- 36 All practice sites are assigned at the start of the season, coaches must practice at these sites only. No coach of any team, will practice in any other City or Park without the approval from the Board of Directors.
- 37 Players must fall back behind the three point line on defense until the white line on either side of the mid court line is crossed by the offense. No pressing is allowed. The first violation will be a warning, any violation after the warning will result in a technical foul.
- 38 Full court pressing is allowed in all divisions EXCEPT THE CADETS.
- 39 Cadets defense must stay behind the three point line any time that the ball is inbounded into the front court. First violation will be a warning, any violation after the warning will result in a technical foul. The offense has ten seconds to bring the ball past mid court, then five seconds to cross the white line. It is a back court violation if not crossed in the time allotted. Once the white line has been broken the defense is free to guard the ball anywhere in the front court.

GAMES SCHEDULED

- 40 All games must be played at scheduled times, any coach that does not field a team or keeps his/her team from playing is subject to immediate expulsion from the league. Board of Directors and involved coaches will meet within 72 hours.

ADDITION

- 41 Rule addition for Coaches:

All coaches' applications are subject to Board of Director approval.

All coaches and assistant coaches must be over eighteen years of age and have a current application on file.

INTERPRETATION

42 Any rule not clear will be interpreted by the Board of Directors and shall be final.

DRAFT DAY

43 Draft procedures will be explained to the coaches on draft day.

COACHES RESPONSIBILITIES

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- 1 Turn into the league a team roster including names, addresses and telephone numbers prior to the start of the season;
- 2 Develop and maintain a positive rapport with all players and their parents;
- 3 Inform parents about practice times, game times, and other requirements of the program;
- 4 Attend all coaches meetings;
- 5 Explain the risks and dangers of the athletic activity;
- 6 Report any accident and complete injury report on any athletic injury in practice or during a game. Give the report to a board member;
- 7 Emphasize the proper ideals of sportsmanship, and fair play;
- 8 Show courtesy to visiting teams and game officials;
- 9 Remember that an athletic contest is only a game, not a matter of life and death;
- 10 Carry player's contract during practice and games;
- 11 Coaches should remind parents of all meetings;
- 12 All teams must have a team parent;
- 13 Inform players of the danger of alcohol and drugs; and
- 14 A player or coach who is bleeding, or who has an open wound, or has blood on his/her body or clothing, shall be prohibited from participating further in the game until appropriate treatment has been administered.
 - A All bleeding has stopped;
 - B Any exposed cut/scrape which has bled is completely covered; and
 - C Bloody clothing is removed.