

All league games will be played in accordance with the current National Federation of High School (NFHS) Official guide, & the Texas Amateur Athletic Federation (TAAF) rules, with the following modifications. The City of Denton Parks & Recreation department reserves the right to add, delete, or amend the rules and regulations or policies for the betterment of the program.

I. Roster:

- A maximum of 12 players may be carried on a roster. Adding of players to a roster must be done before the last scheduled league game. Rosters, will be frozen for the playoffs.
- A player cannot be on two or more team rosters.

II. Uniforms:

- **In order to prevent confusion of teams having similar colored jerseys, all teams will be required to have dark and light colored jerseys (or reversible jerseys) with permanent affixed numbers.**
 - Home team: Light colored jerseys
 - Away team: Dark colored jerseys
- Jersey numbers may not be duplicated on the same team and must be between 0-99.
- Numbers must be permanently affixed to the jersey, not taped or pinned to the jersey. Numbers that are hand written in pencil, marker, or any type of ink pen will not be allowed.
- **Due to player's safety, no jewelry of any kind is allowed to be worn during play**
- **Teams must be in uniform by the second game. If your team is not in proper uniform, your team will receive a forfeit.**

III. Line-ups:

- Team line-ups must be in the official scorebook 5 minutes prior to game time. Players should **legibly print their first and last names** and jersey number. **Players listed in the scorebook must be on the official team roster. Players participating will be tracked in order to meet playoff eligibility rule.**

IV. Game Play:

- Two (2) twenty-minute (20) halves with a running clock. Clock will stop for all whistles the last two (2) minutes of the second half.
- **No Dunking! Any player that dunks or hangs from the rim will be given a Technical Foul. The second violation will result in an ejection from the game and 1 week suspension.**
- A three-minute half time will be observed.
- Each team will be allowed four (4) 30 second timeouts per game.

- In case of a tie, a three (3) minute overtime period will be played with the clock stopping the last minute (1) of overtime. One (1) additional timeout is allowed for overtime.
- **Point Ahead Rule: A point ahead rule of twenty-five (25) points will be used in all games.**
 - If a team is ahead by twenty-five (25) or more points the clock will not stop except for injuries and time-outs until the team ahead is less than (25) twenty-five points.
 - Like the rest of the game, the clock can be stopped by a time-out

V. **Fouls and Technical Fouls:**

- Each player is allowed 5 personal fouls per game. Once a team accumulates 7 fouls in a half, one-and-one shooting goes into effect. On the tenth foul there will be two shots allowed. Any player or coach receiving 2 technical fouls will be automatically **ejected from the game and receive an additional one WEEK suspension.**
- **This means that any ejected player that plays on multiple nights will not be able to play in ANY games until the one-week suspension is served. Ejected players must leave the premises immediately. Any player ejected for unsportsmanlike conduct will also receive an additional game suspension. Once a team accumulates 4 technicals in a game, the game will be stopped and declared a forfeit for that team.**

VI. **Ejected and suspended players:**

- Ejected players must leave the facility and grounds immediately. Failure to do so will result in a forfeiture of the game. Suspended are not allowed to return to the premises, even as a spectator, until their suspension has been served in full.

VII. **Forfeits:**

- Teams must have 4 players on the court for the game to begin. Teams may use their 5 timeouts before a game will be declared a forfeit. Teams may choose to play with 4 players, but any less and the game will be declared a forfeit.

VIII. **Eligibility:**

- Players must be at least age 16 and all players are responsible for bringing their DL in case of a roster protest. If they do not have their DL and there is a protest, they will be unable to play in that game.

Website: www.teamsideline.com/denton

PLAYERS CODE OF CONDUCT

WHEN THE GAME IS OVER THE OFFICIAL STILL HAS JURISDICTION OVER THAT GAME. THIS JURISDICTION EXTENDS TO BEFORE, DURING AND AFTER GAMES AND COVERS ALL PLAYERS/FANS

I. The following applies to all sections: “Player” means **any** participant, i.e., player, team member, coach, manager, scorekeeper, or fan. “Official” means **any** umpire/scorekeeper or Denton Parks and Rec. staff.

1. **No Player May:** Refuse to abide by an official’s decision, threaten an official, or at any time lay a hand upon, push, shove, or strike an official.

Penalty: Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended for at least the remainder of the current season, and possibly next season depending upon when in the season the incident took place. Second offenses will result in permanent suspension from all Denton Parks and Recreation leagues.

2. **No Player May:** Demonstrate objection to an official’s decision by throwing any object, and no object shall be thrown in any manner, for any reason, that an official judges to be dangerous.

Penalty: Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended a minimum of 2 additional games.

3. **No Player May:** Be guilty of using unnecessarily rough tactics in the play of the game against the body and person of any opposing player. This includes fighting before, during and after a game.

Penalty: Officials will eject the player or players from the game and report the incident to the League Office. The player or players will be suspended a minimum of 2 additional games.

4. **No Player May:** Be guilty of an abusive verbal attack upon any player, official, or spectator. Any use of profanity, obscene or vulgar language in any manner, at any time, will not be tolerated.

Penalty: Officials will give a technical or eject the player or players from the game and report the incident to the League Office. Ejected players will receive an additional one game suspension.

II. Technical Fouls:

- Any player receiving 2 technical fouls will be automatically ejected from the game and receive a one-week suspension. Any player ejected for unsportsmanlike conduct will also receive a one-week suspension. Once a team accumulates 4 technical fouls in a game, the game will be stopped and declared a forfeit for that team.

III. Ejected and Suspended players:

- Ejected players must leave the facility and grounds immediately. Failure to do so will result in a forfeiture of the game. Suspended players are not allowed to return to the premises, even as a spectator, until their suspension has been served in full.

The Game Official in Charge may either suspend or declare forfeit any game where in his or her judgment there has been a violation of the code, making it unsafe to continue the contest. The decisions of officials are final and will not be overturned by the athletics office.

The League Office has the power and full discretion of imposing penalties on all violations of Player's Code of Conduct. For any violation not explicitly stated in the code, the penalty will be at the discretion of the League Office.

Incidents involving serious threats and/or vandalism to facility will result in Police involvement, and may result in permanent suspension from the league and facilities.

Denton Parks and Recreation Concussion Policy

PURPOSE

The following policy and procedures are being implemented by the Denton Parks and Recreation Department, with the intent to reduce the potentially serious health risks associated with sports related concussions and head injuries.

POLICY

It is policy of the Denton Parks and Recreation Department to educate coaches, referees, staff, parents, and participants of the signs, symptoms or behaviors consistent with sports induced concussions. Participants suspected of a concussion or head injury, are required to be removed from the activity, must seek medical attention, and then follow the proper procedure for return to play. "When in doubt, sit them out!"

DEFINITION

A concussion is a type of traumatic brain injury that is caused by a blow to the head or body that jars or shakes the brain inside the skull. It is important to note that an athlete does not have to lose consciousness to have suffered a concussion. Symptoms include but are not limited to the following below.

SIGNS OBSERVED BY OTHERS

- Appears dazed or stunned
- Is confused about assignment
- Forgets an instruction
- Persistent vomiting
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Increasing sleepiness
- Shows mood, behavior, personality changes
- Can't recall events prior to hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

ROLE OF COACHES AND STAFF

Coaches and staff will NOT be expected, nor will they be trained to "diagnose" a concussion. Diagnosis is the job of a qualified health care provider. Coaches and staff are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. If coaches or staff observes questionable signs, symptoms, or behavior, he/she must remove the player from the sporting event for further evaluation and notify the player's parent/guardian and fill out the appropriate accident form. Coaches and staff are not permitted to allow a player to resume activity until the Denton Parks and Recreation receives a written statement from a qualified health care provider indicating that the player is cleared to resume participation in the sporting event.

ROLE OF OFFICIALS

Officials will NOT be expected to "diagnose" a concussion. Officials are being asked to use their best judgment in observing the signs, symptoms, and behaviors associated with concussions. Officials will not be asked to give what could be perceived as a medical opinion. If an official observes questionable, signs, symptoms, or behavior, the official should notify the appropriate staff and the player should be removed from the sporting event. Officials are not responsible for the sideline evaluation or management of the player after he/she is removed from play.

ROLE OF PARENTS/GUARDIANS

Like coaches, staff and officials, parents/guardians will NOT be expected to “diagnose” a concussion. However, parents/guardians are being asked to become familiar with the signs, symptoms, and behaviors associated with concussions. Parents/guardians will be expected to comply with this Policy and support the determination made by staff to remove a player from a sporting event.

It is the parent/guardian’s obligation to have the player evaluated by a qualified health care provider and to obtain from that provider a written statement that clears the player to resume participation in the sporting event.

MANDATED COURSE OF ACTION

1. Remove player from the sporting event.
2. Notify parent/guardian.
3. Any player suspected of having a concussion should be evaluated by a qualified health care provider as soon as practicable.
4. Before a player will be allowed to resume participation in a sporting event, the parent/guardian of the player must obtain a written statement from a qualified health provider and return to the Denton Parks and Recreation Department indicating that the player is cleared to resume participation in the sporting event.

The signs, symptoms and behaviors associated with a concussion are not always apparent immediately after a bump, blow or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes should never try to “tough out” a concussion. Teammates, parents/guardians and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery or courage to athletes who play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

Return to Play

After suffering a concussion, no athlete should return to play or practice on that same day. An athlete should never be allowed to resume play following a concussion until symptom free and given the approval to resume physical activity by an appropriate health-care professional. Documentation must be provided to the Denton Parks and Recreation athletic supervisor.

Once an athlete no longer has signs or symptoms of a concussion and is cleared to return to activity by an appropriate health-care professional, he/she should proceed in a step-wise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete should progress no more than one step each day, and at times each step may take more than one day.

If symptoms of a concussion recur, or if concussion signs and/or behaviors are observed at any time during the return-to-activity program, the athlete must discontinue all activity immediately. Depending on previous instructions, the athlete may need to be re-evaluated by the health-care provider.