

L.I.F.E SPORTS ACADEMY



RULES & REGULATIONS

REVISED 11-21-19

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L.I.F.E SPORTS ACADEMY LEAGUE RULES

It is understood that the rules, as stated herein, are in addition to the official playing rules governed by the Florida High School Athletic Association and NFHS Basketball rules.

I. MISSION STATEMENT

L.I.F.E SPORTS ACADEMY: program created by Like it R Love It, Inc

LIKE IT R LOVE IT INC, is a youth-centered organization established to educate, nurture, and to provide service to communities through motivational speaking, promoting academic achievement, and sports development. LIKE IT R LOVE IT INC is dedicated to developing leaders and extremely interested in the improvement of TEAM. A team mentality will be a strong asset to the youth as well as the community. LIKE IT R LOVE INC, believes in an environment based on honesty, integrity, personal responsibility, and mutual respect while providing the highest quality of service.

LIKE IT R LOVE IT exists to serve, support, and enhance the needs of the community by:

- ✓ Teaching skills through sports that will encourage and support lifelong learning
- ✓ Showing that character is not what others think of you, but who you are as person
- ✓ Establishing self-esteem through mentoring programs to help decision-making skills

II. STANDARDS FOR PATRONS AND PLAYERS

I hereby pledge to the following Standards:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game or event
- I will place the emotional and physical well-being ALL ahead of my personal desire to win
- I will insist that everyone plays in a safe and healthy environment
- I will require that players and staff be trained in the responsibilities that uphold to League Standards.
- I will demand a sports environment for all participants that is free from drugs, tobacco and alcohol and will refrain from their uses at all sports events
- I will remember that the game is for the everyone to enjoy
- I will treat other players, spectators, and officials with respect regardless of race, sex, creed or ability
- I fully support a policy of "ZERO TOLERANCE" to violence, abusive language and such matters detrimental to all players, participants and patrons
- I will not approach the scores table for any reason. If I have an issue, I will contact the league coordinator that is present.

III. **STANDARDS FOR STAFF**

- I will place the emotional and physical well-being of players ahead of any personal desire
- I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group
- I will do my absolute best to provide a safe playing situation for players and spectators
- I will do my best to communicate with parents throughout the season
- I will do my best to organize games that are fun and challenging for players
- I will lead by example, in demonstrating fair play and sportsmanship to all players
- I will ensure that I am knowledgeable in the rules of each sport, and I will remind these rules to my officials and players as needed
- I will provide a sports environment that is free of drugs, tobacco and alcohol, and I will refrain from their use at all sports events

IV. **LEAGUE LEADERS**

L.I.F.E Sports Academy will administer the 3 on 3 Basketball Program.

League Staff: Albrey Grimsley
 Junior Maxo Louisjin
 Jermisha Mcrae
 Kyle Glidewell

- Will coordinate the program located at the various facilities
- The League staff are responsible for the enforcement of all policies, procedures and rules regarding coaches and participants within their respective divisions
- Officials and L.I.F.E ambassadors will serve as an extension of the staff. They provide **recommendations only**. Department staff will take all matters under consideration accordingly.

V. LIVE GAME PROTOCOL

- We set the example of character education. Therefore, you must understand that children, parents, game officials and league staff will be present and dealt with in a positive and professional manner.
- ALL games will be played in the half court using FHSAA and NFHS rules.
- There will be an official and scorekeeper for each court.
- ALL games will begin with a jump ball at the free throw line
- There will be a coin toss to determine which team gets the first possession at half.
- Each team must have at least three players present from their five-man roster.
- After made baskets there will be a possession change at the half court semi-circle
- If the defensive team rebounds or steals the ball, it must clear the arc by passing or dribbling.
- Following any dead ball situation, the ball will be taken out on the baseline, sideline, or half court arc.
- In the event there is a jump ball situation, the defensive team shall be awarded the ball.
- Stalling or failing to play actively prior to the last 2 mins in the half will result in a violation (This is in place to teach time score possession).
- Substitutions take place during dead ball or timeouts.
- There will be 5 timeouts awarded to each team. 2 full and 3 30sec timeouts.
- Every field goal is worth its normal point total
- Clock stops for timeouts and free throws
- Each player is responsible to stay in their appropriate area throughout the game. Non players (NOT scheduled to play) are NOT allowed on the bench at ANYTIME.
- A player's tone of voice should be informative and not harassing or intimidating at any time to an official
- Any players displaying behavior that is not within the guidelines of Player Standards or as set forth within this rules packet may be subject to review by the League Staff.

IT'S JUST BASKETBALL! HAVE FUN!

VI. IN CASE OF EMERGENCY/INJURY

- Call 911 (if needed)
- Do not move injured person. Stabilize and move everyone away from the injured individual(s)
- Notify or have someone notify league officials.
- Do not treat any injuries unless life threatening and CPR is needed (if YOU DO NOT know CPR, find someone who does)
- It is more important to treat an injured person than it is to complete a game though we will make every effort to assure progression of the game

Altercations:

- Adults: If a fight occurs between adults, do not attempt to break up the fight. Call 911 and report it. Move everyone out of harm's way and away from the fight area.
- Children: If a fight occurs, stop the fight if possible and restrain with care. If you cannot stop the fight, call 911 and move everyone away from the area.
- Inform all involved participants in the altercation that they will receive suspensions based on our disciplinary policy
- Issue a written report of the incident with league officials and include any police or injury report
- Someone on the league staff or their representative will be available every game

VII. SELECTION OF PLAYERS

Player Eligibility: **Free Agent (Individual sign ups)

- Teams will be selected by the staff for ALL Free Agents.
- Only players who register and complete ALL waiver and standard forms will be placed on teams by the L.I.F.E Sports Academy staff.
- Birth certificates, or other legal documents, which determine a participants age must be presented at the time of registration along with a color photo of the participant.

Rosters:

- Will be posted after the first three practices.

VIII. PLAYING RULES – All Divisions

- Each team will be allotted **five timeouts. Two full timeouts and three 30 second timeouts** per game. These timeouts can be utilized anytime during the game.
 - Timeouts that are not used during regulation cannot be carried over to overtime periods. Each team will receive one full timeout for an overtime period.
- ALL games will be played in the half court using FHSAA and NFHS rules.
- There will be an official and scorekeeper for each court.
- ALL games will begin with a jump ball at the free throw line
- There will be a coin toss to determine which team gets the first possession in overtime.
- Each team must have at least three players present from their five-man roster.
- After made baskets there will be a possession change at the half court semi-circle
- If the defensive team rebounds or steals the ball, it must clear the arc by passing or dribbling.
- Following any dead ball situation, the ball will be taken out on the baseline, sideline, or half court arc.
- In the event there is a jump ball situation, the defensive team shall be awarded the ball.
- Stalling or failing to play actively prior to the last 2 mins in the half will result in a violation (This is in place to teach time score possession).
- Substitutions take place during dead ball or timeouts.
- Every field goal is worth its normal point total
- Clock stops for timeouts and free throws
- Each player is responsible to stay in their appropriate area throughout the game. Non players (NOT scheduled to play) are NOT allowed on the bench at ANYTIME.
 - A player's tone of voice should be informative and not harassing or intimidating at any time to an official
 - Any players displaying behavior that is not within the guidelines of Player Standards or as set forth within this rules packet may be subject to review by the League Staff.
- **Ties** in the final standings will be determined by overall record, head to head, and record versus common opponent's results. If that does not break the tie, the tie will be broken by point differential only in the games that the tied teams played each other (it will not be point differential for the entire regular season).
- If a player fouls out, they will be disqualified from the remainder of the game. If no players are available, the team shall play with two players. The opposing team may continue to play with three players.
- **Overtime: All Divisions** – Regular season games will have one overtime period that is two (2) minutes long. If the game is still tied at the end of the overtime period it will remain a tie. Postseason all Divisions - Postseason games will have two (2)

minute overtime periods until a winner is declared.

Video Recording:

- Is allowed during games. May you be mindful of the court playing space so, you will not be allowed on the floor during live play. This is in the best interest for all regarding safety.

Ages 5-7 Division Rules:

This will serve as an instructional to teach the players the rules and structure of the game

- Place 2 minutes on the clock and allow officials to review with players
- 2 halves, 10 minutes in each half
- 2 minutes will be placed on the clock for halftime
- There will be a running clock (except on timeouts, free throws, and substitution)
- There will be scorekeeping on the scoreboard
- There will be an official to provide structure for the coaches and players
- Coaches fill free to step on the court as needed to assist your team through the instructional
- Clock will stop for timeouts, injury, and substitutions ONLY
- A 28.5 ball will be used for 5-7 division
- Substitutions:
 - ALL Players must report to the scores table to check into the game
 - The game officials will check the players into the game
 - Substitutions will be made ONLY on dead balls, timeouts, or free throws
 - Coaches will make all substitutions
- Free Throws:
 - Eligible players may enter the lane upon release of the ball by the shooter
 - Free Throw shooter may enter the lane once the ball hits the rim

Defensive Rules

- 5-7 Division:
- Team will ONLY be allowed play defense behind the free throw line on each half of the court
- When a team is at half court, they cannot be interfered with at all. Once possession is established, they have the freedom to bring the ball into the frontcourt without any interference (intentional or unintentional).

Playing Time Rules

- **5-7 Division:**
Coaches will make all substitutions

Foul Limits

There WILL NOT be any foul limits

All Division Rules

- 2 halves, 10 minutes in each half
- 2 minutes will be placed on the clock for halftime
- Clock will stop for every dead ball under 2 minutes in each half
- A 28.5 ball will be used for all girls divisions
- A 29.5 ball will be used for all boys divisions
- Substitutions:
 - ALL Players must report to the scores table to check into the game
 - The game officials will check the players into the game
 - Substitutions will be made ONLY on dead balls, timeouts, or free throws
- Free Throws:
 - All other players will shoot from the standard free throw line
 - Eligible players may enter the lane upon release of the ball by the shooter
 - Free Throw shooter may enter the lane once the ball hits the rim

Playing Time Rules

- Substitution is at the discretion of the coach

Pressing Rules

- Substitution is at the discretion of the coach

Foul Limits

- a. Each player is allowed **five fouls per game.**

IX. Player/Coaches Conduct:

1. This section will run in conjunction with the *L.I.F.E Sports Academy guidelines* and all violations will come under those specific categories.
2. Technical fouls will be assessed and deemed necessary by officials.
3. Any player or coach who is ejected from a game shall immediately leave the building.
4. Any player or coach who is assessed two technical fouls during play will be ejected from that game. The second time a player or coach receives two technical fouls in a game they will be suspended for a minimum of the next scheduled game.
5. Any player or coach using foul language on the court or bench area will receive a warning, the next time it happens they will be immediately ejected from the game, and will be subject to suspension
6. **ANY** fighting or any physical exchange with another individual will result in immediate removal from the facility and **WILL NOT** be allowed in the facility the remainder of the season.
7. If a coach is ejected from a game, his or her team will automatically forfeit the game. If this happens again the team will forfeit the remainder of the season.
8. If a player is ejected from a game, he or she will be suspended for the next game. If it happens again, it is a three-game suspension. The third time it happens, that individual **WILL NOT** be allowed to participate in the remainder of the season.
9. Sportsmanship must be displayed before and after games. Any player being disrespectful (i.e. talking trash or foul language) will be assessed a Technical Foul and be subject to league disciplinary guidelines. Actions before or after any league function, games or practices are subject to league policy.
10. Coaches are to be held responsible for conduct of their team and parents of their players. If a parent becomes verbally abusive, a technical foul may be assessed to the coach of that respective team. If a second technical foul is assessed that parent will be asked to leave the gymnasium.
11. The team coach is responsible to inform parents of the league rules and explain that their conduct is an important part of the game.
12. The team coach is responsible for making sure their team game shirt or jersey is always tucked in. If this is not done a technical foul shall be assessed.
13. Game times are strictly enforced. If a team is not prepared to start a game on time, five minutes will be placed on the time clock. When that time runs out, the game will be a forfeit by the team that is not prepared to play.

X. OFFICIALS

- Referees shall have complete authority over the game, players, coaches and spectators. They may expel any player, coach or spectator for indecent language, unsportsmanlike conduct, or any infraction of the rules. If the expelled player, coach or spectator refuses to leave, this will constitute a forfeit. At this point, 911 will be called by League Staff personnel.

NOTE: League Staff WILL NOT interpret any rule from the time a game begins until the time it ends. They may, however, enforce any and all rules regarding conduct of players, coaches and parents contained herein. This is to include a spouse of a coach, and parents wanting an explanation of rules. League Guidelines are available online under the League Guidelines tab.

- Will discuss any matter in question ONLY with the Head Coach
- Coaches and/or parents SHALL NOT demand the removal or the scheduling of a particular referee/official

XI. DIVISION ORGANIZATION

- Birth certificates, passports, or alien registration cards are mandated for participants to register for Youth Basketball.
- Late registrations will be assigned to a waiting list using the date registered and placed on a team if possible, by the League Staff.
- Many of our teams are travel teams so, there division
- Teams will be divided into the following coed age groups:

Divisions:

- a. Ages 5-7 and the player has not reached their 8th birthday before the start of the season.
- b. Ages 8-11 and the player has not reached their 11th birthday before the start of the season. A player can be moved up to the next age group by staff.
- c. Ages 12-14 and the player has not reached their 14th birthday before the start of the season. A player can be down to the next age group by staff.
- d. Ages 15-19 and the player has not reached their 19th birthday before the start of the season. A player can be down to the next age group by staff.
- e. Ages 20-25 and the player has not reached their 25th birthday before the start of the season. A player can be down to the next age group by staff.

XII. GENERAL

- Our mission is to teach life skills through sports in a fun, safe, and fair environment
- Tobacco products or food of any kind are not permitted at the any facility.
- All coaches will receive a copy of the League Guidelines that are posted online
- Players will be trained by basketball trainers and placed on team that will be coached by the trainers.
- Prior to the start of the season, all coaches, League Staff, and referees participate in a general meeting of questions and answers pertaining to the program
- Persons under the influence of alcohol/drugs or using alcohol/drugs in any form by players or adults are not permitted during games or practices
- All trainers are required to go through a background check
- All spectators must view the game from the bleachers. Spectators are NOT permitted on court at ANY TIME. This includes post game. Please meet your child at the exit. SAFETY is the top priority for ALL.
- Please refrain from bringing personal basketballs into the gymnasium during practice or games. There are outdoor basketball courts at facility.
- All rules contained herein are subject to interpretation and/or change, upon the recommendation of the League Staff.
- All individuals that are in the facility **MUST** conduct themselves in a respectful manner all times. This includes coaches, parents, players and staff.
- The League Staff, coaches, and officials attempt to be as fair as possible. At times, there are extenuating circumstances that must be reviewed on an individual basis, and decisions are based on the individual cases. By no means does this imply that League Staff are being biased or treating any one individual unfairly. We value you choosing our league to continue to teach life skills to your child.

XIII. BREACH OF LEAGUE GUIDELINES

- Violation of ANY of our League Guidelines or Standards will result in one of the following ramifications:

Offenses:

Offenses deemed severe, violent or a threat to the safety of the league will forgo the First and Second Offense policies and Third Offense ramifications will apply.

First Offense:

A written/verbal warning or suspension, if warranted, under the L.I.F.E Sports Academy, NFHS and FHSSA guidelines.

Second Offense

Suspension of game or games depending on the severity of the offense, if warranted, under the L.I.F.E Sports Academy NFHS and FHSSA guidelines.

Third Offense:

Suspension from current league for the remainder of the season, and formal review with the League Staff to determine any further consequences or participation in League activities.

Appeal Process:

Anyone that is involved in a breach of league guidelines may NOT request an appeal.

NOTE: All warnings and/or suspensions will be done by email and approved by the League Staff.

XIV. THANK YOU

On behalf of the L.I.F.E Sports Academy family we would like to thank you for choosing to participate in our league. If it was not for the value of our host facilities to positively impact communities in any way possible, this would not be possible. Thank you again to the parents that allow us to impart positive messages in the youth every day to prepare them for the game of life. We are excited to work with you this season.

It is our pleasure to make sure we are doing everything we can to provide consistent effective communication to all the parents during the entire season. We will try to provide the best customer service to each parent, coach, and player every season. We ask that you communicate with the staff so, that we may try to make each season a positive exciting experience

If you need anything do not hesitate to contact our staff.

Respectfully,

L.I.F.E Sports Academy Staff