

# FAST ACTION BASKETBALL LEAGUE PLAYER'S HANDBOOK

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## I. POLICIES

### A. TEAM ROSTERS

1. Height restrictions Questionable players will be subject to measurement. One-inch grace is given when measuring. Player may remove shoes, socks, pop all blisters and file down all corns. However, any player who still exceeds the height restriction will be dropped from the roster without refund from the league.
2. Roster Limit Each team may carry up to ten players on the roster. Women are eligible to participate. All players must be over 16 years of age to play. Players under 18 must have parental written consent on file.
3. Roster additions or changes
  - Absolutely no adjustments will be allowed after the 5th game.
  - Your League Commissioner must approve roster additions.
  - Players are required to present picture identification at all playoff games, no exceptions.

### B. MEDICAL WAIVER

**It is mandatory that every participant signs a medical waiver prior to playing in the first game. This waiver releases Fast Action and all parties associated with Fast Action from any liability regarding injuries of losses to person or property which may occur as a result of participating in this league. Fast Action does NOT provide any form of insurance for the players.**

## C. TEAM FEES

1. Registration fee is per team. For current fee see website registration.
2. FAB Team Jerseys are available for an additional fee. Deluxe, reversible, micromesh nylon jerseys come in sets of eight. Call league office for current pricing.
3. Game Fees are per game and are to be paid in cash. This covers the expense of officials, scorekeepers and the data entry for your stat sheets.

## D. PAYMENT OF FEES

1. Balance of Registration: The balance is due on or before the registration deadline. Personal checks will only be accepted from the team captain or co-captain; collect the money from your players and submit one check for your whole team.
2. Your balance must be paid in full by the third week of the season, if no reasonable payment is made subsequent games will be forfeited.
3. Game Fees: Each captain is to pay the league commissioner the game fee for each game. If only one official is present for the entire game, the game fee is reduced (see scorekeeper for the amount of reduction).
4. Playoff Game Fees: A game fee is also in affect for the post- season playoffs.
5. A \$50 forfeit bond must also be paid in advance. Should your team **NOT** forfeit, the \$50 will either be refunded at the completion of the season or you may carry it over for the next season. **Should your team FORFEIT, your team will be removed from the schedule until another \$50 forfeit bond is paid.**

## E. LEAGUE FORMAT

1. As a general rule, we try to schedule each team with a ten game regular season schedule, unless otherwise informed at the beginning of the season. Team Captain's should contact the main office one-week prior to their first game for their first official game time. Complete schedules will be handed out the following week.

2. Tie-Breakers a) Head-to-Head Competition (wins-losses) b) Point Differential between teams deadlocked by (a) c) FAB Rating: A complicated formula which involves: *Combining the I.Q. of your starting five, subtract shoe sizes, multiply by the number of guys who didn't wear their game shoes in from the parking lot. Bonus points are awarded for any player with a job!* Would you believe total points scored minus points allowed?

## F. SCHEDULING

1. Each team generally plays one game a week during the regular season however; there are times when double-headers are scheduled.
2. During the playoffs, teams may have more than one game a week.
3. Preferences in regards to game times can not be accommodated due to the large number of ridiculous requests received each season by countless, self-absorbed, hedonistic zealots totally consumed, deluded and deceived by their own self-importance. But it doesn't hurt to ask!

## G. GAME PREPARATION

1. Prior to the start of each game, the captains are required to fill out the official scoresheet. Each player's first and last name should be printed with his/her jersey number in the appropriate space. Each player must also sign the waiver on the back of the scoresheet.
2. All players must have a similar color jersey with an 8" *silk-screened or ironed-on number* easily visible on the front or back. Numbers cannot be written on the jersey with a marker or taped on.
3. **A player(s) with an illegal jersey will be charged \$5 CASH before they can enter the game.** (This includes duplicate numbers.) 0 and 00 will be allowed if they are *silk-screened or ironed-on numbers*.
4. If a player enters the game who is not listed on the scoresheet, or has a different number than listed on the scoresheet, he/she may proceed to play after a technical foul is assessed to his team (penalty: 2 free throws and possession of the ball).
5. Teams will be given up to five minutes to warm-up between games or until the scheduled game time. Like that's gonna help some of you guys!
6. GAME TIME IS FORFEIT TIME. A team must have at least four players on the floor at game time. A team is allowed to play with four players for the entire game. It's "Power-Play" Basketball! And you thought the NHL was exciting?!

7. No jewelry or non-athletic apparel is to be worn during the game. Should an official notice a player in the game with jewelry, play will be stopped and that player **MUST** leave the game to remove the jewelry. He may re-enter on the next dead ball. This includes bandanas, bracelets, etc; points are only scored by making buckets, not on how we look!

8. There is **NO DUNKING ALLOWED BEFORE, DURING, OR AFTER ANY FAB GAME**. Violators will be assessed a personal technical foul. Repeat offenders will be removed from the league. Should any player destroy any property in the process, he will be held responsible financially for all damages.

## **H. AWARDS AND PRIZES**

### **1. LEAGUE CHAMPS**

Each roster member of regular season championship teams will receive an individual award. Awards are changed seasonally and include such options as FAB Champwear, jerseys, sweatshirts, caps, gold watches, really fast foreign sportscars, huge truckloads of newly printed greenbacks, small yachts, Rolex watches and dream dates with the models from SI's Swimsuit issue (don't believe it! Just win and find out!)

### **2. PLAY-OFFS**

Champs and runners-up will receive individual awards. The team captain will also receive a team trophy, which can be given to a sponsor, displayed shamelessly on the captain's mantle or just used as a very large and gaudy paperweight.

## ***II. RULES OF PLAY***

*The CIF high school rulebook will be the official rulebook with these exceptions:*

### **A. LENGTH OF GAMES**

1. Each game in two 20-minute halves. A running clock format is used. The clock will only stop under these circumstances: [3 "t"s]

2. **Time Outs:** Each team is allotted 2 in the first half and 3 in the second half. Unused time outs can not be carried over into the next period of play.

3. **Two Minutes:** The clock will stop the final two minutes of the second half providing the point spread is in single digits, 9 points or less.
4. **Technical Fouls:** Technicals force the stopping of the clock. 1. On a free throw attempt, players may enter the lane on the release.

## **B. CHECKING THE BALL**

1. The official does not check the ball in the backcourt except to allow subs into the game or to administer a backcourt violation.
2. The in-bounds passer may advance in the backcourt on the baseline or sideline all the way to the half-court line on any inbound play.
3. The player in-bounding the ball may take the ball out anywhere in the backcourt and still advance to the half court line.

## **C. ADDRESSING THE OFFICIALS**

*Only the designated Captain is allowed to address an official. All requests to officials must be made through the designated Captain. Infractions could result in technical fouls or severe humiliation.*

## **D. SUBSTITUTIONS**

1. All subs must report to the scoring table prior to the next dead ball in which he wishes to enter the game.
2. After reporting, subs are to sit at the side of the table until a dead ball occurs. Even after the scorer sounds the horn, the Official must motion the sub into the game. Do not just run on to the floor when the horn sounds or call out a sub from the bench. *Note: Line changes are NOT a NHL rule that we have adopted.*

## **E. FOULS**

1. A player will be disqualified from the game after his Sixth personal foul. A technical foul is not a personal foul.
2. Bonus free throws are awarded on the seventh team foul of each half. **On the tenth team foul of each half, two free throws are awarded.**
3. If a player releases the ball before contact is made on a charging foul, the basket will be counted if it is made.
4. Players fouled attempting a three-point shot will be awarded three free throws.

## **F. HARD FOULS**

1. A "hard foul", as determined by the officials, with or without intent to harm, will be treated as an intentional foul. The player fouled will receive two free throws plus his team will retain possession of the ball.
2. If the "hard foul" was intended to harm a player, as determined by the officials, that player will also be ejected from the game in addition to the two free throws and possession of the ball.
3. Any foul from behind, on a player who has a clear path to the basket, will result in two free throws and possession of the ball.
4. All intentional fouls will result in two free throws plus possession of the ball.

## **G. TECHNICAL FOULS**

1. All technical fouls result in 2 free throws and possession of the ball to the opposing team and **A THREE-MINUTE PENALTY**. Any player who receives a technical foul for unsportsmanlike conduct **MUST SIT OUT FOR THREE MINUTES** no matter how many players his team still has eligible to play. A player on the bench may replace him during those three minutes.
2. A player is disqualified from the game on his second technical foul. He must leave the facility within 2 minutes and will also be ineligible for the next game as well. If the player does not leave the facility, the commissioner will forfeit the game to the opposing team no matter the score at the time. Such a player would then be dropped from the league permanently.
3. One technical foul will be assessed for each player who leaves the bench and enters the floor in a fight situation. Players on the court at the time should help diffuse the situation by pulling **THEIR OWN PLAYERS** away.
4. A player may also be assessed a technical foul for foul language.

## **H. SUSPENSIONS AND EJECTIONS**

1. A player may be ejected from a game even without getting two technical fouls, depending on the severity of the offense or how descriptive his vocabulary might be.
2. If a player is ejected from a game a second time in the same season, he will be ineligible to play for the remainder of that season.

3. A player may receive more than a one game suspension if the offense merits a stiffer penalty. **All such situations will be brought before the Rules Committee for a final decision.**
4. The League Commissioner also has authority to impose a game suspension for unfitting behavior even after a game has officially concluded. The final buzzer does not yield a license to any player or coach to belittle or degrade an official.
5. The Rules Committee reserves the right to disqualify any player or team, who persistently displays unsportsmanlike conduct, with absolutely **NO REFUND OF FEES.**
6. Physical altercations among players will not be tolerated. Any players involved will be suspended and/or will not be allowed to play in any future Fast Action Leagues or Tournaments.

*No smoking or alcoholic beverages are allowed in the gym or on the school grounds, violators will be subject to forfeiture of game and/or removal from the league.*

## **I. NO DUNKING**

There is **NO DUNKING ALLOWED BEFORE, DURING, OR AFTER ANY FAB GAME.** Violators will be assessed a personal technical foul. Repeat offenders will be removed from the league. Should any player destroy any property in the process, he will be held responsible financially for all damages.

## **J. OVERTIME/SUDDEN DEATH**

1. In the event of a tie at the end of regulation: the winner will be determined by... Multiple choice question: a) a wet T-shirt contest between captains a) a poll of the officials a) whichever team pays the most money a) **a three-minute overtime.**
2. The overtime period will begin with a jump ball.
3. Second half team fouls will not be rolled over into the overtime period. Bonus free throws will be awarded on the third team foul in the overtime period.
4. One time out will be allowed during overtime.
5. The clock will stop during the final one minute in overtime.
6. If the overtime period\* ends in a tie then a Sudden Death period will be played.

7. Sudden Death uses no clock. a) Sudden Death begins with a jump ball a) Sudden Death affords no time outs a) Sudden Death affords three fouls before going to the line a) Sudden Death can be sudden; the game is over when... someone tips the ref someone wins the tip someone keels over from exhaustion **one team scores\*\***
8. A 2nd overtime period will played only during playoff games \*\* for those still scratching their head, let me end the mystery by saying that this would be the correct answer.

## **K. FORFEITS**

1. Game time is forfeit time. If a team does not have at least four roster players on the floor and ready to play at the designated time, the clock will be started at 20 minutes. **The late team is penalized 1 point per minute (10 pts. max) until play begins** with the clock continuing to run while the players lace their shoes and do "that walk" they do to be cool and act like they're not worried about the fact that they are passing out welfare points with every rotation of that big hand.
2. The game must be played if the late team shows up within the first TEN minutes. If the 10-minute grace period expires, the game is officially declared a forfeit.
3. **The forfeiting team must pay the game fee that night or be dropped from the schedule until a new \$50 forfeit bond is received in the office.**
4. If a team forfeits a game they will be dropped from the league with NO refund and their house will be T.P.ed by the remaining teams in the league; unless they re-establish their forfeit bond within 48 hours of said forfeit.
5. If a team uses a non-rostered player, the game will be forfeited to the opposing team.
6. The team captain must challenge an opposing player's height prior to the start of the game. A protest will not be accepted otherwise.
7. If a team wins by forfeit they may have the use of the gym until the next game is ready to begin. Officials and scorekeepers are not required to work a forfeit game. The team present may wish to pay their game fee to the officials if they would agree to work.
8. No refund of fees will be given should a team drop out or is disqualified by the league.
9. If a team calls the league office 48 hours in advance of a forfeit that team will only be penalized \$28. If a team forfeits without giving 48 hours advance notice, they will lose their entire forfeit bond (\$50) and will need to pay another forfeit bond before being inserted back into the schedule.

## **L. PLAYOFFS**

1. A single-elimination tournament is held at the conclusion of the regular season for all division levels.
2. Top teams qualify for a single-elimination post-season playoff.
3. Game fees (\$28 cash) are required for all playoff games.
4. We reserve the right to re-classify teams to make the playoffs more competitive.
5. Your Forfeit Bond is still in effect for the Playoffs. If you do not show up for your playoff game, you will lose your \$50 Forfeit Bond.
6. Only players on the official roster will be eligible for playoff games. Do not bring in 'ringers', if we catch you, your playoff game will be forfeited (even after the game) – with no refund of game fees.
- 7. Each player must bring picture identification to playoff games to verify the roster.**

## **M. OFFICIAL PROTESTS**

1. A team captain may file an official protest with the league office. It must be done in accordance to these rules:
2. Protest must be received, in writing, at the league office within five days of the game in question.
3. The written protest must be accompanied by a \$20 fee, which will be refunded, only if the protest is upheld.
4. A game can not be protested on the basis of an official's judgment.
5. The Rules Committee will make the FINAL ruling. 3. Playoff games can not be protested for any reason.