

WESTERN LOUDOUN BASKETBALL LEAGUE

Blue Ridge & Harmony



League By-Laws & Operating Procedures

V 2011.02

Summary of Changes

Date	Section	By	Description
10-26-2011	3.11 Injuries	MP	Section added with concussion verbiage
10-26-2011	4.3 Press Rule	MP	Changes to the press rule by grade
10-26=2011	4.2 Defense	MP	Added verbiage about man 2 man defense requirement for first half of ball games
10-26-2011	3.10 Medical Kits & Ice Packs	MP	Added section
10-26-2011	3.7.5 Cast & Splints	MP	Added official stance on casts & splints
10-26-2011	3.2.6 Officiating	MP	Verbiage added around Officials Advisory Committee and scheduler.
10-26-2011	2.1.2 Board Position Assignments	MP	Updated with 2011/2012 Board Members
10-26-2011	2.1.2 Board Positions	MP	Added Secretary/Fundraising
10-22-2009	6.8 travel contract	MP	Added verbiage for Travel Contract
10-22-2009	5.3 practice balls	MP	4 balls as of 2009
10-22-2009	6.4 last bullet AAU/YBOA removed	MP	Updated for 2009
10-2-2008	2.1.2 Board of Directors	MP	Updated for 2008
09-17-2008	4.3 Press Rule changes for 2nd – 4th	MP	Press in last minute of game after game 5 of season
09-17-2008	3.8.7 Players not attending tryouts	MP	Players not attending tryouts are placed on teams via blind draw after all players who attended tryouts are selected.
08-20-2007	3.4.6 Registration dates	ALL	Clarification of registration dates
08-16-2007	6.7 Travel Selection	MP	Board Involvement and Price for Uniforms
08-16-2007	6.5 Travel Practices	MP	WLBL dictates that travel will practice on Saturday
08-16-2007	3.8.7 Players Not attending tryouts	MP	Section added explain how players are selected
08-16-2007	2.1.2 Board	MP	Added Kerry Fatz as Men's commissioner
11-26-2006	Section 4	ALL	Modified Playing rules rim height and free throw line
09-13-2006	1.4.2 Meetings	ALL	Cleaned up definition of meetings
09-13-2006	2.1 Board	ALL	Verbiage changed
09-13-2006	2.1.1 Board Vote	ALL	Clarified who can vote
09-13-2006	2.1.2 Board Positions	ALL	Added explaining positions
09-13-2006	2.1.3 Current Board	ALL	Added current Board & removed phone numbers
09-13-2006	2.4 Meeting Administration	ALL	Cleaned up adding Travel and High School rec
09-13-2006	3.2 Season Commencement Dates	ALL	Changed to take of actual dates "Ball Park"
09-13-2006	3.4.1 Eligibility, player qualifications	ALL	Clearly explained jurisdictional boundaries
09-13-2006	3.4.2 Player limits of participation	ALL	Added rule that travel players may not move back to house league.
09-13-2006	3.6.1 Roster Limitations	ALL	5 th – 8 th eight per team, 2 nd – 4 th ten per team
09-13-2006	3.8.4.2 123 Draft	ALL	Further explained the ranking of players and that no trades are allowed
09-13-2006	4.3 Press	ALL	New Press rules for 2006
09-13-2006	4.7 Coaches	ALL	Updated Coaches Requirements
09-13-2006	6 Travel	ALL	Change section 5. travel to 6. travel
09-13-2006	5. Practice	ALL	Added new section on practices
09-13-2006	3.2.18	ALL	Altered all seedlings by standings
09-13-2006	3.4.3	ALL	2 nd grade now

09-13-2006	4.1	ALL	Playing time spelled out
10-20-2003	Draft Guidelines	MP	Adjustments made to the draft procedures. Added a 123 draft and further discussed assistants.
10-13-2003	Many	MP	Adjustments made after meeting with Cindy Welsh and Bob Dowless of PRCS
9-23-2003	Added 2.1.1	MP	2.1.1 Voting eligibility
10-15-2002	Adjusted Draft Procedure	MP	3.8 – Coaches Children
8-15-2002	Added Travel By-Laws	MP	5.8
8-15-2002	Changes From 8/12 Board meeting	MP	2.1 Contacts, 3.2.13 Game Limits, 3.2.14 Warmup Times, 4.1 Playing Time,
6-30-2002	3.8.4 Children's Selection	MP	Rounds of selection changed to 2 & 3
6-30-2002	3.8.5 Siblings	MP	Cleared up what defines Sibling
6-30-2002	3.8.4 Coaches Children	MP	Defined what a Coaches Child is
6-30-2002	2 Board	MP	Adjusted Board Responsibilities & Positions for 2002
8-19-2001	3.2.16 Officials	MP	Travel 8 th graders will officiate 9 ft games
5-23-2001	5 Codes of Conduct	MP	Moved to Section 5 Travel Program
5-23-2001	3.5.3 Travel Team	MP	Moved to Section 5 Travel Program
5-23-2001	3.3.2 Conduct of coaches	MP	Section deleted since duplicated.
5-23-2001	3.2.18 Procedures for determining League Standings.	MP	Updated section to include how standings will now be kept.
5-23-2001	3.2.17 Score Reporting	MP	Added information about the daily game log that will be kept at each site.
5-23-2001	3.2.17 Limits on Game Forfeitures	MP	Deleted Section
5-23-2001	3.2.13 Game Time Limits	MP	Corrected Information for 2001
5-23-2001	3.2.8 Gym Opening Time	MP	Corrected Information
5-23-2001	1.4.3 Meetings	MP	Added line for meeting dates
5-23-2001	1.4.5 Additional Info	MP	Added
5-20-2001	2.1 Board Membership	MP	Cleaned up for 2001 season
5-10-2001	3.2.6 Officiating	MP	Added clause regarding age of officials. And Volunteers for games on 9ft baskets.
5-9-2001	4 Playing Rules adjusted	MP	Cleaned up for 2001 season
10-15-2000	3.5.3 Travel Teams	MP	Clarified selection process for travel teams
10-15-2000	3.6.1 Roster Limitations	MP	Number of players per roster updated.
10-15-2000	3.8.5 Siblings in Draft	MP	Sibling handling in draft added.
10-15-2000	4.1 Boys & Girls A League rules	MP	Changed playing requirement to match all other house league age groups.
6-29-2000	4.2 Boys & Girls B, C & D league rules	MP	Added rules 9 & 10. Also condensed section.
6-28-2000	3.9 Attendance	MP	Attendance section added
6-28-2000	3.8 Draft Guidelines	MP	Draft Guidelines section added
6-27-2000	3.2.16 Forfeit Procedures	MP	Added playing time
6-27-2000	3.6.1 League/Structure	MP	Chart of Leagues with Grade & Age
6-27-2000	3.2.15 Allowable Timeouts	MP	Changes in Timeout Rules.
6-26-2000	3.2.13 Game Time Limits	MP	Adjustments made to match WLBL structure.
6-26-2000	3.2.6 Officiating	MP	A, B & C leagues 2 officials. D league 1.
6-26-2000	2.1 Board Membership	MP	Initial Board Established at 6-25-2000 meeting
6-26-2000	ALL	MP	Added Section Numbers
1-7-2000	Entire Document	MP	Initial Draft

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1. League Introduction

Western Loudoun Basketball League (WLBL) is an instructional youth basketball league intended for the enjoyment of the game of basketball for all players, **not just the few that excel at the game**. Should parents seek more competition, YBOA or AAU leagues will accommodate them. This league is designed to teach each individual the fundamentals of basketball, passing, dribbling, shooting and defense.

1.1 WLBL MISSION STATEMENT

The Western Loudoun Basketball League is a youth organization comprised of Board members, coaches, parents and players. It exists to enable the youth of its member organizations to learn, grow, and develop skills via basketball competition by playing on their neighborhood teams. The administrators, coaches, parents, and spectators should never lose focus that the main objective is to promote sportsmanship, integrity, and fairness that serves the best interests of the overall majority of the children who participate in our program.

The purposes of the League shall be to implant firmly in the youth of the community the ideals of good sportsmanship, honesty, loyalty, and courage, so that they may be well adjusted, strong, and happy, and may grow to be good, clean, healthy, and trustworthy citizens.

The purposes will be achieved by teaching basketball fundamentals, and providing supervised related activities. The coaches & Board members shall bear in mind that the attainment of exceptional athletic skill or the winning of games is secondary, and that molding future citizens is of prime importance.

1.2 CORPORATION

The name of the Corporation shall be known as Western Loudoun Basketball League, Inc. or ("League").

1.3 OFFICES

Registered Office - The League shall maintain a registered office in the State of Virginia and a registered agent there at, subject to change thereof in the manner prescribed by law.

1.4 GOVERNANCE

Western Loudoun Basketball League, Inc. shall adopt and abide by the constitution (by-laws) of the League. Any change of the League membership shall be made by a majority vote of the League's Board of Directors during any meeting.

1.4.1 Fiscal Year

The League's fiscal year shall consist of twelve months (or one year), which shall run from January 1 through December 31.

1.4.2 Meetings

Board Meetings (non-open) shall take place as required and are called by any member of the Board. The league secretary shall give notice of all meetings at least three working days in advance thereof to all Board members.

All Public "Open" Meeting dates will be posted on the League's Web Site calendar. Two will be scheduled during the season and one in the off-season.

1.4.3 Vote

All matters concerning policy of the League shall be decided by a majority vote of the Board and members on motion of those present at any meeting of the Board.

A majority of the members of the Board shall constitute a quorum at any meeting and the majority affirmative vote of those present shall govern, except when otherwise provided. In case of a tie vote, the presiding officer of the Board shall be the tiebreaker. The presiding officer is determined by the descending order of the President, Vice Presidents, Secretary, etc.

1.4.4 Additional Information

For more information please visit the League's Web Site at: <http://www.wblhoops.com>

The League's Web Site is its primary means of communication to the families of WLBL so all information will be posted to the Web Site.



2. WLBL “Board”

The name of the governing body of the Western Loudoun Basketball League (WLBL), herein referred to, as the "League" is the Western Loudoun Basketball League Board herein referred to as the "Board".

The Board, who will ultimately approve, disapprove or act upon actions submitted at meetings, shall govern the League. Any changes made by the Board shall be incorporated into these policies. The Board shall be structured to administer the League as to provide a youth sports program featuring a balanced blend of sportsmanship, recreation, skill development and competitive activity.

The Board shall administer the League under the general program guidance by the League President and policy guidance by the Board according to the By-laws and WLBL Rules.

2.1 BOARD MEMBERSHIP

Membership of the Board must be validated yearly. Elections are held in the event of there being more than one person interested in a particular position. Interest in a board position must be made public one month prior to the annual election meeting in April each year.

2.1.1 Voting Eligibility

Members in good standing may vote for board positions at the annual election meeting. The definition of member in “good standing” is as follows:

- Current Board Member
- Any person attending two or more leagues meetings in the past year

2.1.2 Board Positions

The Board is elected each year and is comprised of the following positions.

Position	Responsibilities
President	<ul style="list-style-type: none"> • General Coordinator • Proceeds over all meetings • Liaison Between Board & WLBL Officials • Coordinates Game Schedule & Officials Schedule •
Vice President	<ul style="list-style-type: none"> • Handles player registration & recruiting • Coordinates all coaches development activities • Forms all committees • Liaison between League & Parks and Rec. • Maintains Leagues By-Laws
Treasurer	<ul style="list-style-type: none"> • Maintains all account payable & receivables • Prepares financial statement for each meeting • Draws checks from league funds after Board approval • Payroll for Officials
Commissioner(s) Men's	<ul style="list-style-type: none"> • Coordinates house tryouts • Coordinates Practice Schedule • Solicits and assigns coaches both house & travel • Point of contact for all player issues house
Commissioner(s) Woman's	<ul style="list-style-type: none"> • Coordinates house tryouts • Coordinates Practice Schedule • Solicits and assigns coaches both house • Point of contact for all player issues house

Travel Commissioner(s)	<ul style="list-style-type: none"> • Coordinates Travel Tryouts • Participates with Travel Coaches to run House Try-Outs • Attends County meetings for Travel Issues • Point of contact for travel related issues
Secretary/Fundraising	<ul style="list-style-type: none"> • Maintains all meeting agendas & minutes • Notifies Board members about meetings • Monitors incoming mail • Helps coordinate board meeting • Helps with Registration & Drafts • Helps coordinate fundraising activities • Helps coordinate picture day

2.1.3 Current Board

The current Board was elected during the April meeting. The following positions were assigned:

Name	Position	email
Matt Pinkston	President	admin@wblhoops.com
Derek Irelan	Vice President	Deekless@aol.com
Norris Beavers	Treasurer	wnbeavers@gmail.com
Randy James	Men's Commissioner (2-5)	rljames@rstarmail.com
Stephen Renner	Men's Commissioner (6-8)	stephen.renner@gmail.com
Adrienne R. Graham Hobbs	Woman's Commissioner	hobbstriplec@gmail.com
Stacey Hegerich	Secretary/Fundraising	sheg6@yahoo.com
Jeff Basinger	Travel Harmony	jbasing@aol.com
Vic Deloreto	Travel Blue Ridge	victor@thediloretos.net

2.2 MEETINGS

The League President via support of the other Board members will assure adherence to the By-laws and these policies and interpret "Robert's Rules of Order", current edition. All meetings will be posted on the leagues web site. There will be closed Board meetings as well as Public meetings.

2.3 ORDER OF BUSINESS

The order of business at all regular meetings of the Board shall be as follows:

- a) A count of the representatives (or alternates) present for the purpose of establishing a quorum.
- b) Citizen's Opportunity to address the Board (Open Meetings).
- c) A reading of the minutes of the preceding meeting.
- d) Review of outstanding action items.
- e) Reports of the Board Officers.
- f) Reports of the Board committees (if necessary).
- g) Appointment of Officers (if necessary).
- h) Rule changes.
- i) Unfinished business.
- j) New business.
- k) Review of new action items.

2.4 ADMINISTRATIVE POSITIONS AND RESPONSIBILITIES FOR LEAGUE

The League President as the chief operating officer of the League shall chair the Committee on Administration and Operations. As the chairperson of the Committee on Administration and Operation, the League President shall oversee the day-to-day responsibilities for the effective and efficient functioning of

the Boys and Girls Leagues, including the activities of other elected members of the Committee, which shall, but not necessarily be limited to, individuals responsible for:

- a) the Boys League,
- b) the Girls League,
- c) Travel League
- d) High School rec
- e) schedules, training & sportsmanship,
- f) publicity,
- g) and other tasks as the Board may identify.

The League President shall provide, at each Board meeting, an update of each of these functional activities. The Board shall have the benefit of the services of staff of the Department of Recreation and Community Services to aid in the Board and League functions including the scheduling of all regular season and post-season games.

3. League Rules

3.1 PURPOSE

These Western Loudoun Basketball League (WLBL) Rules are written to insure a balanced blend of sportsmanship, recreation, skill development and competitive activity in keeping with the WLBL Charter. Anyone attempting to negate the intent of these rules and/or policy of the WLBL Charter shall be denied membership and the right to participate in the WLBL program.

3.2 GENERAL

3.2.1 PREVAILING RULES.

Games shall be played in accordance with the current National Federation of High School Basketball League Rules and the Virginia High School League Handbook, except for any changes specifically stated in these WLBL RULES.

3.2.2 GAME SCHEDULING.

The number of games to be played by each league, base days (Saturdays or Sundays), starting dates, tournament schedule, etc. will be determined at the Board Meetings of the WLBL prior to the start of the season. The League President will supervise scheduling of all games. Games will be played on Saturdays and Sundays; however, some games will have to be played on weeknights. Every effort will be made to schedule games so that the younger League's will not have to play weeknight games.

NOTE: Teams should be prepared to start their game 15 minutes prior to scheduled time if gym space and officials are available. Due to the number of games played at each gym each week it is very important for us to stay on schedule throughout the day so that the later games are on schedule.

3.2.3 SEASON COMMENCEMENT DATES.

Travel Practices may begin last week of October
House Practices will begin first week of November
Games for Travel & House begin first weekend in December

3.2.4 GAME CANCELLATION AND MAKEUPS.

Games will not be played when Western Loudoun County Schools are closed for the day, or dismissed early because of inclement weather, or other emergencies, or when games interfere with school functions. Such games may, but not necessarily be made up. If for any reason a game has not begun within one hour and thirty minutes after its scheduled time (by the start of the following game time) that game WILL NOT be played that day. A reasonable attempt will be made to make up all games.

3.2.5 GAME RESCHEDULING.

Games may not be rescheduled for any reason except by the League President.

3.2.6 OFFICIATING.

In all League games two (2) officials contracted by the WLBL will be assigned to officiate. The league will require contractually that officials in games B League or higher must be at least 18 years of age. In the event that no referee appears within FIFTEEN (15) minutes after the scheduled game time, or after termination of

a preceding game, whichever is later, the game should begin as soon as possible with volunteer referee(s) agreed to by the opposing coaches. Coaches are encouraged to attempt to play the game in such instances. The results of the game will be official. Once an official referee does arrive, the game is to be turned over to him/her. The coach should inform the Recreation Department Building Director, who in turn will be responsible for notifying the official's organization immediately, and for informing the Recreation department on the next business day.

WLBL will furnish it's own referees for ALL house (Youth & High School) level games and will contact the county approved officiating organization for Travel games.

The scheduler for WLBL officials will be a non-paid member of the Board of Directors and the entity cannot be an active official

WLBL will elect lead consultants each season to help run the WLBL Officials organization. For 2011/2012 Dick Hickman & Louie Sanders have been elected as the heads of the organization and will act as the main points of contact for all officiating issues.

WLBL officials will complete a game-log after each assignment detailing any issues they may have encountered.

3.2.7 SCHOOL FACILITY CONTROL.

The Recreation Department Building Director is in charge of the school facilities. S/he will interpret all rules and regulations of the Recreation Department pertaining to the use of the facilities.

3.2.8 GYM OPENING TIME.

Gyms will be open FIFTEEN (15) minutes prior to the start of the first practice or game.

3.2.9 TEAM CONDUCT PRIOR TO SCHEDULED GAME.

Teams waiting to play a second or third game should be seated in the stands until time for their game. No basketballs other than the team balls are allowed in the gym. No shooting at the baskets is permitted during time-outs or intermissions. Before each game only the teams warming up for that game should be shooting at the baskets. Teams should be prepared to start their game 15 minutes prior to scheduled time if gym space and officials are available.

3.2.10 TEAM SUPERVISION.

Each team must be supervised by their coach or responsible adult while in the schools. Coaches **MUST** be present when players arrive for games and practices. Coaches **MUST** stay until all players have been picked up after games and practices.

3.2.11 HOME TEAM DESIGNATION.

The home team will be the team on the right side of the schedule. Example: 1 vs. 2 (team 2 is designated the home team).

3.2.12 SCORE TABLE ASSIGNMENTS.

The home team will provide a scorer and the visiting team a timer. It shall be the responsibility of each coach to provide and to qualify individuals to perform these duties. No person under the age of SIXTEEN (16) shall be allowed to serve as the official scorer or timer.

3.2.13 GAME TIME LIMITS.

Games will be played by periods. The length of each period will be SIX (6) minutes for all age groups. Overtime will consist of (1) TWO (2) minute period if the game is still tied at that point Sudden Victory session will be held (Tap ball and first team to score wins).

** Note during overtime & sudden victory there are no playing time restrictions.

3.2.14 WARMUP TIMES; HALFTIME.

A minimum of FIVE (5) minutes will be allowed for warm-up between games and only FIVE (5) minutes between halves. Games will be scheduled ONE (1) hour apart.

3.2.15 ALLOWABLE TIMEOUTS.

A maximum of FOUR (4) full time-outs are allowed per team per game. ONE (1) additional time-out will be given to each team per overtime period.

3.2.16 FORFEIT PROCEDURES.

A game will be declared forfeit when:

- 1) A team is not ready to play within FIFTEEN (15) minutes after the scheduled game time or after termination of a preceding game, whichever is the latest.
- 2) A team plays an ineligible player.
- 3) A team does not adhere to playing time requirements.

3.2.17 SCORE REPORTING PROCEDURES.

The WLBL gets official scores from the scorebook at each gym. The Parks & Rec representative will be responsible for maintaining a daily game log, which will be picked up by a Board member after each game day. This log will also have space for the official's name(s) for each game.

3.2.18 PROCEDURES FOR DETERMINATION OF LEAGUE STANDINGS.

Criteria for the regular season champions and tournament seeding will be as follows:

1. For all other divisions won/loss record will be kept during the year, which will be used to seed teams for playoffs. In the event of a tie in the standings a coin toss will determine seeds.

3.3 COACHES

3.3.1 COACHES' QUALIFICATIONS.

Each team will be assigned a WLBL Board approved coach. Coaches will submit an official WLBL Coaches application. Head Coaches must be at least TWENTY-ONE (21) years of age or accompanied by an Adult on the bench. The WLBL may suspend or expel coaches from the league for violation of its rules and the Code of Conduct. Teams must have someone 18 or older at each Game & Practice.

3.4 PLAYER ELIGIBILITY, PARTICIPATION & REGISTRATION

3.4.1 ELIGIBILITY, PLAYER QUALIFICATIONS.

All participants in the WLBL must be residents of Western Loudoun County. All players must be designated to Loudoun Valley High School or one of its feeder schools in order to participate. Home Schooled & Private Schooled players are eligible if their home residence would have them slated for Loudoun Valley High School or one of its feeders. Non-Western Loudoun County club players are not permitted to play on

teams from Western Loudoun County. Players from Western Loudoun County are not permitted to play on teams from non-Western Loudoun County clubs.

3.4.2 PLAYER LIMITS ON PARTICIPATION.

A player may participate on only ONE (1) WLBL team during the season. Travel team members can be active on a (AAU/YBOA, etc..) roster, however if a player misses a WLBL games, scrimmages or practices due to a conflict with one of these other organizations that player will be suspended from play for WLBL. This is to guarantee that players will be dedicated to their WLBL teams.

Any player selected for a travel team is only eligible for travel play. Once the house draft is held a travel player may not be moved back into the house league.

3.4.3 PLAYER AGE REQUIREMENTS.

Age determination dates for each season:

- 1) Boys & Girls may enter the League starting in the 2nd grade.
- 2) Players may **NOT** be 16-years-old before March 31st.

3.4.4 PLAYER ELIGIBILITY DOCUMENTATION.

The only acceptable proof of birth date will be an official Virginia DMV Identification Card, or Birth Certificate. These documents are required only at the initial registration for a player who desires to participate in WLBL.

3.4.5 PLAYER EDUCATIONAL ELIGIBILITY.

Players must attend an accredited public or private school. Any player not attending school must submit a bona fide certificate to the appropriate WLBL League official and be approved for WLBL participation by the League prior to their participation.

If a player is suspended from their school, this suspension also applies to basketball activities since they are on school grounds.

3.4.6 LEAGUE REGISTRATION.

Western Loudoun Basketball has now gone to an electronic registration for both its league. Registrations begin the 1st day of July each year for early registration. As of September 1st any registration is considered late and late fees apply. Registration conclude the first Sunday of October each year however growth and gym limitations can cause the board to close a specific division at anytime prior to the first Sunday in October. The league will put in automated registration cut-offs when it determines how many players would fill each division.

3.5 LEAGUE STRUCTURE

3.5.1 House League Boys & Girls

It is intended that there will be a division for each grade level if the numbers registered can support this. In other words the divisional break down would be 8th grade = A, 7th grade = B, 6th grade = C, 5th grade = D, 4th grade = E, 3rd grade = F and 2nd grade = G. Again if the numbers support us doing this format we will, otherwise we may combine age groups into a division.

** This league structure can be modified depending on the overall number of participants.

3.6 TEAMS (House League)

3.6.1 ROSTER LIMITATIONS.

All house (Boys & Girls) teams will have a maximum of **Eight (9)** players. In division for grades 2 through 4 **ten (10)** players can be assigned to each team. If players are on a waiting list they will be added first come first serve to teams that lose players throughout the year. There will be a minimum of (8) players assigned to each team to start the season.

3.7 EQUIPMENT

3.7.1 UNIFORM REQUIREMENTS.

Each House team will be furnished with game T-shirts. Players not having a league jersey will not be allowed to play. **Shirt sleeves must not be removed!**

3.7.2 GYM SHOE REQUIREMENTS.

Players cannot wear shoes that will leave marks on the gym floor. Players' shoes should not be worn out of doors into the gymnasium. Skid producing shoes will be prohibited during games.

3.7.3 JEWELRY LIMITATIONS.

Players cannot wear jewelry on the gym floor. This includes earrings, bracelets, necklaces, and hair ties with metal or hard plastic clasps or clips. No Exceptions!

3.7.4 EYEGLASS LIMITATIONS.

A player wearing glasses must have shatterproof lenses or an eyeglass protector (e.g., goggles).

3.7.5 CASTS and or HARD FORMED SPLINTS.

WLBL will follow NFHS rules with regards to casts or hard splints which states no hard casts or splints are permitted on the court. All players that are recovering from an injury that required a cast or hard splint must have clearance from their doctor prior to being re-instated.

3.8 DRAFT GUIDELINES

A formal draft will be held in each division Boys & Girls each year. All players are in draft. During draft selection players who attended tryouts must be selected prior to players who did not attend tryouts see 3.8.7.

3.8.1 Draft Management

A Board member will manage each Draft. Each board member will have a draft sheet and follow the rules listed in this section.

3.8.2 Order of Draft

Numbers will be drawn from a card deck to determine order of draft.

3.8.3 Flow of Draft (Picks)

All drafts will follow a snake order! For example, in a 6 team draft, the team with the first pick would get pick 1 then 12 & 13. The team with the 6th pick get picks 6, 7 then 18, 19.

Round	TEAMS 1 – 6					
1	1	2	3	4	5	6
2	12	11	10	9	8	7
3	13	14	15	16	17	18
4	24	23	22	21	20	19
5	25	26	27	28	29	30
6	36	35	34	33	32	31
7	37	38	39	40	41	42
8	48	47	46	45	44	43

** In the last round of the draft, the flow reverses order! In other words the team with the first overall pick in the draft will end up with the last pick in the draft. So for example in a 6 team draft, if there are only 4 players available in the last round, team 4 would get the first pick in that round and team 1 would get the last pick.

3.8.4 Coaches Children

If the Boards Representative and Coaches in that draft determine that there is to vast a difference between the coaches children, we will invoke a 1,2,3 Draft! At the beginning of each draft coaches will be asked if the coaches children have fairly even abilities. If the answer is a unanimous "yes" then standard draft applies. If the answer is not unanimous then a 123 draft is executed.

** Coach's children are limited to actual children or grandchildren not nieces or nephews. **Unless previously approved by the Board.**

3.8.4.1 Standard Draft

- 1) Children will be taken out of the draft prior to it beginning. They will not be selected in any particular round.
- 2) If the coach has multiple children in the same division, that coach would get less picks in the draft.
- 3) If the Coach has no child in the draft he or she will be awarded a compensatory pick in the second round.
- 4) NO TRADES after draft!

3.8.4.2 123 Draft

- 1) Coaches children will be ranked in the round they would be drafted in by a vote in the first 10 minutes of the draft. Depending on the ranking that will be the round that child would have to be picked. This is an OPEN vote so that we can ensure honesty.
- 2) If the coach has multiple children in the same division both children will be ranked
- 3) If the Coach has no child in the draft he or she will be awarded a compensatory pick in the second round.

3.8.5 Siblings

In the case of Siblings all Brother & Sister combinations will be on the same team unless otherwise requested. Siblings of the same grade must be drafted in succession. If there is a difference in grade then there will be a one round gap between sibling picks. Siblings by league definition are brothers or sisters (by birth or marriage) living in the same residence. No Exceptions!

The League will not promise any particular team placement except in extreme cases.

3.8.6 Assistant Coaches

The League does not allow pre-selected assistant coaches, which would pre-block a child. If a head coach desires an assistant he or she should either pick that player early or coordinate an agreement at draft time with the other coaches.

* the League does have the flexibility to adjust this under special circumstances, carpooling is not one of those circumstances.

3.8.7 Players Not Attending Try-Outs

Players not attending the designated tryouts will be drafted! The draft coordinator will discuss missing players prior to the draft, if a player that missed tryouts is deemed a top pick by the group then that player will be eligible to be selected in the regular draft. Players not deemed top picks will be drafted blindly at the end of the draft through a blind selection (numbers out of a hat).

3.9 ATTENDANCE

Attendance is not monitored by the league! However, the League will support the decision of its coaches to sit a player that does not attend practices without an acceptable reason. This action should be preceded by a conversation with the player and the opposing coach prior to the game.

3.10 MEDICAL KITS & ICE PACKS

WLBL is responsible for stocking a medical kits and ice packs at each practice and game facility. Parks & Recreation will have a process in place that will notify the league when supplies in the medical kit are low or when the case of ice packs gets low.

3.11 Injuries

WLBL is always concerned with the wellbeing of it's participants. If an injury occurs during a practice or a game an injury report must be filed with the on duty Parks & Recreation representative. The appropriate boys, girls or travel commissioner should also be notified.

The league has point of emphasis for officials that states that the referees are to remove a player from any game who is showing symptoms of receiving a concussion; even if the coach and parents disagree. As a league, we support this process and expect all coaches, players, parents and officials to err on the side of caution regarding our young players health. We will back any referee who removes a player who has concussion symptoms. If a player is removed from a game due to concussion symptoms the player must obtain a doctors release prior to returning to practice or a game.

4. Playing Rules House League

4.1 Playing Time

All players must start, play through and finish one (1) quarter in both the first and second half of each game. Please make sure all team members play accordingly, unless sickness or injury prevents.

Violation of this rule will result in a warning for the first offense, any subsequent violation will result in immediate suspension of the coach and forfeit of the game (If playoffs!).

**** WLBL would like it's coaches to refrain playing any one dominant player an entire game!**

Practical Example

Lets say the Bulldogs have 7 players (John, George, Jeff, Rob, Jimmy, Steve & Sam). In the first period John, George, Jeff, Rob and Jimmy started and did not come out at all. In the second period Steve and Same must play the entire period and the 5 players who played the whole first period could sub in and out of the 3 open slots.

It is a very simple rule:

- Every player on the team must Start and play through and finish an entire period in the first half and second half of each game. This will ensure that each player gets a minimum playing time of 50% of the game.
- If a player subs in the 1st and 2nd or 3rd and 4th period the team is in violation of the substitution rule.
- A player being in foul trouble does NOT nullify this requirement

Western Loudoun Basketball has had difficulty managing this rule in the past, as coaches always find a way to try and take advantage of the rule. This in our opinion is our most important rule as violation of the rule means that a player did not get his or her fair playing time.

Note: Officials are NOT expected to monitor this issue. If a player, parent or opposing coach has issue with the way another team is managing this rule a board member should be contacted. WLBL will be altering the instructions for how players are marked in game books to help with tracking this.

4.2 Defense

Man to Man Defense

- All teams at all age levels are required to play man to man defense during the first two quarters of each game.
- When playing man to man defense, playing "help" defense is acceptable, but the player is expected to guard a man, not an area – an attempt to guard the player must be made when players move (ie – cutting, rotating, etc).
- Defensive player may NOT guard anyone above the three point line UNTIL the ball, or the player dribbling the ball, establishes position in the half court – via a pass and catch by a player with BOTH feet established in the half court of the offensive team, or by a player dribbling across half court establishing BOTH FEET and the BALL in the half court. ***Exception – during any time a full court press is allowed, trapping may occur anywhere on the court
- Trapping in the half court IS ALLOWED for GRADES 5 through 8. A player may not trap until the ball is established in the half court or the player dribbling the ball is established (See above). ***Exception – during anytime a full court press is allowed, trapping may occur anywhere on the court

- *Trapping in the half court is NOT ALLOWED for grades 2 through 4 UNTIL THE BALL AND/OR PLAYER CROSS THE THREE POINT LINE OR BELOW. This is to allow teams to establish an offensive set-up.*

Junk Defenses

- No Triangle & 2 or Box & 1 defenses are allowed at any level.
- Officials will give one warning and after that technical fouls will be administered to the bench.
- Many times what appears to be a trick defense could be a player who is confused and does not know where he or she should be.

4.3 Press

Full Court Press

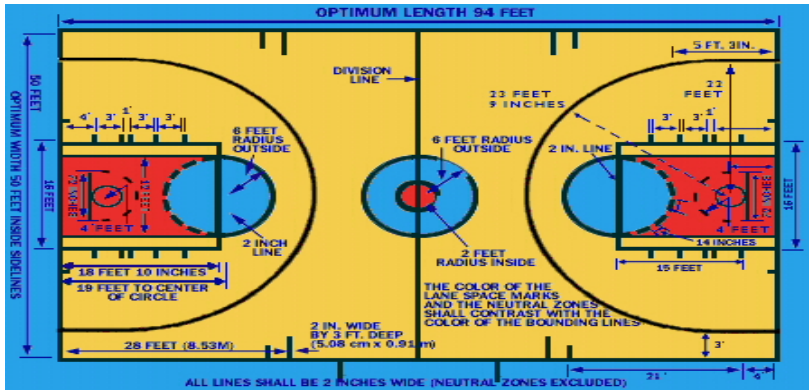
- 5th -- 8th grade leagues:
 - During the first 3 quarters, defense in the backcourt (full court press) will not be allowed on any iplay *UNLESS a team is attempting to fast break. If a team is attempting to fast break (pass ahead of player, or dribbling by them), the defensive team may play defense. Violation may result in a technical foul.*
 - *During the fourth quarter, teams will be allowed to play defense in the backcourt at all times, unless team is ahead by 10 or more points*
- 2nd - 4th grade leagues:
 - Defense in the backcourt (full court press) will not be allowed on any in-bounds play until the final 2 minutes of the 4th quarter starting after the 4th game. Violation may result in a technical foul.

** If the official determines that a game is running over the allotted hour due to sloppy play during dictated by press situations the official can implement a running clock.

4.3.1 Advancing the Ball

While the ball is being walked up from backcourt, defensive players must be behind the **top of key extended**, until ball & player reach front court.





If the offensive team attempts to fast break the team on defense, the defensive team will be allowed to play defense at that time. **Fast Break?** Anytime a player tries to pass over or dribble past the defense. You have given up your right to walk the ball up the floor!

4.4 Basket Height & Free throw line adjustments

At Western Loudoun Basketball we make adjustments at grade levels for basket height and free throw line so that players can be taught correct form and not be forced to shoot in a form just to get the ball to the basket. These adjustments are consistent with the rest of the county so our players are comfortable with them when post season all-star teams are selected.

Line violations are strictly enforced grades 4 and up, for grades 2-3 our officials are told to allow a player to jump over the line but not chase a rebound.

Tape for free throw lines will be put down in each of our gyms.

Grade	Gender	Basket Height	Free Throw Line
2nd - 3rd	Boys & Girls	8	12
4th	Boys & Girls	9	13 1/2
5th - 6th	Boys & Girls	10	13 1/2
7th - 8th	Boys & Girls	10	15

4.6 Balls

- o All Girls levels will use an official **28.5** sized ball
- o Boys grades 3 – 6 use official **28.5** size ball
- o Boys 7th & 8th grade levels use official NFHS **29.5** sized ball
- o Absolutely **NO** personal balls are permitted in WLBL gyms game time or practice time
- o House teams are allowed 3 balls for practice and warm-ups

4.7 Time Outs

- o Each team is given four timeouts for the game that can be used at any time of the game.
- o All timeouts are 60 seconds in duration. After 45 seconds the official or clock operator will sound first notice. On second whistle in 15 seconds the ball is put in play. If team with possession is not ready a delay of game technical will be administered.
- o In the result of an overtime each team is awarded an additional timeout.

4.8 Coaches

- o During games teams will be allowed **2** coaches on the bench (**Head Coach & 1 assistant**)
- o All head coaches **must attend** the coaches meeting at the beginning of the year
- o All head coaches **must** have a copy of the by-laws
- o All head coaches **must** understand the playing time rules and how substitutions can be made

- All head coaches **must** hold a parents meeting prior to the start of their season and cover league proposed agenda as well as their own.
- If the head coach is not yet 21 an additional adult over the age of 21 is allowed on the bench
- Only one coach may be standing during the game within the predefined coaches box
- All WLBL coaches are subject to a background investigation for safety purposes.

4.9 Ejections & Technical Fouls

- If a player is ejected from a game, the player will serve an additional game suspension.
- Any coach ejected from a game will serve an additional game suspension.
- Excessive technical fouls during the season, will be reviewed by the board and appropriate action will be administered including possible suspension of player or coach.

4.10 Team Numbers for Games (Play-Offs)

In another attempt to force fair play at all levels of competition the League has implemented a game-time attendance policy for Play-offs. The rule is simple, if a team that started the season with X number of players has less than (X-2) players the game will be forfeited. During the off-season it was heavily discussed that teams playing with 9 players were at a significant disadvantage against teams with say 6 players. This rule will encourage coaches to make their weaker players stringer throughout the year.

4.11 League Philosophy

This league is set-up for the enjoyment of the game of basketball for all players, not just the few that excel at the game. Should parents seek more competition, there are other leagues that will accommodate them. This league is designed to teach each individual the fundamentals of basketball, passing, dribbling, shooting and defense.

5. Practices

5.1 Practice Schedule

Each coach should contact his or her coordinator as soon as they draft their team to coordinate their practice schedule. This will be their designated practice schedule for the remainder of the year. Any variation of the schedule must be approved by the appropriate coordinator.

Each team is provided practice times by the league at a designated gymnasium, Organized practices outside this time at other facilities or outside are Strictly **PROHIBITED**.

5.2 Facility Manager

The facility managers are the supervisors of the gyms we are utilizing. We must abide by their local rules at all times. Please check with your local supervisor about local gym rules at the beginning of the season.

5.3 Balls

- Each team will be allowed **4** practice balls per practice
- NO personal balls may be brought into the gyms

5.4 Blackouts

- Blackout Dates will be posted on the league web page
- Teams may not practice during blackouts

6. Travel Program

6.1 Travel Teams

Travel teams for both boys and girls are on a tryout basis. Players in the 7th & 8th grades can tryout for travel teams. Travel teams will be made up of 9 - 10 players, selected by the head coach and approved by a sub-committee of the WLBL board. All player selections must be approved!

Although the county has started a 6th grade travel program the Western Loudoun Basketball League has decided that adding a travel program at this age would have a negative impact on it's 1,000 player house league due to allocated gym space.

6.2 Management

The travel programs should be run by a Board, which should consist of:

- Chairperson (Parks & Rec representative)
- One representative from each of the active house leagues (commissioner)

This group would meet quarterly during the off-season and bi-weekly during the season.

6.3 Structure

Each House League will have a 7th grade Boys & Girls team, and a 8th grade Boys & Girls team.

6.4 Teams

- Players must reside in the school district.
- Players must be in the grade of the travel team (7th or 8th) no exceptions.
 - 7th grade players play on 7th grade team
 - 8th grade players play on 8th grade team
- Boys play with boys and girls play with girls.
- Each team must start with a minimum of 10 and a maximum of 12 players.
- Roster must be turned into Travel League Chairperson prior to first game.
- Birth Certificate and Picture Id must accompany roster for each player.
- Copy of all material will be provided to Travel League rep for each House League.
- Only players on original roster may play in games.
- No Roster moves may be made after rosters are turned in.
- Coaches must keep track of their scores in the eteams web site..

6.5 Practice

- Travel Commissioners will dictate the allowable amount of practice time per week Max (3) hours.
- All travel teams will conduct one two hour practice using the harmony aux full court on Saturdays.
- Boys 7th & 8th and Girls 7th ^ 8th teams will share an additional hour during the week on Harmony's main floor
- No team will go over the allowable practice time at a WLBL managed facility.
- Travel teams are encouraged scrimmage with house teams throughout the year.

6.6 Games

- Each team will have an equal number of home and away games.
- Home team provide Scorebook & Clock keeper

6.7 Selection

The selection process for the Travel teams will go as follows:

- Only players who have made at least one tryout are eligible for selection, Players MUST attend one tryout to be eligible for consideration.
- 7th & 8th grade players indicating interest in the travel teams will tryout 1 week prior to the regular house league tryouts.
- Board Member will attend the travel tryouts and will review/approve selections with Travel Coaches prior to house league drafts.
- Travel teams players will be assessed an additional charge of **\$100** dollars to cover the cost of the uniforms they will own at the end of the season.

6.8 Travel Contract

- Each players selected to a WLBL travel squad will sign a travel contract upon selection. This contract will outline WLBL travel rules and commitment levels.

7. Codes of Conduct

This League is designed to be an instructional league, one that will benefit all the players and parents not just a select few. The following codes of conduct will be strictly enforced throughout the season.

7.1 PLAYERS CODE OF CONDUCT

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among layers, coaches, officials and spectators are the primary considerations governing competition in the Western Loudoun Basketball League, the following Code of Conduct has been established and adopted.

Each **player** will ensure that his/her playing conduct is that of a young lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the **player** is expected to:

1. Know the rules and abide by them.
2. Respect the game officials and refrain from addressing them or commenting on their decisions during the play of the game. The game captain or designate may address the officials during the game but only within the provisions of the rules and in a courteous, respectful manner.
3. Maintain control of his/her emotions, avoiding the use of abusive language or profanity, humiliating remarks, and/or gestures of ill temper, and physical assault upon another player at any time.
4. Respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship at the conclusion of game- be humble and generous in victory and proud and courteous in defeat.
5. Follow all building rules and regulations, respecting at all times the property of others. Be aware that there is to be no shooting at baskets during time outs or intermission of games that are in progress- Before each game only the teams warming up for the next game should be shooting at the baskets.
6. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on the sportsmanship, courtesy and manners of each individual player.

7.2 COACHES CODE OF CONDUCT

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among layers, coaches, officials and spectators are the primary considerations governing competition in the Western Loudoun Basketball League, the following Code of Conduct has been established and adopted.

Each **coach** will ensure that his/her playing conduct is that of a young lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the **coach** is expected to:

1. Know the rules and abide by them.
2. Instruct team members in the rules and coach his/her team in such a way as to motivate each player to compete according to the rules at all times.
3. Respect the game officials and refrain from questioning their decisions in a disrespectful or abusive manner. Ensure that players, spectators/fans do not shoot at the baskets during timeouts or intermissions.
4. Ensure that all-building rules and regulations are followed by the players and spectators.
5. Ensure that fans of his/her team conduct themselves with sportsmanship and maturity at all times while in attendance at game sites; assist the game officials in maintaining control of spectators during the games.
6. Respect the coaches and players of the opposing team both during the play of the game and at its conclusion, win or lose.
7. Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
8. Maintain control of his/her emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and humiliating.
9. Instruct team support personnel (e.g., assistant coaches, scorekeepers, and timekeepers) in their responsibilities in accordance with established rules and procedures.
10. Realize, accept, and practice the principal that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy, and manner.
11. Provide your team with a FIRST AID KIT that meets the requirements of the Virginia High School League with regard to their Infectious Disease Policy (see attachment within this book).

12. Coaches should refrain from making comments from the bench during an opponents shot from the free throw line .

7.3 SPECTATORS CODE OF CONDUCT

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among layers, coaches, officials and spectators are the primary considerations governing competition in the Western Loudoun Basketball League, the following Code of Conduct has been established and adopted.

Each **spectator** will ensure that his/her playing conduct is that of a young lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the **spectator** is expected to:

1. Respect the rules of the game.
2. Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful or abusive manner
3. Cheer for their team in a positive, supportive manner, refraining at all times from making hostile, negative, or abusive remarks about the opposing team.
4. Enter a gym quietly, remain seated during play of the game. Refrain at all times from coming onto the floor or from throwing objects or other foreign materials onto the floor, and exit in an orderly manner at the conclusion of the game.
5. Follow all building rules and regulations, respecting at all times the property of others. **Be aware that there is to be no shooting at baskets during time outs or intermission of games that are in progress- Before each game only the teams warming up for the next game should be shooting at the baskets. SPECTATORS SHOULD NEVER BRING BALLS INTO ANY WLBL GAME SITE GYM**
6. Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose.
7. Realize, accept, and practice the principal that a team's reputation is built not only on its playing ability, but also on the sportsmanship, courtesy, and citizenship of its fans.

7.4 RESPONSIBILITY FOR CONDUCT.

Each club is responsible to see that their coaches, players and spectators abide by the respective CODE of CONDUCT. All coaches, players and parents or guardians of players will be provided copies of the appropriate CODE of CONDUCT Acknowledgment forms prior to the start of the season.

7.5 CODE OF CONDUCT REQUIREMENTS.

CODE of CONDUCT for spectators and players should be thoroughly discussed at a pre-season joint meeting between coaches, players and parent/guardians of players. All sponsors, coaches, parents/guardians and players are required to sign the CODE of CONDUCT Acknowledgment form indicating they understand and accept their responsibilities as stated in the code. This form, with the required signatures, is to be filed with the appropriate Deputy Basketball League President on or before the filing deadline date(s).

7.6 IMPROPER CONDUCT ADJUDICATED BY WLBL Board.

Conduct of sponsors, coaches, players or spectators detrimental and contrary to the WLBL CODE of CONDUCT can result in suspension from further participation for whatever period of time deemed reasonable and appropriate by the WLBL Board.

7.7 IMPROPER CONDUCT PENALTIES.

Improper conduct on the part of coaches, players or spectators may result in expulsion from the gym, or in extreme cases, forfeiture of the game.

7.8 OFFENSIVE ACTIONS

DEFINITIONS OF OFFENSIVE ACTIONS.

No coach, player, parent/guardian or spectator is to:

- 1) refuse to abide by an official's decision; or
- 2) be guilty of objectionable demonstration by throwing equipment or any other forceful action; or
- 3) be guilty of heaping verbal abuse upon an official for any real or imaginary wrong decision or judgment; or
- 4) be guilty of an abusive verbal attack upon a player, an opposing coach, official or spectator; or
- 5) at any time, lay hands upon, push, shove or strike an official; or
- 6) be guilty of physical attack as an aggressor upon any player, opposing coach, official, spectator, Recreation Building Director or school staff.

** - Any violation of these rules will be reviewed by the board and could be penalized with immediate ejection from the league.

7.9 PENALTIES FOR EJECTION FROM GAMES.

All ejections will be considered CODE of CONDUCT violations, and the player or coach is automatically suspended for at least ONE (1) game. The Board will define any appropriate penalties and must approve permission for any suspended player or coach to participate in games subsequent to the incident for which they were ejected. All rulings of the Board will be expedient provided that both coaches report the facts relative to the ejection promptly. A player or coach ejected from a game should be notified at the time as to the cause of the ejection; both coaches are still required to notify the League President when an ejection occurs. A written report by the ejecting official explaining the reason(s) for the ejection should be made in all situations involving ejection. Any player, coach or team representative striking or shoving an official will be suspended for the remainder of the season.

7.10 SUBMISSION OF APPEALS.

A written appeal may be made to the WLBL Basketball League President within TWENTY-FOUR (24) hours of the penalty decision. The decision of the League President will be final.

7.11 CODE OF CONDUCT COMMITTEE JURISDICTION.

When penalties for rule violations are not specified, they will be decided by the Board.