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**GUIDELINES FOR THE 2019**

**RECREATIONAL BASKETBALL LEAGUE**

1. **PURPOSE:** To provide rules and guidelines for play during 2019 Recreational Basketball Season and Playoffs.
2. **DATES AND TIMES:** The 2019 Recreational Basketball Season will begin on Monday 8 January 2019. Games will be played at 1800,1900, and 2000 on Monday through Thursday nights except for holidays until the schedule and tournament has been completed.
3. **LOCATION:** Season and playoff games will take place at Fitness Center 2 (215 Enterprise Way SW Washington, DC 20032).
4. **ELIGIBILITY:**
5. Players participating within this league are anyone who’s self or sponsor is assigned or Joint Base

Anacostia Bolling, Washington Navy Yard, or Naval Research Lab. Exceptions to player

eligibility may be made by the Sports Coordinator

1. Each player must have a DoD issued Identification Card. **NO EXCEPTIONS!!!**
2. Players who are not Active Duty are required to pay a fee of $25 for the season. Players **WILL**

**NOT** be allowed to play unless they have purchased their league pass for the season.

1. League passes can be purchased at Fitness Center I or Fitness Center II.
2. **REGISTRATION:**
3. Letters of Intent/Roster Forms are due no later than 2 January 2019.
4. Registration may be completed at [www.quickscores.com/jbab](http://www.quickscores.com/jbab) under the Online Registration tab.
5. Rosters are limited to 15 players. Exceptions to the roster limit may be granted on a case by case

basis by the Sports Coordinator

1. Teams will not be added to the schedule without submitting a letter of intent/roster form.
2. Players must have played in two season games to be eligible to participate in the playoffs.
3. **FORMAT:** During the season, the number of games and format will be determined based on the

number of teams participating. Each team will be guaranteed to play each other once during the season.

1. The top 8 teams will advance to the playoffs, with double elimination format.
2. **RULES AND GUIDELINES:** Games will be played under the 2018-2019 NCAA Basketball Rules with the following exceptions:
3. Games will be played in two (2) 20 minute halves with a running clock. The clock will only be

stopped during official conferences, in case of injury, on dead balls in the final two minutes of the

second half and on made baskets in the final minute of the second half. There will be a five (5)

minute half time.

1. There will be three minute overtime period. Second half timing rules will apply.
2. There will be two timeouts given per half. In the overtime period, one additional timeout will be

given, however, not to exceed 2 timeouts for a given team.

1. A team may start with four (4) players; however, the fifth player must be present and ready to play

by the end of the halftime period to avoid forfeit.

1. **EQUIPMENT:** The following equipment guidelines are required for fair competitive and safe play:
2. Players of opposing teams must wear contrasting colors.
3. Jersey numbers **MUST** meet the NCAA standards. (Numbers 0-5 in any single or double digit

combinations.)

1. Jerseys must be tucked in at all times.
2. Shorts with pockets or belt loops are **STRICTLY PROHIBITED!**
3. Jewelry such as wrist watches, bracelets/rings, earrings, neck chains and/or any other items judged

unsafe by the officials must be removed before gameplay.

1. **ADMINISTRATION:**
2. **GAME TIME IS FORFEIT TIME!**
3. Each team is allowed one forfeit without penalty. Two consecutive forfeits or three total will lead

to a team being removed from the schedule. Any military obligation you must send written letter from your leadership in person or by email. Games will only be made up only if there’s in climate weather or an all Active Duty team.

1. Protests and formal complaints may be formally submitted in writing for proper review and

consideration. Protests will not be accepted on the basis of judgment calls made by the referee as

their decision is final. Protests must be filed at first knowledge of the infraction and prior to the

end of the game for it to be considered. Protest must then be presented in written form to the

Sports Coordinator by 1300 the following business day.

1. **DECORUM AND DISQUALIFICATION**:
2. Acts such as extreme unsportsmanlike conduct such as verbal abuse, threats or use of profanity will not be tolerated in the Sports program. The sports office will revoke the privilege to

participate in further activities for those continuously disrupt the atmosphere presented by MWR for competitive and spirited competition.

1. The offender will be required to leave from “sight and sound” of the game within one minute. Failure of the offender to carry out the instructions of the officials will justify his/her team forfeiture. He/she will not be allowed to participate in the unit’s next one (1) scheduled game. **NO EXCEPTIONS!!!!!**
2. A second such offense by the same player or coach will not be tolerated and results in the

disqualification of the player or coach for the remainder of this sports season.

1. Any player or coach that intentionally strikes another person while engaged in the sport will be

disqualified from further participation in **ANY** athletic activity for the **remainder of his/her**

**assignment on JBAB**.

1. Failure by a coach, manager or player to give the name of a disqualified player to the official

**WILL** result in the removal of the team for the remainder of the season.

1. All players that are ejected from a game will be reported to the Sports Coordinator by the head

official no later than 1200 hours the next duty day. A list of suspended players will be

maintained by the Sports Coordinator.

1. Drinking of alcoholic beverages before or during scheduled games is strictly prohibited due to safely concerns. Determination of use of alcohol will be at the discretion of any MWR Sports staff member or game umpire/official. Failure to comply will result in a two game suspension for the first offense and a remainder of the season expulsion for a second offense. Appeals can be made. Repeated patterns of behavior may lead to overall expulsion from participation in any MWR Sports Program.
2. The use of tobacco or related products (i.e. chewing tobacco, e-cigarettes, vapes, etc.) will not be tolerated within a respectable radius of outdoor MWR Sports events and **NEVER** while indoors. Failure to comply will result in a warning after the first offense, a one game suspension after the second offense, a three game suspension after the third offense and a remainder of season

expulsion after the fourth offense. Repeated patterns of behavior may lead to overall expulsion from participation in any MWR Sports Program.

1. Extreme cases of misconduct and penalty not illustrated within these bylaws will be handled by

the Sports Coordinator on a case by case basis.

1. Appeals of all disciplinary action may be made to the Fitness Director.
2. **AWARDS:**
3. League Champions (For team with the best Win/Loss Record during the season)
4. Season Most Valuable Player
5. Tournament Most Valuable Player
6. Team Tournament Championship Trophy (1st, and 2nd place)
7. Individual Tournament Championship Trophy (1st place: 15 maximum)

1. **MISCELLANEOUS:**
2. Any decision not covered in this publication will be left to the discretion of the Sports

Coordinator.

1. Players without teams may sign up for the free agent list with the Sports Coordinator at any time

prior to the final two weeks of the season.

1. On days in which the OPM operating status presents a closed, delayed, or liberal leave status,

games will be rescheduled as it is convenient to place them within the schedule.

1. On days in which the weather turns bad during the work day, field and road conditions as well as

weather forecasts will be factors in determining the game status for that particular day.

Notice will be attempted to be given to everyone alerting them if the game will play. Game status

will also be posted on [www.quickscores.com/jbab](http://www.quickscores.com/jbab) or can be obtained by calling (202) 767-5985.

1. Games that are not cancelled or postponed before 1500 hrs. will be left to the discretion of the

Officials.

1. For further information, and registration, please contact James Johnson at (202) 767-5895 e-mail

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