

New Germany Men's Spring League Official League Document

Section 01: Mission Statement

The New Germany Men's Spring League established in 2009 by Michael O'Hearon, teacher at New Germany Rural High School, is a recreational league with the mission to provide male community members: (1) Exercise once a week; (2) An opportunity to develop their skills in the game of basketball; and (3) An opportunity to continue playing the game of basketball after their secondary education has finished.

In addition the league is designed as a fundraiser for programs and teams at New Germany Rural High School with league fees kept to a minimum so that as many people as possible have the opportunity to participate.

Section 02: Office of the Commissionaire

01. The founder of the league is Mr. Michael O'Hearon. He is a teacher at New Germany Rural High School and one time coach of the Junior & Senior Boys Basketball teams at the school. He sits as the head of the league and acts as its Commissionaire.
02. The Role of the Commissionaire and the Office of the Commissionaire is to:
 - a. Administer to the week-to-week functioning of the league.
 - b. Organize the teams in such a way that parity is a possibility.
 - c. Supervise the weekly events of the league - including games, officiating and discipline when necessary.
03. The Office of the Commissionaire is comprised of:

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| Commissionaire: | Michael O'Hearon, Founder and Antique Player |
| Assistant Commissionaire: | Position Vacant |
| Antique Player Representative: | Position Vacant |
| Senior Player Representative: | Position Vacant |
| Junior Player Representative: | Position Vacant |

Section 03: League Funding & Charitable Donations

01. The registration cost for playing in the league is for the 2016 season \$40.00.
02. The funds collected are used in the following manners:
 - a. Pay for player uniforms, including substitute uniforms. Cost is approximately \$15.00 per uniform.
 - b. Gym rental fees when needed. Cost is approximately \$80.00 to \$100.00 to rent a gym for the time that we need.
 - c. Equipment (if needed) and maintaining the league championship plaque. Cost is variable depending on the needs of the league for that season.
 - d. Donations to the school program or team as designated for that season. For 2016 the donation will be made to the Europe 2016 Trip.

Section 04: Gym Usage

01. New Germany Rural High School, under the direction of Principal Steven McGill and Vice Principal Jennifer McMullen, have been gracious enough to allow us the use of the New Germany Rural High School gymnasium for the running of our league at no direct charge.
02. Players who are participating in the league are responsible for:
 - a. Cleaning up their messes including spilled beverages.
 - b. Ensuring that all recyclables end up in the appropriate bin. Bins are found at the entrance and exit to the gymnasium.
 - c. The spectators that come to support them, including assuring that spectators clean up after themselves.
03. Players and spectators, for whom players are responsible, are asked to stay in the following areas:
 - a. The gymnasium, including the stage area.
 - b. The main floor hallway but just for travelling between the lobby and the stage area.

- c. The main floor bathrooms, located off the main floor hallway.
 - d. The lobby can be used for congregating and visiting as well.
04. Parents are asked that if they bring small children with them that someone please watch over the children at all times. Do not allow children to wander the halls without supervision.
 05. Players and spectators are asked to not go elsewhere in the building as this disturbs the work being completed by the custodial staff during their evening cleaning routines.

Section 05: Liability

01. Players join the league with the understanding that they do so at their own risk. That injuries occurring on the premises are not the responsibility of:
 - a. Michael O'Hearon, League Founder, or the New Germany Men's Spring League
 - b. Principal Steven McGill or Vice Principal Jennifer McMullen
 - c. New Germany Rural High School
 - d. South Shore Regional School Board
 - e. Nova Scotia Department of Education
02. Players who are injured as the result of playing in the league cannot hold any of the above mentioned liable for the injury or any resulting costs (lost work, medical bills, etc.) from the injury incurred during their participation in the New Germany Men's Spring League.
03. Players join the league with an understanding that any damages incurred to the building, which are deemed their fault, will be their responsibility to replace or repair at personal cost, and that criminal charges may be pressed depending on the extent of the damages.

Section 06: Season

01. The season will have a variable amount of games depending on the start and stop times of the season, as well as the availability of the gymnasium. Typically a season will be comprised of either 11 or 15 games. The 2016 season will be comprised of 11 games.
02. The season will be made up of the following schedule:
 - a. 11 Game Season: A regular season of ten games and a playoff made up of one week
 - b. 15 Game Season: A regular season of thirteen games and a playoff made up of two weeks
03. In the event of a cancellation, players will be notified by e-mail and a posting will be placed on the announcements section of the New Germany Men's Spring League main page.
 - a. An updated schedule will be reposted with players being notified of the change of dates for the rescheduled games.
 - b. The week following the cancellation will follow the schedule. The games missed due to cancellation will take place on the rescheduled date.

Section 07: Teams

01. The league will be comprised of six teams with ten players per team, for a total of sixty full-time regular league players.
02. Players can be any male in Junior High School; Senior High School; University or College; or community members. Players will not be permitted to play if they are in Grade 6.
03. Players will be assigned to teams and are not permitted to request a team. Players are evaluated based on the following criteria:
 - a. Previous league experience
 - b. Age - to balance the teams based on age (Junior - 12 to 16; Senior 17 to 28; and Antique 29+)
 - c. Height - to balance the teams based on height
 - d. Basketball experience - as documented by the players in the registration form
 - e. Number Requests - will do our best to assign players their primary number choice
04. Substitute Players will be used when regular members of a team cannot show up to a game. Players are asked to communicate when they cannot make a game so that subs can be found to keep the games balanced and interesting. The requirements for substitute players will be:

- a. A substitute player must be on the official list, walk in players on game day will not be accepted.
- b. A substitute player must sign a league registration document and pay \$200 before they will be allowed to play in their first game.
- c. A substitute player will be notified by e-mail as to the team that they will be playing for. They are assigned to game a game by the League Commissionaire based on the following criteria.
 - i. Need: which teams are missing the most players in a given week.
 - ii. Skill Level: skilled players will be replacing players of equal skill to maintain the parity of the league.
 - iii. Availability: based on the availability of the subs and the available openings.
 - iv. Communication: when the subs communicated with the League Commissionaire, first come, first serve basis for sub assignations.
- d. A substitute player will be permitted to play in all regular season games.
- e. A substitute player will be allowed to play in the playoffs in the following circumstances:
 - i. One Week Playoff: Substitutes may be used in the first two games of the week but not used in the third game as that game is considered the championship game.
 - ii. Two Week Playoff: Substitutes may be used in the first game of the first week as that is considered a consolation game, while the other two games will determine the championship game. In the second week, substitute players may be used in the first two games but not the third as that is the championship game.
- f. A substitute player will be treated as a regular player with the exception that:
 - i. A substitute player's points will be halved at the end of a game. This helps ensure that substitute players don't adversely affect the standings of the league - specifically guards against a weaker player being replaced by a stronger player. In the event that after a subs points have been halved then the points assigned for the game will be adjusted based on the guidelines found in Section 8.03. These points will only be removed after the finish of the game - not during the playing of the game.
 - ii. If a substitute player is assigned a technical foul and the technical foul is upheld by the league then the substitute player will not be permitted to play the following week.
 - iii. If the substitute player is assessed two technical fouls in total, then they will not be invited back to play during the remainder of that season.
- g. A player who has quit the league or has been removed from the league for any reason will not be permitted to act as a substitute player. Substitute spots have been reserved for players who were unable to hold one of the first sixty spots.

Section 08: Regular Season Format

- 01. The regular season will consist of either 10 games (during an 11 game season) and 13 games (during a 15 game season).
- 02. Games will be 40 minutes in length, divided into two 20 minute halves.
 - a. Each half will be divided into four 5 minute shifts.
 - b. Half time will be 2 minutes in length and players will be given 10 minutes to warm up before games.
 - c. Shifts will run five minutes in length and run straight time with stoppages only occurring for injuries and free throws.
 - i. Players are required to substitute at the end of each shift when the entire team (10 players) are present at a game.
 - ii. In the event that teams are short players, players will be allowed to play consecutive shifts as long as all players are given equal playing time.
 - iii. Every player, despite age or experience, is entitled to the same amount of playing time as all players have paid the same amount to play. A master sheet will be kept at the table to help teams monitor their playing time.
 - 1. Shifts in the first half of the game (with a full roster) must remain the same until the end of the first half. Lineups may be adjusted at half to reflect the tone of the

- game. In this instance a player who plays the last shift of the first half may play the first shift of the second half – this does not count as a double shift.
2. A player may not sit two consecutive shifts unless that player has a legitimate injury. If a player sits three consecutive shifts then they are considered injured and may not return to the court.
 3. When a player is injured, the following protocols will be followed:
 - a. Check the game sheet to see who has played the least amount of shifts.
 - b. If all players have played equally then the opposition team may choose the substitute for the injured player. This is to prevent teams from faking injuries in order to stack their lineups.
 - c. A team may defer the choice of substitute back to the injured player's team but that will be their choice.
- d. In the event of a tie, games will go to one overtime period.
- i. Overtime will consist of two 2 minute shifts.
 - ii. Shifts will run straight time with stoppages only occurring for injuries and free throws.
 - iii. If at the end of the overtime period the teams are still tied then the game will be decided by a free-throw shootout.
 1. The free-throw shootout will consist of players shooting free-throws in alternance to determine the winner of the game.
 2. Each team will number their players 1 to 10, and the first five shooters from each team will shoot in a best of five shootout. If tied after the first five shooters then it will become a sudden death competition. We will cycle through the list until such time as a winner has been determined.
 3. Free-throws shot during the free-throw shootout will count against the players statistics.
03. While wins and losses do matter in the league, standings will be based on a point system. This is to reward teams who win, not penalize teams when a sub is involved in a game and reward both teams in the event of an overtime game. The points will be assigned as follows:
- a. Regulation Game - No Subs - Team A defeats Team B - Team A (4pts) and Team B (0pts)
 - b. Overtime Game - No Subs - Team A defeats Team B - Team A (3pts) and Team B (1pts)
 - c. Regulation Game - Subs Involved - Team A defeats Team B:
 - i. If the sub points do not affect the outcome, Team A still wins - Team A (4pts) and Team B (0pts).
 - ii. If the sub points would have allowed a tie or Team B to win - Team A (3pts) and Team B (1pts); Team A is still credited for winning the game and Team B who lost get to steal a point.
 - d. Overtime Game - Subs Involved - Team A defeats Team B:
 - i. If the sub points do not affect the outcome, Team A still wins - Team A (3pts) and Team B (1pts); Team B is awarded a point because the game was decided in overtime.
 - ii. If the sub points would have allowed a tie or Team B to win - Team A (25pts) and Team B (15pts); Team A is still credited for winning the game and Team B steals 15 points for the overtime and the sub-aided win.

Section 09: Playoffs Format

01. Each season will have a playoff that determines the league champion for the season.
- a. 11 week season - 1 week playoff
 - i. Game 1: 5th Place vs. 6th Place
 - ii. Game 2: 3rd Place vs. 4th Place
 - iii. Game 3: 1st Place vs. 2nd Place - Championship Game
 - b. 15 week season - 2 week playoff
 - i. Week 1 Games

- 1 5th Place vs. 6th Place (Consolation Game)
 - 2 2nd Place vs. 3rd Place (Semi-Final One)
 - 3 1st Place vs. 4th Place (Semi-Final Two)
 - ii. Week 2 Games
 - 1 Loser W1 G1 vs. Lowest Seeded Loser W1 G2/G3 (Consolation Game)
 - 2 Winner W1 G1 vs. Highest Seeded Loser W1 G2/G3 (Consolation Game)
 - 3 Winner W1 G2 vs. Winner W1 G3 - Championship Game
02. To determine playoff position the team's points will be the initial determining factor but in the event of ties the following will be used to break the difference:
 - a. The head to head result between two teams if it is a two way tie between teams for playoff positioning.
 - b. If there is more than two teams tied for position or multiple teams tied for positioning then the following will be looked at:
 - i. The wins in regulation for each team. The team with the most wins in regulation will receive the highest seed.
 - ii. If this cannot break the tie or there are still ties occurring after a team has been placed then placements will be made based on plus/minus.
 - iii. If after all other tie breakers have been exhausted then teams will be contacted and a representative from each team will participate in a free-throw shootout. Players will draw for shooting position and the first player to lose a round will receive the lowest seed and so forth and so on until all teams are positioned for the playoff. This shootout will occur before the first game of the playoffs.

Section 10: Game Play

STARTS & STOPPAGES

01. The first half will start with a jump ball with teams facing the direction that they warmed up.
02. The second half will start:
 - a. With the team who is trailing receiving possession at the half line opposite the scorers table.
 - b. With a jump ball in the event that the score is tied at the end of the first half - team will face the opposite direction they were facing in the first half.
03. The overtime period will start with a jump ball, and teams will continue shooting the way they were at the end of the second half.
04. The clock will run straight time for the duration of each five minutes shift. The clock will only stop at:
 - a. The indication of the referee for a shooting foul. The clock will restart when the ball hits the rim on a miss or after a made free-throw when the ball is first touched in play.
 - b. The indication of the referee to stop due to a player's injury. The clock will restart upon the ball being inbounded.
 - c. The end of each five minute shift. The clock will sound no matter what is going on at that time. The clock will restart upon the ball being inbounded.
05. At the end of each five minute shift the clock will sound and shifts will be made. Possession will be determined:
 - a. The team who has possession at the time of the horn will retain possession. The ball will be inbounded at the halfline if the ball was in the front court and at the end line in the backcourt.
 - b. If the team who shoots the ball:
 - i. Makes the shot then their opponent will receive the ball.
 - ii. Misses the shot then the team who touches the ball first will retain possession even if the horn has sounded.
06. In the event that there is a jump ball tie up during the game, the ball will be rewarded to whomever's defensive end of the court it is. This is to eliminate some full court pressure and allow younger players the opportunity to bring the ball up the court.

FOULS (Common & Technical) & THE BONUS

01. Fouls are given at the discretion of the referee during the game and each player is entitled to 6 fouls during the run of a game.
02. Technical fouls will be assigned to players and will count as 2 personal fouls on the gamesheet. A player can be assessed a technical foul for the following:
 - a. Verbal abuse or showing up of an official - warning should be given first
 - b. Unsportsmanlike behaviour regarding an opponent - warning should be given first
 - c. Swearing - warning should be given first.
03. If a player fouls out and his removal from the game would result in a team forfeiting then the player will be permitted to continue playing, with the exception if his fouling out is the result of multiple technicals.
 - a. If a team is playing with a player that has six fouls then each additional foul will result in the player fouled shooting free-throws similar to the bonus (see below).
 - b. If a team has a player removed because of technicals and it causes them to forfeit then:
 - i. If that team is in the lead they will forfeit the full value of their points and their opponent will receive credit for the win along with 3pts while the team forfeiting will receive 1pts.
 - ii. If that team is losing when the forfeiture occurs then they will receive no points and their opponent will receive 4pts and credit for the victory.
04. There are no team fouls awarded during the run of the game and so there is no standard bonus awarded throughout play. There will be a bonus awarded in the last minutes of play and the way it is awarded is as follows:
 - a. Any foul committed in the last minute of the second half and the last minute of the overtime period that is not a shooting foul will be considered a bonus foul.
 - b. Bonus shots are taken as a one-and-one free throw. If a player hits the first free-throw then they will receive a second free-throw. If they miss the first free-throw the ball is now live and they do not receive a second shot.

Section 11: Refereeing

01. Referees are unpaid help and fellow members in the league, please show them the respect that they are due.
02. The job of the referees in the league are:
 - a. To enforce the league rules as described in this document
 - b. To ensure the safety of the players in the league
 - c. To enforce the rules of basketball so that all participants are treated fairly.
03. The job of the players in regards to the referee are:
 - a. To respect the referee's call even when the call may be considered incorrect.
 - b. To play the whistle and respect the whistle.
 - c. To keep their opinions to themselves as they are not the ones refereeing.

Section 12: Player Conduct, Liability and League Suspensions & Removal

The following are guidelines for player conduct and the reasons why a player might be removed from the league.

01. Statistics are kept for the league but a reminder that they are not the end all of everything. This is a recreational league and the statistics are meant to be kept for fun.
02. Players are expected to respect the building and will act accordingly when in the building. This means that:
 - a. Players will be held responsible for any damages incurred to the building that take place outside the normal flow of the game.
 - i. Players will be removed from the league if they damage the building and will be held responsible for the repairs.
 - ii. Players will not be reimbursed if they are removed from the league.
 - b. Players are responsible for their messes, including spilled beverages and food. Food should be kept out of the gym.
 - c. Players are asked to use the bathroom appropriately and to flush the toilets after using them.

03. Players are responsible for contacting the League Commissionaire when they are going to be absent from the league so that substitute players can be contacted. The protocols are as follows:
- a. Contact the League Commissionaire via e-mail at mohearon@gnspes.ca by 9:00am on the day prior to game day.
 - b. Please provide a reason for your absence. Some reasons are unacceptable and you will be given a written warning via e-mail that your absence has been noted and that it counts as a strike against your record. Please plan accordingly and here are some reasons that might be considered unacceptable are:
 - i. Didn't know when we played or forgot that we had a game.
 - ii. Had a party to go to or a date.
 - iii. Had another sporting event to attend (outside of school sanctioned events).
 - iv. Decided to take a vacation.
 - c. The process for removal due to absence is as follows:
 - i. A player is deemed to have missed too much time if they miss three consecutive weeks or after the the first 6 games (11 week season) or 8 games (15 week season) they have missed more than 50% of the games.
 - ii. The player will be notified in writing that they have been removed from the league and can bring any complaints to the League Commissionaire.
 - iii. The player who is removed from the league due to repeated absences will not be permitted to play as a substitute and will not be allowed be allowed to play the following year.
04. In the event that a player is injured during the course of the season then the following protocols will be placed into effect.
- a. If a player is injured during the course of a regular game with five weeks or more left in the season and are informed by their doctor they are unable to play to remainder of the season then they will be reimbursed for the remaining games at \$250 per game missed.
 - b. If a player is injured during the course of a regular game and will be returning later in the season then they will not be reimbursed for the games that are missed.
 - c. If a player is injured during the course of a game but the play is considered reckless, out of control or violent by the League Commissionaire the player will be removed from the league and will not be reimbursed their league fees. This is non-negotiable.
05. Players are expected to be role models when on the court, and should demonstrate fair play and sportsmanship while competing in the league. Repeated abuse of these rules can result in suspension or removal from the league. The following are expectations for all players:
- a. Be respectful of players - this includes both teammates and opponents.
 - b. Be respectful of the referees - they are volunteers and are doing their best to help games run smoothly. Please do not abuse them. Players who want to abuse officials will be invited to do their part and referee
 - i. Players who are constantly question the refereeing will be asked to referee a game. If they are unwilling to referee then they will be suspended until such time as they agree to referee a game.
 - ii. If they refuse to referee then they will not be allowed back in the league and will not be reimbursed for the games that they are not allowed to play. This is non-negotiable.
 - iii. If they serve their suspension and are warned again they will be removed from the league without reimbursement. This is non-negotiable.
 - c. Be respectful of the table - they are volunteers helping us out and doing their best to keep the league running.
 - d. Be respectful of the fans - they have come to support us as we play the game we love. Please refrain using inappropriate gestures, swearing, and offensive comments as this is not the experience that fans want, especially young children.
06. If a player is going to be removed from the league then the following protocols will be enforced:

- a. A player will be given a verbal warning regarding their behaviour and asked to stop or future sanctions will be placed on them.
- b. A player, after being given a verbal warning, who continues to violate the league procedures will be suspended for one game - notification coming via e-mail.
- c. A player will have 48hrs to appeal their suspension.
- d. A player who returns from suspension and continues their inappropriate behaviours will be immediately removed from the league with no reimbursement of their fees. Notification will be made via e-mail and this is non-negotiable.
- e. A player who is removed from the league will not be allowed in the school for the remainder of the season and will not be allowed to play the following season. If a player is removed from the league more than two times then the player will never be allowed to return to the league.