

2019-2020 CITY ROCK RULES

City Rock is designed for those who want to play basketball and are not playing for their school team. Official NFHS rules will be observed except with the following exceptions or clarifications:

1. The game will consist of two 20-minute halves. If tied at the end of regulation time there will be 2 minute overtime. If a second overtime is necessary, the team to score first will win. The clock will run continuously, even on foul shots. The clock will stop on timeouts and on every whistle during the last minute of each half and overtime.
2. Games will be played at the Boys & Girls Clubs-Bellingham or Ferndale Branches on Monday 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/3 and 2/10 between 4:30-8pm. Games MAY begin early on days without school. Two games will be played in December before winter break.
3. The team captains are the only players that the officials will deal with during the course of the game. Boys & Girls Club staff will NOT tolerate inappropriate behavior towards officials, Club staff and/or other individuals at the game. The Athletic Dept. has the right to suspend or expel (without refund) anyone whose behavior is not conducive to the Boys & Girls Club Mission Statement including but not limited to players, parents, and fans.
4. Every player is allowed 5 personal fouls per game before they must sit out the remainder of the game. One and one will be shot on the seventh foul of each half, and two shots on the tenth foul. Technical fouls are an automatic 2 points and the ball. The person charged with the T is ejected from the game and may have to leave the gym at the referees/supervisor's discretion. Player must pay a fine of \$5.00 before playing in next game. **A TEAM is permitted no more than 2 technical fouls per season. If they receive a 3rd technical, it will be considered a pattern and the team will be ejected from the league with no refund. Play fair, play with respect for all, and have fun.**
5. No hanging on or breaking down the rims before, during or after the games. Technical fouls will be assessed for this.
6. The taunting of players on the opposing team will not be tolerated. Players caught taunting another player or team will be given a warning on the first instance. A second instance will result in a technical foul.
7. Fighting during the game or excessive physical conduct such as throwing elbows will result in an automatic ejection from the game. Fights will be reviewed by the Athletic Department and may result in game suspensions or expulsion from the league. Anyone fighting in or around the Club will be subject to expulsion
8. If your team is blowing out another team, it is your responsibility to take measures, such as not pressing, to limit the scoring margin. If an official or gym supervisor feels that you are not doing this we will approach the bench and ask that you take off the press or the half-court trap. If we need to do this we expect you to comply.
9. Each team is allowed one time-out per half and overtime. There will be no carrying over of time-outs. Calling an illegal time-out will result in a team technical foul. The \$5 fine does not apply to this type of technical and this type of technical will not count towards a teams allotted 3 season technicals.
10. A team must have 4 players to begin the game. If your team doesn't have 4 players by 10 minutes after start time the game will be a forfeit. A team may pick up a fourth or fifth player from another team so that the game can still be played.
11. Any deception by teams, such as having a player play under an assumed name that is on the roster, will not be allowed. No team may have a player who is playing for their school team. If you are caught doing this the game will be a forfeit. If it happens a second time your team will be removed from the league.
12. **Players must check in with the B&GC site supervisor prior to the game and show their ID matching the name on roster. School ASB card, driver's license or similar photo ID is acceptable.**
13. Open gym at the Boys & Girls Club three days a week. Ferndale open gyms are Tuesday, Wednesday, Thursday 2:30-3:30pm. Bellingham open gyms are Tuesday, Wednesday, Friday from 2:15-4:30pm. Players must sign in at front counter and are expected to follow the rules of the Club.
14. You may continue to sign up players for your team until Friday, December 20th. After this date no new players are added.
15. Go to the Boys & Girls Club web site; www.whatcomclubs.org for all information on schedules and standings.
16. There will be a single elimination tournament February 11-12th. Tournament bracket will be seeded based on game results through the first 7 weeks.