



## LEAGUE RULES

- League Conduct:** This league is to promote basketball in the best interest of the boys and girls, participating in Ikaika Basketball League with good sportsmanship, fair play, and highest level of competition. There will be ZERO Tolerance for any misbehavior on players, teams, coach(es), and spectators, and everybody participating in this league must abide by these rules. If any team that do not comply, they can expect dismissal from any league participation.
- Player/Team Conduct:** No trash talking, taunting or fighting will be tolerated. Penalties for such offenses are as follows:
1. Trash talking/taunting
    - a. 1<sup>st</sup> offense – warning
    - b. 2<sup>nd</sup> offense – technical foul (high school regulations)
    - c. 3<sup>rd</sup> offense – 2<sup>nd</sup> technical foul, ejection, and next game suspension.
- NOTE:** Officials have the right to override the league rules if they deem necessary. They do not have to promote warnings and can move directly towards technical fouls.
2. Fighting (including thrown or intent to throw punches) and bench clearings
    - a. Player – expulsion from the league. No Petition will be accepted.
    - b. Bench clearings – team expulsion from the league (NO REFUNDS). No Petition will be accepted.
- Coach Conduct:** All Coaches are required to comply, sign, and submit Coach’s Code of Conduct (see last page) with the roster/waiver form. If any Coach refuses, he/she are not permitted to sit on the bench.
- If any coach receives a technical foul, seat belt rule is in effect. Two technical fouls to the Head Coach or assistant coach will result in dismissal from the game, regardless of indirect and direct technical fouls.
- If head coach is dismissed due to misconduct and no assistant coaches are available, the game will end as is. If head coach is dismissed twice, the head coach must complete Positive Coaching Alliance “Double Goal Coach” online course (<http://www.positivecoach.org/DGC-courses.aspx>) under own expenses before returning to the bench, and certificate card must be presented to the league director. If 3<sup>rd</sup> dismissal occurs, the league director has the right to remove head coach and the team from any participation. This also applies to the assistant coaches, too.
- Spectator Conduct:** It is expected that spectators and coaches demonstrate good sportsmanship and will refrain from any trash talking, taunting, fighting, disputes, etc, to any individual. Coaches are responsible for spectators’ conduct.
- Disputes:** Officials have the final word. Any comments or badgering the officials regarding judgement calls are not accepted and will not be tolerated.
- Game Schedule:** The game times and sites will be on the schedule. 5 minutes grace period is *only* for the first game. Game will start at the scheduled time or 3 minutes after the completion of the previous game, whichever comes first.
- League Format:** See format on the website – [www.ikaikabasketballclub.com/leagues](http://www.ikaikabasketballclub.com/leagues).
- Divisions:** This is determined by league director.
- Scores:** All scores will be updated weekly on the website.
- Eligibility:** Players entering current school year in August.

- Playing Format:** (2) 18-minute halves, running time until the last (1) minute of the 2<sup>nd</sup> half **ONLY**. If the score is more than 15 points in the last minute of the 2<sup>nd</sup> half, the clock will run, until it is 15 points and under.
- Clock will stop under these conditions:
1. Last (1) minute of the 2<sup>nd</sup> half
  2. Time outs
  3. Official and injury time
  4. Free throws on Technical and Flagrant fouls
- Rules:** High School Federation Rules with some exceptions.
1. Playing Format (see above).
  2. Bonus: 1-and-1 on the 7<sup>th</sup> foul; 2-shots on the 10<sup>th</sup> foul.
  3. 2 time-outs per half only.
  4. 3 minutes for halftime.
  5. NO DUNKING or HANGING ON THE RIM / NET – this is a Technical Foul to the player.
- Substitution:** Coach has the decision to substitute players freely. Playing requirement will not be regulated by the League.
- Forfeits:** Team A vs Team B – If “Team A” does not have 5 players to start at scheduled time, the clock will start until “Team A” has 5 players to start. For every minute elapsed, “Team B” will accumulate 2-points to the scoreboard. Once “Team A” has 5 players, the time elapsed and score will continue with a jumpball. In an event that “Team A” cannot start with 5 players before the end of 1<sup>st</sup> half, the game is a forfeit, and the book will be recorded as “2-0”.
- If both teams do not have 5 players to start at scheduled time, the clock will start with no points. If “Team A” has 5 players and “Team B” has less than 5 players, “Team A” will accumulate 2-points until “Team B” has 5 players and will follow the above procedure. If both teams do not have 5 players before the end of 1<sup>st</sup> half, the game will be a double forfeit, and both teams may scrimmage.
- Teams cannot pull players from another team unless the game is a forfeit.
- Overtime:** (1) minute for the 1<sup>st</sup> OT with **NO** time-out in 1<sup>st</sup> OT. In an event of a 2<sup>nd</sup> OT, the first team to score the next (3) points is the winner (**NO CLOCK**). **NO** time-out during 2<sup>nd</sup> OT.
- Uniforms:** Each team must provide own (dark and white) uniforms with numbers on jerseys. No duplicate numbers and NO taping of numbers. If a team has two same colors, both teams will “jan-kan-po” (paper, rock, scissor) and loser of “jan-kan-po” will wear the league jerseys and submit \$10.00 for cleaning fee. Teams cannot take jerseys home to wash.
- Fee:** The league fee will be based on the number of teams and league format, which will defray the costs. Payment must be paid by first game or earlier. Please remit checks payable to Ikaika Basketball Club.
- Refunds:** No refunds will be given once the first game is played. If team is expelled due to league rules and conduct, no refunds will be given.
- Roster:** Complete and submit all paper work before the first game with league fee. Players are **NOT** permitted to double roster with another team. No add-on’s to roster once the league starts, but it may be reviewable by league director. Roster must have numbers associated with the player.
- Emails:** Each team must provide (2) email addresses to ensure proper update notification.
- Injuries:** If player is injured from league play, it is coach’s discretion to complete the injury form on the website. Medical expenses shall be covered by the parents of the individual. These injury reports are determined the insurance coverage for the league.
- Drug Free:** No consumption of alcohol or any types of drugs are permitted before, during, and after the game. This is a DRUG FREE environment. Let’s keep our community safe for everybody.
- Reminder:** City & County of Honolulu has graciously allowed us to use the facility. Please kokua and pick up rubbish around the facility, even it does not belong to your team. Please keep the park clean.



## COACH'S CODE OF CONDUCT

(Head and Assistant Coaches must sign and complete form)

As a basketball coach, I understand that it is my responsibility to:

1. Show respect for players, officials, and other coaches;
2. Respect the judgment of game officials;
3. Establish and model fair play, sportsmanship, and proper conduct;
4. Establish player safety and welfare as the highest priority;
5. Use discretion when providing constructive criticism and when reprimanding players;
6. And not use profanity, vulgarity, or other offensive language and gestures.
7. Promote drug free environment (no alcohol, narcotics, etc.)

I have read Ikaika Basketball Coach's Code of Conduct and will abide by it. I understand that failure to do so may result in a technical foul, expulsion from the game, and/or expulsion from the league, as deemed appropriate by the game official, gym director, or league director.

\_\_\_\_\_  
Signature of Head Coach

\_\_\_\_\_  
Coach's Name-Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Asst Coach

\_\_\_\_\_  
Coach's Name-Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Asst Coach

\_\_\_\_\_  
Coach's Name-Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Organization

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Division