

CITY OF VISTA
BASKETBALL HANDBOOK



RECREATION & COMMUNITY
SERVICES DEPARTMENT

Fall 2024

**City of Vista
Recreation & Community Services Department**

Hoop dreams served your way, right away!

Welcome to the City of Vista Recreation & Community Services Department Adult Basketball Program. We are pleased you have selected our league for recreational enjoyment!

We take great pride in our recreation programs and facilities. This booklet is designed to acquaint and inform participants, coaches and sponsors of the rules, regulations and guidelines of the program. Please read and be familiar with the CIF rulebook. Should you ever encounter a problem, have a question on a rule or would just like to talk about the program, please feel free to contact me. I look forward to a great season with all of you!

Derek Miller
Recreation Coordinator/League Director
(760)643-5273

Recreation Staff

Rob Anderson Operations Manager
Derek Miller- Recreation Coordinator/League Director
Peggy Kidd-Wozniak – Recreation Coordinator
Brandon Winbigler/Michael Melendez/Justin Thomas —Park Rangers
Santos Callejas – Facility Reservations

Adult Sports Division

9:00am-4:00pm M-Th (760)643-5273 or ext 5264 Vista Civic Center
4:30pm- 7:00 pm M-Th (760)643-5272 Brengle Terrace Rec. Center

League Fees

- ◆ Team league fees cover cost of staff, scorekeepers, official assignment fees, equipment, and any other costs associated with running the program.

Resident/Non-Resident Fee

- ◆ Teams with three (3) or more non-residents on their roster must pay the \$420.00 non-resident fee. Non-resident teams may add players at a \$5.00 cost by using an add form and are not required to submit any proof of residency when submitting a roster or add slip. Resident teams may at no time contain more than two (2) non-residents on their roster and must pay a fee of \$360.00. For resident teams they must also pay a \$5.00 fee for player additions. Proof of residency must be provided for all rostered and added players. **All teams are required to pay a \$70.00 forfeit fee (check or credit card preferred) however, this fee is refundable if the team goes through the entire season without forfeit-ing a game.**

League Format

- ◆ Teams are placed into leagues according to their skill level. Teams will select a preferred night, however, the final decision as to what night and/or division a team will play is at the discretion of the league coordinator.
- ◆ Games will be played on various nights at Jim Porter Recreation Center depending on the availability. Once placed in a league, a team will play on the same night for the entire season. Exception: Unforeseen circumstances may require make-up games to be played on other nights. In this case, the department will give the teams one-week notice.
- ◆ The season consists of 8 league games, and playoff games (number of teams in playoffs is dependent on the number of teams in the league).
- ◆ The playoffs and championship series will be played the week following the last game of the season (unless a holiday or extenuating circumstances prevents it). Teams are expected to play on those dates or they will forfeit.

Playoffs

- ◆ A single elimination postseason tournament for the top four (4) teams in league play will follow the season, depending on the amount of teams. The winners of these games will play each other for the Championship. ***Please note that the format of the playoffs may change at the league coordinators discretion.***

Championship Series

- ◆ The season will culminate with a championship series between the winners of the playoff games. The teams advancing from the playoffs will play one game winner take all. Awards will go to the top two (2) teams in the tournament.

Player Eligibility

- ◆ Team rosters are limited to 10 players. All players must have signed the original roster or an add form prior to participating. No player will be allowed to compete who has not signed the roster or add form. All players must be 18 years of age or older to participate.
- ◆ No player will be allowed to be added after the teams 5th game without approval from the league director.

NOTE: VERY IMPORTANT!

- ◆ ****All players participating in a playoff/championship game *MUST* have played at least half (4) of the games during the regular season. We will check score sheets if necessary to determine players playing time during the season.**
- ◆ Any player added must be approved by the league director. If a team has players that are injured after the 5th game and needs to add a player or players, you must get approval from the league director or else the player or players will not be allowed to play.

Player Conduct

- ◆ Good sportsmanship is expected to be maintained at all times. A player may be ejected from a game without warning for any player conduct violation.

- ◆ **Vulgar or profane language, taunting or derogatory remarks directed at the official, city personnel, spectators or another player are unacceptable. A player may be ejected for any of the above infractions without warning at the officials and/or league coordinators discretion. There are no appeals to ejection's.**
- ◆ **Any player who receives one (1) technical foul will be immediately taken out of the game for the remaining half. If the player receives the technical in the 2nd half, he will be ejected from the game and has one minute to leave the gym and the premises. If the player does not leave the gym in the appropriate amount of time, the team will forfeit the game immediately. There are no appeals to suspensions/ejection's.**
- ◆ **If a player receives a second (2nd) technical foul and/ or ejection during the season, that player will be suspended for 1 game. If a player receives a third (3rd) technical foul during the season, that player will be suspended for a 2 game minimum and possibly the remainder of the season (including playoffs). All suspensions will be carried over to the playoffs if the suspension was not served during the regular season. There are no appeals to suspensions/ejection's.**
- ◆ **Fighting or physical abuse will not be tolerated. Any player involved in a physical confrontation will receive an automatic three game suspension (regardless of the severity) and could be suspended from the league. The decision as to the extent of the penalty is solely at the discretion of the league director and is not subject to appeal.**
- ◆ **Player's who have been ejected/suspended from play for severe disciplinary problems in other cities, may be forbidden to and/or suspended from play in the Vista program.**

Line-Ups

- ◆ **Teams are responsible for providing the scorekeeper with a team line-up (consisting of the line-up with first & last names and jersey number of all players participating) at least 5 minutes prior to game time.**

Addition/Deletion of Players

- ◆ Players may be added to and/or deleted from the team roster by completing an Add/Drop form furnished by the department. This form must be returned by 6pm to the league coordinator the day prior to a game in order for the player to be eligible to participate along with **\$5.00**. In addition, if the team is a resident team they must provide proof of residency for the player. The League Director must be notified of all add-ons at least 8 hours before game time.

Forfeits

- ◆ A team may start and play the entire game with 4-players.
- ◆ If a team does not have four players at game time, they have 10 minutes to produce a fourth player or the game will be ruled a forfeit.
- ◆ A game may also be ruled a forfeit if an ejected player fails to leave the facility after being ejected, any player or coach caught consuming alcohol, injury to a player, ejection's and/or players fouling out falls below four eligible players.
- ◆ If a team forfeits, their forfeit fee deposit check of \$60 will automatically be cashed. Once a forfeit deposit is cashed, the team must submit another forfeit deposit.
- ◆ Only player eligibility is protestable. If player's eligibility is questioned, the player in question must provide picture ID, and sign the score sheet. The game will proceed and player eligibility will be determined the following day. If the player is found to be ineligible, the game will be ruled a forfeit.

Sport Specific Rules

- ◆ The league will be governed by CIF rules.

Injuries

- ◆ In the event a player sustains an injury, please make sure that the on-site staff is aware and documents it.

Officials

- ◆ **Officials will be assigned at every league game scheduled by the department. The cost of the officials for**

each team at game time is \$35.00 cash per team.

- ◆ The official is in complete charge of the game at the game site. They have the ability to cancel games (due to unsafe conditions) or forfeit games for player conduct situations.

Tie Breakers

- ◆ If at the end of the regular season, two or more teams are tied in the league standings the following tie breaking system is used: 2-Way Ties: 1) head to head season games 2) head to head point differential 3) overall point differential (offensive-defensive). 3 (or more)-Way Ties: 1) overall point differential (offensive-defensive) 2) most offensive points.

****VERY IMPORTANT—PLEASE READ!**

Uniforms/Equipment

- ◆ **All teams must have jerseys of the same or similar color with permanent numbers. All players numbers must be different than their teammates. The penalty for a player without a jersey will be a technical foul. These technical shots will be shot prior to the start of the game.**

The Captain/Coach/Manager

- ◆ The manager as established by the team will ultimately be responsible for the team.
- ◆ The captain/coach **MUST** remain seated at all times. All players on the bench (not playing) **MUST** remain seated at all times.
- ◆ The dispersal of all league information relayed to the team by the department. This will include, but is not limited to: game times and dates, schedules and schedule changes, rainouts and cancellations, forfeiture charges, player suspensions, memos and awards. In the event the manager cannot be reached, the assistant manager will be contacted. After that point, it is the responsibility of the team to obtain the information from the department.
- ◆ Please be aware that the department is not liable for league information not retrieved from answering/message machines or relayed incorrectly by a message taker. If the manager has a

preferred place of contact, please inform the league director. In addition, if the established manager is not a good contact person please provide an alternate contact. Most of all, if you have questions or need clarification, ask it, by calling the Sports Office at 760-643-5273.

- ◆ The conduct of his/her team before, during and after a game. He/she will serve as spokesperson during the game and should be the only player who discusses discrepancies with the official. In addition, the manager (and team) are responsible for the action of their fans. Fans are bound by the same code of conduct as players and subsequently the same penalties. Fan misconduct may result in the removal of a fan(s) up to game forfeiture.

Schedules

- ◆ **Each team will receive a game schedule for play. This schedule is to be followed as scheduled unless modified by the department. If your team cannot make a regularly scheduled game, please contact the league coordinator at least 24 hours prior to the start of the scheduled game to forfeit. No make-up will be scheduled and a loss will be recorded in the standing, but no forfeit will be charged.**
- ◆ The department will **only** reschedule games due to power failure or other extenuating circumstances associated with the department not being able to provide a safe location.

Game Format

- ◆ The game will consist of two (2) twenty (20) minute halves with stop clock the last two minutes of the 2nd half. Halftime is 4 minutes long. The clock will continue to run in the last two minutes of the 2nd half if a team is ahead by 20 points or more. Overtime, if necessary, will be 3 minutes of stop clock. If another overtime is necessary, it will be a 2-minute continuous run clock. If it is still tied after that period, the game will be recorded as a tie. Only playoff and championship games will be played out until a

winner is determined.

Time-Outs

- ◆ Each team is allowed 2 time outs per half. These do not carry over to the next half or overtime. Each team receives 1 time-out in the overtime period.

Fouls

- ◆ A player fouls out on the 5th personal foul.
- ◆ Bonus is in effect on the 7th team foul. Double bonus (automatic two shot foul) on the 10th team foul.
- ◆ All technical fouls will count as a personal/team foul as well. All technical fouls are two shot fouls. Any player who receives two technical fouls (for any reason) is automatically ejected.

Free throws

- ◆ As per CIF rules, players will not be allowed to enter the lane on a free throw until the release of the ball. The shooter can enter the lane once the ball touches the rim.

Substitutions

- ◆ All player substitutions must check in at the scorekeepers table and be waived in by the official (s) prior to entering the game.

Miscellaneous

- ◆ Dunking is not allowed and will result in an immediate technical foul called on the shooter. Any contact with the rim while shooting will be called similar.
- ◆ No food, drinks or smoking in the gym. Players must remove all jewelry and watches prior to the game. Hats and bandannas cannot be worn during the game. Black sole shoes that leave "scuff" marks on the gym floor are not allowed.

◆ **Alcohol/Glass Bottles**

Consumption and/or possession of alcohol is strictly prohibited at all Vista organized sports activities. Any player or manager found to be in possession of or consuming an alcoholic beverage would be ejected from that game. In addition his/her team will forfeit that game. **This ruling applies to before, during and after a game and includes the parking lot.** In short, there is no reason to have alcohol in the park at any time. The alcohol rule applies to fans as well.

- ◆ Any player found to be intoxicated while participating in a City sponsored game will be ejected from that game, ask to leave the park and suspended for one (1) additional game.
- ◆ Glass containers are not allowed at any City of Vista park.

Parking

- ◆ Jim Porter Recreation Center: in front of the recreation Center and/ or lot west of outdoor basketball courts.

The City of Vista Recreation Division is very proactive in dealing with concussions or signs thereof.

Below is information intended to help identify symptoms.

CONCUSSION FACTS

A concussion is a brain injury that affects how your brain works.

A concussion is caused by a bump, blow, or jolt to the head or body.

A concussion can happen even if you haven't been knocked out.

If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

CONCUSSION SIGNS AND SYMPTOMS

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy

- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double, blurry, hindered vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve significant concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or worsen.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT. REPORT IT. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don't let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it's OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

HOW CAN I HELP PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself and others:

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times

We ask you follow these steps and please remember to notify city staff if you suspect a concussion!

- (1) An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day. He/she shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from that licensed health care provider.
- (2) On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the athlete and the athlete's parent or guardian before the athlete initiates practice or competition.

The city of Vista Recreation & Community Services Department is responsible for all phases of the program and has jurisdiction and control over all aspects of the program. The City of Vista Recreation & Community Services Department and League Coordinator/Director reserve the right to adapt, change, modify or interpret any of the rules, regulations and guidelines described in this handbook and/or the ASA rulebook at any time. In addition, we reserve the right to rule on any rule or regulation not specifically defined in this and/or the ASA rulebook. All decisions by the department are final.

City of Vista Recreation Website

www.vistarecreation.com

Activenet.com Web Address

<http://activenet.active.com/VistaRecreation>

**For league standings, schedules or
general info please log onto
www.vistarecreation.com**



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