

2008 WOMEN'S "upper" BASKETBALL SCHEDULE

Elite Housing	April Mangum	722-4877
Freeway Propane	Aubrey DeGraffenried	471-1585
Landmark	Kristie Hansen	798-7842
Provo	Becky McUne	812-0183
Play Ball	Mary Dickey	794-2133
Red Cliff Ascent	Kendra Staheli	754-3048

LEAGUE RULES

1. A player will not be allowed to participate in the game unless she has a matching jersey. Coach must help enforce this rule. It is your responsibility to contact the Rec. Office at 798-4068 for jerseys.
2. The high school technical foul rules will apply. If a player receives two technical fouls during a game (conduct related), on receiving the 2nd one, she will be ejected from the game. If a player is ejected, they must leave the gym immediately. Failure to do so will result in your team forfeiting the game.

On the 1st technical, she must sit out immediately for 18 game minutes of play. On the 2nd technical, she must sit out for 36 minutes of play. (This time will carry over to the next game if necessary).

If a player receives three technical fouls (conduct related) during the season (including tournaments), she will be disqualified & not allowed to participate for the remainder of the season. If a player is disqualified due to technical fouls, she will not receive a refund.
3. Technical fouls can be given before, during or after a basketball game. Any team that receives a total of seven technical fouls during the season (including tournaments) will be eliminated from further play, without refund.
4. There will be no swearing of any kind tolerated. It is offensive to other participants as well as spectators. Our program will not condone this behavior. **Any player that swears or uses inappropriate language will be issued a technical and may be ejected from the game without warning.**
5. Our program will not tolerate any act of aggression (verbal or physical) or retaliation upon any player, official or spectator. Officials are required to immediately eject players involved.
6. It is the policy of Spanish Fork City & Nebo School District to prohibit any persons who have been using alcohol or illegal drugs from participating in sports activities or using school facilities. If this policy is abused, the player may be suspended from all play without refund. THERE WILL BE NO WARNING GIVEN. It will be the coach's responsibility to handle this problem. If there is ANY problem, the entire team may be disqualified from further play.
7. Any player that is ejected from a game for any reason (two technicals, foul language, aggressive behavior, etc) will be suspended for the next scheduled game. If a player is ejected from two games during the season (including tournaments), that player will be suspended for the remainder of play.
8. Teams may have 2 players on their roster of high school age. High school age will be considered sophomore to senior.



ATTENTION: Children must not be left unattended in the gym. Children will not be allowed to play or run back and forth in the hallways, foyers or balconies. If you are not going to tend your children, please leave them home!

SPECIAL RULES

1. Games will consist of two 18 minute halves with a 3 minute break for half-time. A four minute warm-up time will be allowed before the start of the ball game. Clock runs straight through except for shooting fouls or if the ball is away from the action. Clock will stop during the last minute of each half on every whistle.
2. Two time-outs per team each half (no carry over). After all timeouts the ball will be in bounded at half court.
3. Bonus shots: One and one will be shot beginning on the 7th team foul. Two shots will be shot from the 10th team foul on.
4. No players added to your team roster without approval. No player may switch teams during the season.
5. There will be no forfeit of games due to lack of players. Teams may play with less than five players. Officials will be expected to officiate even if there is less than five per team.
6. All games will be governed by High School rules unless otherwise stated. Remember that no player may enter the lane on a foul shot until the ball makes contact with the rim.
7. Players may be added to team rosters up to the 5th game of the season. After the fifth game rosters will be frozen. No players will be added after April, 3rd.

GAME SCHEDULE

All games will be played at Diamond Fork Jr. High, 1000 East Center Street.
Please enter from East side of the building. **Gym Key : MA Gym = West Gym**

Tuesday, March 18th

MA 6:30 Provo vs Elite Housing
MA 7:30 Freeway Propane vs Landmark
MA 8:30 Play Ball vs Red Cliff

Thursday, March 20th

MA 6:30 Play Ball vs Freeway Propane
MA 7:30 Red Cliff vs Elite Housing
MA 8:30 Provo vs Landmark

Tuesday, March 25th

MA 6:30 Red Cliff vs Freeway Propane
MA 7:30 Provo vs Play Ball
MA 8:30 Elite Housing vs Landmark

Tuesday, April 1st

MA 6:30 Landmark vs Play Ball
MA 7:30 Red Cliff vs Provo
MA 8:30 Freeway Propane vs Elite Housing

Thursday, April 3rd

MA 6:30 Elite Housing vs Play Ball
MA 7:30 Landmark vs Red Cliff
MA 8:30 Freeway Propane vs Provo

Tuesday, April 8th

MA 6:30 Play Ball vs Freeway Propane
MA 7:30 Red Cliff vs Elite Housing
MA 8:30 Provo vs Landmark

Tuesday, April 15th

MA 6:30 Red Cliff vs Freeway Propane
MA 7:30 Provo vs Play Ball
MA 8:30 Elite Housing vs Landmark

Thursday, April 17th

MA 6:30 Freeway Propane vs Provo
MA 7:30 Elite Housing vs Play Ball
MA 8:30 Landmark vs Red Cliff

TOURNAMENT DAYS

April 22, 23 & 24

***There will be two brackets in tournament play. (Upper & Recreation)
Team standings and other recreation activities can be found on the web at: spanishfork.org***