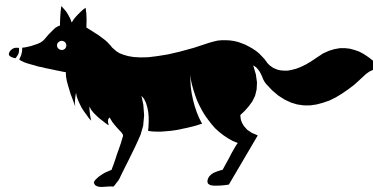


# Silver Fox Women's Summer Basketball League

**For Women 40+**

**Midtown YWCA / Minneapolis Sports Center**

**2121 E. Lake Street Mpls. MN 55407 P: 612-215-4354**



## TUESDAY NIGHTS

10 week season (Includes playoffs)

Registration begins: Thursday, June 18, 2009  
Registration ends: Thursday, July 2, 2009

Games begin: Tuesday, July 7, 2009  
Games end: Tuesday, September 8, 2009

Game times rotate weekly: 6:00, 6:55, 7:50 and 8:40pm

**\$550.00 per team**  
**fee includes team t-shirts**

One payment per team please.  
Individuals looking for a team should call league coordinator.

No more than 10 players per team

eliminating racism  
empowering women  
**ywca**

Early registration is highly recommended!  
League Coordinator: Lauri Ludeman  
612-215-4354 or lludeman@ywcamppls.org



### Game Rules:

- A. In order to start the game, 4 players from the team roster must be present.
- B. Any team forfeiting must notify the League Coordinator 24 hours prior to the scheduled game time.
- C. Only players on the sign-in sheet will be allowed on the roster made at each game time. Teams who wish to have a substitute, must first have the sub approved by the league coordinator and then by the opposing team captain. . This must be done prior to the tip off. Teams cannot dispute subs once the game had started.
- D. Each team is allotted 2 - 30 second timeouts per half.
- E. Each game consists of two 20-minute halves. All time is running with the exception of the last five minutes of the game, which will be stop-time. If a team is in the lead by 15 points or more with less than 5 minutes left in the game it will stay running time. If the lead falls below 15 points, the clock will stop on dead ball situations.
- F. Substitutions can be made on dead ball situations only. The referee and scorer must acknowledge the substitute and buzz them in. A technical foul will be given if a substitute goes into the game without being acknowledged by both the referee and the scorekeeper. You must wait until after the first free throw to substitute on a two free throw situation.
- G. Bonus situation occurs on the 7<sup>th</sup> foul. Double bonus occurs on the 10<sup>th</sup> foul in each half.
- H. Players are allotted 5 fouls during the game. If a player receives their 5<sup>th</sup> foul and must stay in the game for their team to have enough players, each foul that player receives after their 5<sup>th</sup> will result in a technical foul.
- I. Overtime will be two minutes. The first minute will have a running clock and the last minute will be stop-time on dead ball situations. Triple OT will be sudden victory.
- J. NO PRESSING OR FASTBREAKING if your team is up by 20 or more points in the second half.
- K. All players must address the referees, opponents and score keepers in a polite, adult manner. This league promotes good sportsmanship!
- L. The league is a 10-week season including playoffs. Teams are not guaranteed 10 games.
- M. There are no refunds of league fees.
- N. No jewelry can be worn during league play.

### Midtown YWCA Policy:

- A. All players must provide a valid picture ID (state driver's license or ID card) and sign in at the check in desk for admittance – no exceptions!
- B. There is a \$3.00 guest fee for fans. They must also present a valid picture ID for admittance.
- C. Any fighting, be it physical or verbal, will result in suspension from the league. There will be no refunds. No exceptions.



# Silver Fox League Team Roster

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

Captain Name: \_\_\_\_\_ (H) Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_ (W) Phone #: \_\_\_\_\_

Visa      Discover      MasterCard      American Express (circle one)  
Credit Card #: \_\_\_\_\_      Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_      Date: \_\_\_\_\_

**FAX# 612-215 4334**

League Fee: \$550.00 per team includes team t-shirts. One team payment please.

	Player Name	Address	Phone #
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

# **YWCA of Minneapolis Silver Fox Women's Basketball League Team Sportsmanship Award**

## Program Description:

- A team will be selected by the basketball league staff each season from each league to receive the Sportsmanship Award.
- The teams selected will receive a set of YWCA Basketball League water bottles with a special Sportsmanship Award insignia.

## Award Criteria:

- Open and visible displays of sportsmanship.
- Playing fair.
- Honesty and integrity.  
No "dirty fouls", ineligible players, etc.
- Respect for the opponents effort.  
No gloating, belittling, or minimizing opponent's effort.
- Accepts judgment call of the officials.  
Part of the human condition is making mistakes. Arguing with an official over a judgment call simply wastes energy. Teams with good sportsmanship know that errors may be made, but also know that a game is made up of all the plays and calls from the beginning to the end of the game, not just the call in dispute.
- Ending games smoothly.  
Pouting, threatening, or cajoling has no place in the life of teams with good sportsmanship, who emphasize the joy of participating, regardless of the outcome.

***"Sports do not build character. They reveal it" – Heywood Hale Brown***