

2009 AABL SEASON

BLAIR MIDDLE SCHOOL
NORFOLK, VIRGINIA
NOVEMBER 1ST TO JANUARY 17TH

GENERAL RULES AND REGULATIONS

MISSION: To CULTIVATE FELLOWSHIP AND DIVERSITY IN THE COMMUNITY THROUGH BASKETBALL.

TEAMS

1. THE 2009 AABL SEASON WILL PLAY HOST TO 12 TEAMS.
2. TEAMS WILL CONSIST OF ASIAN AMERICAN PLAYERS, WITH RULE 3 AS THE EXCEPTION.
3. TWO (2) NON-ASIAN AMERICAN ROSTER SPOTS PER TEAM.
4. EACH TEAM WILL DESIGNATE AT LEAST ONE (1) TEAM CAPTAIN, BUT NO MORE THAN TWO (2).

NOTE: THE AABL ENFORCES RULES 2 AND 3 TO THE BEST OF ITS ABILITY, BUT IT IS EQUALLY THE RESPONSIBILITY AND DUTY OF THE TEAMS TO ENSURE THAT ALL PLAYERS ARE ASIAN AMERICAN EXCEPT FOR THE TWO (2) NON-ASIAN RULE 3 EXCEPTIONS. THE AABL WILL REQUIRE A BIRTH CERTIFICATE OR OTHER PROOF IF A PLAYER'S STATUS COMES INTO QUESTION. BECAUSE OF THE NATURE OF THE LEAGUE, THE AABL WILL DECIDE IF THE PROOF IS SUFFICIENT. A PLAYER MUST BE 25% ASIAN (HAD ONE UNDISPUTABLY ASIAN GRANDPARENT) TO QUALIFY AS AN ASIAN PLAYER. THE LEAGUE WOULD RATHER ASK THAT EACH TEAM AND INDIVIDUAL RESPECT THE *SPIRIT AND INTEGRITY OF THE LEAGUE*—AND TO HONOR INDIVIDUAL FAMILY ROOTS—AND ADHERE TO THESE RULES. THE AABL IS FIRST AND FOREMOST ABOUT FUN AND CAMARADERIE. PLEASE THE RESPECT THE LEAGUE'S VALUES AND HONOR THIS RULE.

THE LEAGUE RESERVES THE RIGHT TO REFUSE ANY PLAYER FROM PARTICIPATING IN THE LEAGUE IF IT IS DECIDED THAT THE PLAYER'S ELIGIBILITY IS QUESTIONABLE.

LEAGUE FORMAT

A TWO DIVISION FORMAT WILL BE UTILIZED FOR THE REGULAR SEASON. THERE WILL BE SIX TEAMS IN EACH DIVISION. THE TEAMS WILL BE ASSIGNED DIVISIONS ACCORDING TO THE AABL PRE-SEASON POWER RANKINGS. THE POWER RANKINGS WERE GIVEN ACCORDING TO (1) PAST TEAM PERFORMANCE IN THE

NAABL, (2) PAST TEAM PERFORMANCE IN OTHER TOURNAMENTS, (3) PAST PERFORMANCE OF A PLAYER OR A CORE GROUP OF PLAYERS, (4) INSIDE KNOWLEDGE.

TEAMS WILL PLAY EACH TEAM IN THEIR DIVISION ONCE AND TEAMS WILL ALSO PLAY NON-DIVISIONAL GAMES TO COMPLETE A NINE GAME REGULAR SEASON. THE TEAMS WITH THE TOP TWO DIVISIONAL RECORDS IN EACH DIVISION WILL AUTOMATICALLY QUALIFY FOR THE PLAYOFFS AND RECEIVE FIRST ROUND BYES. THE REMAINING TEAMS WILL RECEIVE THEIR SEEDING BASED UPON THEIR REGULAR OVERALL SEASON RECORD.

GAME TIMES

ALL REGULAR SEASON ARE SCHEDULED ON SUNDAYS, AND THE FIRST GAME WILL START AT 11:00 A.M. AND THE LAST WILL START AT 4:00 P.M.

ROSTERS

MUST BE SUBMITTED BEFORE TEAMS CAN STEP ON THE COURT. THE ROSTER FORM ALSO ACTS AS A WAIVER OF LIABILITY FOR THE LEAGUE AND THE GYM. ROSTERS MAY CARRY A MAXIMUM OF 18 PLAYERS. NO ROSTER CHANGES MAY BE MADE AFTER THE SECOND GAME OF THE SEASON. ONLY THREE PLAYERS CAN BE ADDED TO THE ROSTER AFTER IT HAS BEEN TURNED IN. THE AABL RESERVES THE RIGHT TO REFUSE ANY PLAYER FROM STEPPING ONTO THE COURT FOR ANY REASON, ESPECIALLY WHEN IT IS IN REGARDS TO A PLAYER'S ELIGIBILITY.

GAME AND FACILITY RULES AND REGULATIONS

EJECTION: ANY PLAYER, COACH, OR FAN, WHO USES EXCESSIVE INAPPROPRIATE LANGUAGE (CURSING) MAY BE EJECTED FROM A GAME. UNSPORTSMANLIKE ACTIVITY SUCH AS UNNECESSARILY ROUGH PLAY OR OTHER UNSPORTSMANLIKE ACTIVITY MAY LEAD TO EJECTION FROM A GAME. ANY EJECTED PLAYER, FAN, OR COACH/MANAGER MUST LEAVE THE SCHOOL PROPERTY AREA IMMEDIATELY.

TECHNICAL FOULS: ANY PLAYER WHO RECEIVES TWO TECHNICAL FOULS IN A GAME IS AUTOMATICALLY EJECTED FROM THAT GAME. A PLAYER THAT ACCUMULATES THREE TECHNICAL FOULS AT ANY TIME DURING THE SEASON IS AUTOMATICALLY SUSPENDED FROM THE NEXT GAME. AN ACCUMULATION OF 4 TECHNICAL FOULS BY ANY PLAYER MAY WARRANT EXPULSION FROM THE LEAGUE, DEPENDING ON THE RULING FROM THE AABL RULES COMMITTEE.

FANS: COACHES ARE REMINDED THAT THEY ARE RESPONSIBLE FOR THEIR TEAM, SUPPORTERS, AND CHILDREN BEFORE, DURING, AND AFTER THE GAMES. THIS INCLUDES UNSPORTSMANLIKE REMARKS, GESTURES, COMMENTS, AND MONITORING OF CHILDREN (THIS IS FOR THE SAFETY OF THE CHILDREN). ADDITIONALLY, ANY ACTS OF VANDALISM, THREATS, AND/OR DIRECT CONTACT TOWARD ANY GAME OFFICIAL CONSTITUTE LIABILITY FOR PROSECUTION.

• **OUTRAGEOUS CONDUCT:** ANY PLAYER, COACH, OR FAN, WHO DISPLAYS “OUTRAGEOUS CONDUCT”, MAY BE SUBJECT TO SUSPENSION AND EXPULSION FROM THE AABL AND CRIMINAL PROSECUTION MAY BE PURSUED IF THE SITUATION WARRANTS THE ACTION. **OUTRAGEOUS CONDUCT** IS DEFINED AS AND INCLUDES: A **VERBAL** TIRADE AND FUSILLADE OF ABUSIVE LANGUAGE, GESTURES, OR THREATS TOWARDS OTHER PLAYERS, FANS, OFFICIALS, OR **AABL** STAFF; **PHYSICAL** CONTACT WITH ANY OTHER PLAYER, FAN, OFFICIAL, OR **AABL** STAFF, AND THROWING, KICKING, OR STRIKING OF OBJECTS IN A THREATENING OR DANGEROUS MANNER. THIS CONDUCT INCLUDES HARASSING BEHAVIOR SUCH AS FOLLOWING ANOTHER PLAYER, FAN, OFFICIAL, OR **AABL** STAFF OFF THE FIELD OR COURT, INTO THE PARKING LOT OR OFF THE PREMISES, OR ANY ATTEMPT TO BLOCK THE DEPARTURE OF OTHER PLAYERS, FANS, OFFICIALS, OR **AABL** STAFF FROM THEIR DEPARTURE.

THE AABL RESERVES THE RIGHT TO DISALLOW ANY PLAYER OR TEAM FROM PARTICIPATING IN THE LEAGUE IF THE OVERALL SAFETY OF THE PLAYERS, FANS, OFFICIALS, OR STAFF BECOMES AN ISSUE.

• **ARGUING WITH OFFICIALS:** OFFICIALS WILL ALLOW A “REASONABLE AND POLITE DISCUSSION” OF THEIR CALLS AND DECISIONS. THE OFFICIAL WILL DETERMINE WHEN THE DISCUSSION IS “REASONABLE AND POLITE”, AND WHEN THE DISCUSSION IS “OVER.” IF A PLAYER IS “EJECTED”, HE OR SHE MUST LEAVE THE GYM IMMEDIATELY. WHEN THE GAME IS OVER, CONTINUED UNWANTED DISCUSSION OR ARGUING WITH AN OFFICIAL BY PLAYERS, COACHES, OR FANS CAN RESULT IN EJECTION AND SUSPENSION OF PLAYERS, COACHES, FANS, AND TEAMS. FOLLOWING AN OFFICIAL OFF THE COURT OR OUT OF THE GYM OR CONFRONTING HIM IN THE PARKING LOT IS PROHIBITED. MAKING THREATENING GESTURES, EITHER VERBAL OR PHYSICAL, INCLUDING ANY ATTEMPT TO BLOCK AN OFFICIAL’S DEPARTURE FROM THE GYM OR THE PARKING LOT, CAN RESULT IN EJECTION OR SUSPENSION FOR BOTH INDIVIDUALS AND THE WHOLE TEAM FROM THE LEAGUE WITHOUT REFUND OF TEAM FEES OR DEPOSIT, PLUS POSSIBLE CRIMINAL PROSECUTION.

FORFEIT TIME: A TEAM MUST HAVE FIVE PLAYERS TO START A GAME. GAME TIME IS FORFEIT TIME. THE GYM SUPERVISOR IS THE OFFICIAL CLOCK IN ESTABLISHING FORFEIT TIME. TWO FORFEITS AND A TEAM WILL BE DROPPED FROM THE LEAGUE. A TEAM MAY NOT FINISH THE GAME WITH LESS THAN FOUR PLAYERS. WITH LESS THAN FOUR PLAYERS THE GAME IS FORFEITED AND THE FORFEITING TEAM LOSES ITS ENTRY DEPOSIT.

INSURANCE: AABL DOES NOT PROVIDE PLAYER INSURANCE FOR THIS LEAGUE. PLAYERS PLAY AT THEIR OWN RISK AND MUST SIGN THE ROSTER AND WAIVER OF LIABILITY FORM BEFORE THEY MAY PARTICIPATE IN THE LEAGUE.

PLAYER ELIGIBILITY AND ROSTERS: ALL PLAYERS MUST BE OF ASIAN DESCENT (THIS IS DEFINED AS HAVING A GRANDPARENT THAT IS WITHOUT A DOUBT “100%” VERIFIABLY ASIAN). THERE ARE TWO ROSTER SPOTS OPEN TO PLAYERS OF ANY CULTURE, RACE, BACKGROUND, OR NATIONAL HERITAGE. THESE ARE CALLED “NON-ASIAN PLAYERS”. ROSTERS MAY HAVE UP TO 18 PLAYERS AND THE ROSTERS ARE DUE BEFORE

THE ANY TEAM CAN STEP ONTO THE COURT. ANY PLAYER UNDER THE AGE OF 18 MUST PROVIDE A FORM, SIGNED BY THEIR PARENT/GUARDIAN, WHICH STATES THAT THEY MAY PARTICIPATE IN THE LEAGUE. TEAM COACHES MAY CHALLENGE PLAYER ELIGIBILITY.

NO ROSTER CHANGES MAY BE MADE AFTER THE SECOND GAME. ONLY THREE NEW PLAYERS MAY BE ADDED AFTER THE ORIGINAL ROSTER HAS BEEN TURNED IN.

THE LEAGUE RESERVES THE RIGHT TO REFUSE ANY PLAYER FROM PARTICIPATING IN THE LEAGUE IF IT IS DECIDED THAT THE PLAYER'S ELIGIBILITY IS QUESTIONABLE.

POST SEASON TOURNAMENT: A SINGLE ELIMINATION TOURNAMENT WILL FOLLOW THE END OF THE REGULAR SEASON. 10 TEAMS WILL QUALIFY FOR THIS TOURNAMENT.

TIE BREAKING PROCEDURES:

TWO TEAMS

- (1) RESULTS OF GAMES AGAINST EACH OTHER.
- (2) BETTER WINNING PERCENTAGE WITHIN OWN DIVISION (ONLY IF TIED TEAMS ARE IN SAME DIVISION).
- (3) BETTER OVERALL WINNING PERCENTAGE.
- (4) BETTER WINNING PERCENTAGE AGAINST PLAYOFF OPPONENTS IN OWN DIVISION (INCLUDING TEAMS THAT FINISHED THE REGULAR SEASON TIED FOR A PLAYOFF POSITION).
- (5) BETTER WINNING PERCENTAGE AGAINST PLAYOFF OPPONENTS IN OPPOSITE DIVISION (INCLUDING TEAMS THAT FINISHED THE REGULAR SEASON TIED FOR A PLAYOFF POSITION).
- (6) BETTER POINT DIFFERENTIAL BETWEEN OFFENSE AND DEFENSE.

THREE TEAMS

- (1) IF APPLICABLE, DIVISION CHAMPIONS MUST BE DETERMINED FIRST.
- (2) BETTER WINNING PERCENTAGE IN ALL GAMES AMONG THE TIED TEAMS.
- (3) BETTER WINNING PERCENTAGE AGAINST TEAMS IN OWN DIVISION (ONLY IF ALL TIED TEAMS ARE IN SAME DIVISION).
- (4) BETTER OVERALL WINNING PERCENTAGE.
- (5) BETTER WINNING PERCENTAGE AGAINST TEAMS ELIGIBLE FOR PLAYOFFS IN OWN CONFERENCE (INCLUDING TEAM THAT FINISHED THE REGULAR SEASON TIED FOR A PLAYOFF POSITION).
- (6) BEST POINT DIFFERENTIAL BETWEEN OFFENSE AND DEFENSE

UNIFORMS: PLAYERS MUST WEAR MATCHING SHIRTS/JERSEYS OF THE SAME COLOR WITH A NUMBER ON THE FRONT AND BACK. THE NUMBER CANNOT BE MORE THAN TWO DIGITS. NO DUPLICATE NUMBERS. PLAYERS WITHOUT A JERSEY THAT MATCHES MOST OF THE TEAM WILL NOT PLAY. NUMBERS MUST BE COMMERCIALY PRINTED OR STENCILED - NO "MAGIC MARKERS" OR "TAPED ON NUMBERS". THE AABL RESERVES THE RIGHT TO DISALLOW ANY PLAYER OR TEAM FROM PARTICIPATING IN A GAME IF THE PLAYER(S) UNIFORM(S) DO NOT MEET THE MINIMUM REQUIREMENTS THAT THE LEAGUE HAS SET FORTH CONCERNING UNIFORMS. THE AABL TRIES TO BRING A PROFESSIONAL ATMOSPHERE TO THE GYM, ON THE WEBSITE, AND IN PHOTOS AND A WELL UNIFORMED TEAM REPRESENTS THE AABL WELL.

GAME RULES AND REGULATIONS

THE 2009 VIRGINIA HIGH SCHOOL BASKETBALL RULES ARE USED FOR SITUATIONS NOT COVERED IN THE FOLLOWING AABL RULES:

- **GAMES CONSIST OF TWO, 20 MINUTE, RUNNING TIME HALVES. THE CLOCK WILL BE STOPPED ONLY AT THE LAST 30 SECONDS OF THE FIRST HALF AND THE LAST 2 MINUTES OF THE 2ND HALF. ALSO, THE CLOCK CAN BE STOPPED BY A TEAM TIME-OUT OR REFEREE STOPPAGE. HALF TIME WILL LAST FIVE MINUTES.**
- **EACH TEAM HAS 2 TIME-OUTS PER HALF. TIME-OUTS NOT USED IN THE FIRST HALF DO NOT CARRY OVER TO THE SECOND HALF.**
- **IF A GAME RESULTS IN A TIE AFTER REGULATION TIME HAS EXPIRED, AN OVERTIME PERIOD CONSISTING OF A 2 MINUTE REGULATION (STOPPING) CLOCK WILL BE UTILIZED. IF A WINNER IS NOT DECIDED AFTER THE FIRST OVERTIME, A SECOND REGULATION OVERTIME WILL BE PLAYED. IF A TIE STILL PERSISTS, THE GAME WILL BE DECIDED BY A THIRD SUDDEN DEATH OVERTIME, WITH THE WINNER BEING THE FIRST TEAM TO SCORE A POINT.**
- **ONE TIME OUT PER OVERTIME WILL BE GIVEN TO EACH TEAM. TIME OUTS WILL NOT BE CARRIED OVER FROM REGULATION PLAY. ALL FOULS ARE CARRIED OVER FROM REGULATION PLAY.**
- **ANY PLAYER(S), COACH, OR SPECTATOR WHO ASSAULTS ANOTHER PLAYER, REFEREE, AABL STAFF MEMBER, OR ANYONE OCCUPYING THE GYM, WILL FACE CRIMINAL CHARGES AND WILL BE AUTOMATICALLY SUSPENDED FROM THE LEAGUE FOR AN INDEFINITE PERIOD OF TIME.**
- **DO NOT HANG ON TO THE BASKETBALL RIMS! SUCH ACTION MAY CAUSE THE PLAYER TO MISS ONE GAME. THIS RULE IS IN EFFECT BEFORE, DURING, AND AFTER THE GAME.**
- **TWENTY-POINT MERCY RULE - IF ANY TEAM IS AHEAD BY 20 POINTS OR MORE BEGINNING THE LAST TWO MINUTES OF THE SECOND HALF, THE CLOCK WILL NOT STOP FOR THE REMAINDER OF THE GAME UNLESS A TIME-OUT IS CALLED OR THE LOSING TEAM GETS WITHIN 20 POINTS OF THE TEAM IN THE LEAD.**
- **A TEAM MUST START 5 PLAYERS AND END THE GAME WITH AT LEAST 4 PLAYERS. IF NOT, IN EITHER CASE, THE TEAM AUTOMATICALLY FORFEITS THE GAME.**