



Summer Basketball Tournament OFFICIAL TEAM ROSTER

To be completed by Coach (please print)

Team Name: _____

Division: _____ **Gender:** Boys Girls

Coach: _____ **e-mail:** _____

Phone: _____

Asst. Coach: _____ **e-mail:** _____

Phone: _____

No team will carry more than (10) ten players on an active roster, unless there is a player that is scheduled to leave before the end of the tournament. Then and only then can that extra player be added to an active team roster. (Certain exceptions may be granted by request).

	NAME	SCHOOL (if applicable)	AGE	Jersey Size
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

I certify that this is the official roster for this event:

Signature _____ Date: _____



Summer Basketball Tournament

Parent/Player Waiver and Release Form

(EACH PARTICIPANT MUST HAVE THIS FORM COMPLETED)

To be completed by Participant or Parent/Guardian of Participant

(Please Print)

Division: _____

Name of Participant: _____ Male Female

Address: _____ D.O.B.: ____ / ____ / ____ Age: ____

_____ Contact #: _____

Team Name: _____ Coach's Name: _____

School: _____ Grade: _____

Emergency Contact: _____ Phone #: _____

Participant/Parent/Guardian Agreement

Waiver and Release:

I hereby certify that the Participant (stated above under "Name of Participant" hereafter referred to as "Participant") is physically fit and in normal health and has not been otherwise informed by a physician that he/she is incapable of participation in a basketball league/tournament (hereafter referred to as "Sports"). I acknowledge that I am aware of the risks inherent in participation in sports (both practice and competition); that sports are physical and can require considerable running, starting, stopping, and physical exertion in heat and humidity, and could potentially lead to injuries including, but not limited to, overheating, dehydration, limb injuries, and possible permanent disability and death. I agree to assume all those risks and to waive any and all rights to claim for injuries, loss or damages arising out of his/her participation in sports. Each participant is responsible for conducting him/herself safely and at a level consistent with his/her skill. Each participant further certifies that he/she maintains adequate health insurance to cover any injuries occurring as a result of participation in this Metropolitan Basketball League sporting event. By signing below, I acknowledge understanding and reading of this waiver in full.

1. I hereby certify that the Participant (stated above) is in normal health and is capable of participating safely in the Metropolitan Basketball League sporting event.
2. I hereby authorize the directors of the Metropolitan Basketball League to act in accordance with their best judgment in case of an emergency.

In consideration of the good will, public service, and community aid provided by the Metropolitan Basketball League, which I support, I hereby grant permission to the Metropolitan Basketball League to use the Participant's name, to take and publish photographs, videotapes, or motion pictures of him /her which include his/her voice in any media for any legitimate purpose. I release all rights to such photographs, videotapes or motion pictures and recordings. I acknowledge that the Metropolitan Basketball League is the sole owner of all rights arising out of their use for all purposes. I understand that I shall receive no compensation from their use from any source whatsoever.

Signature of Player: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____
(If Participant is Under 19)

OUR GOALS AND OBJECTIVES

- Create a positive and safe environment
- To help each player develop a positive self image, believe in themselves, and believe in the contributions that they make to the team.
- To develop a spirit of cooperation and teamwork. We want our players to have roles, and accept their roles. We want them to learn that the whole is equal to the sum of the parts.
- Promote good sportsmanship and display dignity and pride in victory and defeat.
- Promote physical fitness through a well-balanced program that involves stretching, calisthenics, weight training, interval training, and high intensity drills.
- Become a positive role model for youngsters and members of the community to try and emulate.
- To play hard every minute of every game. Believe that anything is possible, including a Championship.
- To strive for excellence, not mediocrity. Become a total person and player that you are capable of becoming. Do the thing that most people and players don't do. "Reach Your Potential"

MR. REFEREE THE AUTHORITY FIGURE

Whether we like it or not, we can't play the game without the referee. He is a necessary and valuable part of the game. We must try to transmit a positive feeling and understanding toward him.

The way in which we handle our relationship with the referee will greatly affect the way in which our players react to him. If respect, cooperation, and appreciation for their role is not stressed at practices, we are encouraging improper behavior and attitudes toward other authority figures.

Once again, WE must practice what WE preach. This especially applies to the head coach.



Basketball Tournament Rules & Regulations

1. There will be **NO profanity** used on the court or on the team benches. Will result in a technical foul or ejection.
2. There will be **NO FIGHTING** on or off of the court. Any players or teams running off the bench onto the court to instigate or participate in a fight will be ejected from the tournament with **NO REFUND**. It will be the responsibility of the coaches to restrain their players and remove them from the court. Failure to do so could also result in your team being ejected from the tournament.
3. All players will extend courtesy before and after each game.
4. All games will consist of two 18 min halves (12 & 14 min for Jr Divisions), 5 min halftime, 3 min overtime, **two time-outs per half and one time-out per overtime**.
5. NBA Rules will apply for Unlimited Division. High School Rules will apply for all other divisions.
6. Forfeit occurs (20) twenty minutes after scheduled start time. Team may be ejected after 2 forfeit games.
7. A player will foul out after **5** fouls.
8. There will be a **Running Clock (EVEN THROUGH TIME-OUTS)** except for the last 2 minutes of the second half when the clock stops at every whistle or dead ball.
9. All teams MUST play in official Tournament uniforms. **NO EXCEPTIONS!!**
10. Formal protests can only be made after a game is played. The decision of the majority rules. **Under no circumstances will disputes be handled on the court during play.**
11. No player can be added to a roster after the 4th week of play. If a coach knows that a player's availability is limited, they must make this known to the tournament staff before the 4th week.
12. No team will carry more than (10) ten players on an active roster, unless there is a player that is scheduled to leave before the end of the tournament. Then and only then can that extra player be added to an active team roster. (Certain exceptions may be granted by request).
13. Every player must respect **all** calls made by the referee.
14. All teams members must be registered and players must sign all waiver forms before they play their first game.
15. Players must play at least 3 regular season games to be eligible for the Playoffs.
16. **ENJOY YOURSELF, HAVE FUN, AND PLAY BALL!!!!!!!!!!**