

**2015**

**City of Surprise  
Community and Recreation Services**

# **Competitive Sports**

**Handbook and Rules**



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**[www.surpriseaz.gov/competitivesports](http://www.surpriseaz.gov/competitivesports)**

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**2015**

Welcome to the inaugural season of the City of Surprise Competitive Sports program. We are excited about the opportunity to offer this program to the coaches and athletes in our community. Our job is to do everything in our power to ensure that your experience is an enjoyable one. This program will follow National Federation of High Schools rules when it comes to game play. Any other modifications, league rules or policies can be found in this handbook and will apply to all age groups. If questions arise and the answers cannot be found in this handbook, please do not hesitate to contact us at the phone number or e-mail address listed below.

Thank you and good luck!

**City of Surprise Community and Recreation Services Department- Competitive Sports Division**

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## Volunteer Coach Requirements and Expectations

- All Head and Assistant Coaches are required to submit to a background check, prior to the start of the season. This can be done at the Community and Recreation Services Offices, Monday-Friday from 8:00am-5:00pm.
- The Surprise Community and Recreation Services Department has expectations on the conduct of all coaches and his/her staff while on the field/court and working with youth athletes and Site Supervisors. Below you will find the guidelines established to ensure that those expectations are met:
  - Coach's conduct on the field/court includes, but is not limited to:
    - Acting in a mature and responsible manner and setting an example for your players.
    - No abusive, foul language.
    - No drug, tobacco or alcohol use while at any practice or game at school or City facilities.
  - Coach's conduct with youth includes, but is not limited to:
    - Making a commitment to attend all practices and games.
    - Treating all individuals with respect and utilizing a hands-off disciplinary policy.
  - Coach's conduct with Site Supervisors and Game Officials includes, but is not limited to:
    - Treating all Site Supervisors and Game Officials with respect.
    - Knowing rules prior to arguing a call.
    - Demanding that all assistant coaches, players and parents understand that only the Head Coach may discuss matters with the Site Supervisor and Game Officials.
  - Coach's conduct in general includes, but is not limited to:
    - Acting as a leader.
      - Setting an example and treating individuals as you would like to be treated.
      - Exercising control over your fans and following the established rules for the league.
      - Dealing in a fair and ethical manner with fellow coaches.
      - Being courteous and considerate of your players, parents and guardians.
    - Notifying the League Coordinator of any complaints or concerns regarding the conduct of another coach.

## Competitive Youth Sports

### **Community and Recreation Services Department Mission Statement**

To enrich and complement the lives of Surprise residents through stewardship of our resources while providing responsive programs which promote and prioritize diversity, cultural, neighborhood, family and educational wellness opportunities.

### **Philosophy**

The City of Surprise Community and Recreation Services Department Competitive Sports Program is designed to encourage maximum participation by all team members in a more competitive atmosphere.

### **Purpose**

This program is designed to provide youth athletes with the opportunity to participate in an organized, local league that will introduce the competitive side of sport when it comes to playing time, rules, standings and player development. However, emphasis on basic fundamentals, sportsmanship, enjoyment and cooperative participation with peers should not be forgotten.

## Program Policies

### **Team Formation**

All registration is based on a team entering intact. The City of Surprise Community and Recreation Services Department will manage a "Free Agent" list for those who wish to participate, but are not on a team. This "Free Agent" list will be made available to all teams that have registered.

### **Team Fees**

Volleyball- \$1,200.00 per team

Basketball- \$1,200.00 per team

Soccer- \$1,500.00 per team

### **Team Rosters**

- Team rosters are limited to the following totals in each sport:
  - Volleyball- 12
  - Basketball- 12
  - Soccer- U10-14    U12-14    U14-18
  
- Completed rosters must be submitted at the initial Coach Orientation meeting prior to the season starting. Player adds and drops will be accepted until the completion of the 5th scheduled game of the season. Roster adds and drops must be submitted and approved by the league office prior to the player participating in a game or practice.
  
- League age for all divisions will be determined by a player's age on or before September 1, 2015. Players may play up one division only but may not play down a division.
  
- Players may only be listed on one roster.
  
- Players who are dropped from any roster, for any reason, must sit out two games before they can be added to another roster.

### **Team Uniforms**

Uniforms (shirts, shorts, socks) for all registered players will be provided by the City of Surprise and will be covered by the team fee. Teams may choose to purchase their own uniforms. Teams that choose to purchase their own uniforms will be given a \$300 credit toward their team fee.

## Program Policies (con't.)

### **League Format**

Teams will be divided into divisions depending on the total amount of teams registered per age group. Teams will play 10 regular season games followed by a single elimination league tournament.

### **Equipment**

Each team will be provided with a bag of practice balls and cones for use at their practices. This equipment must be returned at the completion of the season. Game balls will be provided at each game site.

### **Field/Court Amenities**

Practice facilities for all teams will be made available for two, 90-minute sessions per week at local schools or city parks/gyms. Depending on the amount of teams, more sessions may be booked if the schedule allows. Basketball and Volleyball will utilize, at a minimum, one half of a gym. All efforts will be made to schedule all teams on a full court. Soccer teams will utilize, at a minimum, one half of a soccer field. Again, all efforts will be made to schedule all teams on a full field.

Please advise your players and parents that water fountains are limited and not guaranteed at each practice and game site. Insist that additional water be brought to each practice and game.

### **League Standings**

League standings will be kept for each age division. These standings will be used to determine the Regular Season Champions as well as seeding for the post season league tournament. Teams will be awarded three points for a win, one point for a tie, and zero for a loss. If there are ties within a division, the following tie breaking procedures will be followed:

1. Winner of head to head competition. If teams tied or split, then:
2. Fewest Points allowed in head to head competition- Basketball  
Fewest Goals allowed in head to head competition- Soccer  
Fewest Sets lost in head to head competition- Volleyball If teams are still tied, then:
3. Fewest total Points allowed- Basketball  
Fewest total Goals allowed- Soccer  
Fewest total Sets lost- Volleyball If teams are still tied, then:
4. Coin toss by the League Coordinator and delegates from each team involved.

### **Reporting Scores**

Site supervisors will be responsible for recording the results of each completed game and reporting them to the league office. Staff will approach each coach to sign off on the accuracy of the recorded results.

## **Insurance**

All teams are required to obtain their own insurance and a Certificate of Insurance must be submitted with the team roster no later than the Coach Orientation meeting. The City of Surprise Community and Recreation Services Department, league director, staff or the league supervisors **do not** provide insurance coverage for individuals participating in the Competitive Sports program. The City of Surprise Community and Recreation Services Department would like to inform all participants that the nature of these sports is physically demanding and challenging, including but not limited to the acts of kicking, blocking, running, jumping, stretching, diving and collisions with other players or stationary objects, all of which may cause injury.

## **Injuries**

Staff at all City-provided practice and game sites will be equipped with First Aid kits. Should an injury occur, stabilize the player and call 911 when appropriate. Once the player is being attended to by medical professionals, please complete an Incident Report and fax, e-mail or drop it off to the Community and Recreation Services Offices within 24 hours of the incident. **(Incident Reports are included in the back of this handbook).**

## **Awards**

Individual and team Awards will be given to the Regular Season and Tournament Champions and Runner-ups.

## **Competitive Volleyball League Rules & General Information**

All league rules are governed and interpreted by the League Coordinator using the City of Surprise Competitive League Rules and NFHS Volleyball Rules. General rules of play not outlined here, may be found in the current NFHS Rule Book.

### **Court Dimensions and Net Height**

- The playing court measures 59' x 29'6".
- Net Height:
  - 10U and 12U- 7'.
  - 14U- 7' 4 1/8".

### **Equipment**

- 10U and 12U will use 7 to 8 oz. "Volley-Lite" or similar ball.
- 14U will use an official sized Tachikara ball.

### **Obstructions**

#### Basketball Goals

- On a serve, the basketball goals, or any part of the braces or wires, are out of play. A serve that touches any of these parts is considered a side out.
- Any ball that hits an object during the course of play (not on a serve) that remains on the same side of the net and the team has not used all 3 of its hits, will be considered still in play.

### **Official Match- Best of 3 sets**

Rally scoring will be used. Each non-deciding set will be won by the team that first scores 25 points with a minimum of a two-point advantage. If there is a deciding set, it will be won by the team that first scores 15 with a minimum of a two-point advantage. There is no scoring cap in either case.

## **Competitive Basketball League Rules & General Information**

All league rules are governed and interpreted by the League Coordinator using the City of Surprise Competitive League Rules and NFHS Basketball Rules. General rules of play not outlined here, may be found in the current NFHS Rule Book.

### **Equipment**

- Athletic/basketball shoes are required. NO black or hard soled shoes are allowed.
- All boys divisions will play with an official sized ball (29.5cm).
- All girls divisions will play with an intermediate sized ball (28.5cm).
- The height of the basket will be 10 feet (regulation) for all competitive divisions.

### **Time, Time Outs and Overtime**

- Games will consist of two (2), twenty (20) minute halves utilizing a running clock.
  - The clock will stop only during the last two (2) minutes of the game and for time outs.
    - Exception: If a team is leading by twenty (20) points at any time during the last two minutes of the game, the clock will continue to run.
- Each team will receive two (2) time outs per half. Time outs do not carry over.
  - During the final two (2) minutes of the game and overtime, if the score is within twenty (20) points, a team may call time out after a made basket.
- Half time will be five (5) minutes in length.
- Tie Games (at the end of regulation).
  - Regular Season
    - A two (2) minute overtime will be played.
    - The same rules will apply as during the last two (2) minutes of the game.
    - Each team will receive one (1) time out per overtime.
      - This timeout does not carry over to an additional overtime.
- If still tied at the end of the first overtime, a second overtime will be played. Same rules apply.
- If still tied at the end of two (2) overtimes, the game will end in a tie.
  - Playoffs
    - Two (2) minute overtime periods will be played until a winner has been declared.
    - The same rules will apply as during the last two (2) minutes of the game.
    - Each team will receive one (1) time out per overtime.
      - This timeout does not carry over to an additional overtime.
- All overtime periods will begin with a jump ball and teams will alternate possession from that point on.
  - The same rules will apply as during the last two (2) minutes of the game.
  - Each team will receive one (1) time out per overtime.
    - This timeout does not carry over to an additional overtime.

## Game Format

- The start of each game and overtime period will begin with a jump ball.
  - All other jump ball situations will be an alternating possession with the team holding the possession arrow taking the ball out of bounds at the spot nearest the situation causing the stoppage in play.
- Any shot made with both feet completely behind the three point line will count as three (3) points.
  - The official's judgment on three point shots will be final.
- There are no, half-court defensive guidelines for the competitive league. Teams can choose to play any form of man-to-man or zone defense throughout the game
  - Pressing is allowed throughout the entire game unless a team is ahead by twenty (20) points or more. If a team presses with a lead of 20 or more, they will be given a warning on the first occurrence and a technical will be assessed on the second occurrence.
  - Teams that are behind by twenty (20) points or more are allowed to press.

## Fouls

- Upon committing a fifth personal foul, a player will be disqualified for the remainder of the game.
  - Technical, flagrant and intentional fouls will be counted as personal fouls.
  - Intentional fouls are defined as malicious contact with no intent to play the ball.
  - Flagrant fouls are defined as malicious contact with intent to harm.
- A player or coach who receives two technical fouls during a single game will be ejected and will be suspended for a minimum of one additional game.
  - Any additional technical fouls during the remainder of the season by a coach or player may subject them to immediate dismissal from the game or the league.
  - **All ejections will be reviewed and ruled upon by the League Director. All decisions are final.**

## Free Throws

- On the **SEVENTH** team foul of the half, the player that was fouled will be awarded a one-and-one free throw.
  - Exception: Player control/Offensive Fouls
- On the **TENTH** team foul of the half, the player that was fouled will be awarded two (2) free throws.
  - Exception: Player control/Offensive Fouls
- When a player is fouled in the act of shooting:
  - If the shot is missed, common foul rules will be observed.
  - If the shot is made, the basket will count and the player fouled will be awarded one free throw.
- When a player is fouled in the act of shooting a three (3) point shot:
  - If the shot is missed, the player fouled will be awarded three (3) free throws.

- If the shot is made, the basket will count and the player fouled will be awarded one free throw.
- If an intentional foul is called, two (2) free throws will be awarded and the fouled team will retain possession of the ball.

### **Communication and Bench Conduct**

- In order to best administer and maintain better control of the game, we ask that all players, coaches, and fans adhere to the following rules:
  - Coaches, players and fans are not allowed to approach the scorer's table or interfere with the scorekeeper.
    - Exception: Player is checking in to the game
    - Penalty:           First Offense- Warning  
                          Second Offense- Bench Technical
  - If a player does not check in to the scorer's table, even during a time out, the player will receive a technical foul and two points will be awarded to the opposite team.
    - In the final two minutes of the game or overtime, two (2) free throws will be awarded.
    - Substitutions will not be acknowledged if yelled from the bench.
  - Participants may not shoot at the side baskets while a game is in progress.
  - Only one head coach, two assistant coaches and players officially listed on the team roster are allowed on the team bench.
  - Only the head coach is permitted to stand during play. All other coaches and players must remain seated.
  - Head coach must remain in the 8' coach's box.
    - 1<sup>st</sup> Violation- Warning
    - 2<sup>nd</sup> Violation- Technical Foul
    - **After 1<sup>st</sup> technical has been assessed to any coach, all coaches must remain seated during play for the remainder of the game.**
  - Coaches are responsible for all assistant/substitute coaches and parents.
  - Coaches and players shall not verbally abuse officials or staff at any time.

## **Competitive Soccer League Rules & General Information**

All league rules are governed and interpreted by the League Coordinator using the City of Surprise Competitive League Rules and NFHS Soccer Rules. General rules of play not outlined here, may be found in the current NFHS Rule Book.

### **Ball Size/Game Times**

<b>Age Group</b>	<b>Ball Size</b>	<b>Minutes per Half</b>	<b>Half-time</b>
U10 Divisions	4	30 minutes	10 minutes
U12 Divisions	4	30 minutes	10 minutes
U14 Divisions	5	35 minutes	10 minutes

### **Field Dimensions/Goal Sizes**

<b>Age Group</b>	<b>Goal Size</b>	<b>Field Dimensions</b>
U10 Divisions	7' x 21'	50 yards wide x 70 yards long
U12 Divisions	7' x 21'	50 yards wide x 70 yards long
U14 Divisions	8' x 24'	60 yards wide x 110 yards long

### **Roster Size Guidelines**

<b>Age Group</b>	<b>Maximum Roster Size</b>	<b># of players on the field per team</b>	<b>Minimum # to Start</b>
U10 Divisions	14	8	7
U12 Divisions	14	8	7
U14 Divisions	18	11	7