

City of Long Beach

Department of Parks, Recreation, and Marine

Adult Sports

Supplemental Rulebook

Revised – May 2007



Contact Information:

Adult Sports Office: 562-570-1725

Long Beach Field Conditions Hotline: 562-570-1738

Softball: 570-1734

Baseball: 570-8921

Flag Football: 570-1734

Roller Hockey: 570-1736

Volleyball: 570-1731

Basketball: 570-1735

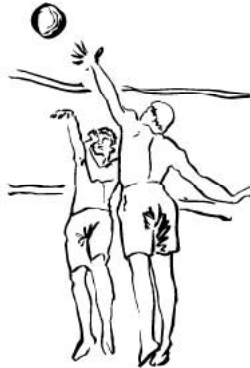
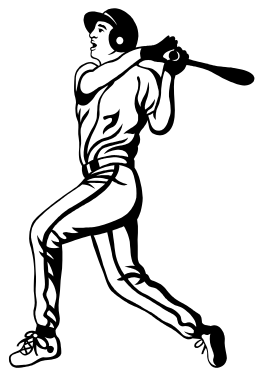


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LONG BEACH ADULT SPORTS EXECUTIVE COMMITTEE

The Committee is created to serve all Adult Sports programs. It is composed of three (3) to five (5) members, consisting of the Sports Program Coordinator, Sports Supervisor, and the Community Recreation Services Superintendent.

The purpose of this committee is to recommend, interpret, and enforce rules and regulations as required to effectively conduct each sports program. The Adult Sports Executive Committee makes determinations on all protests, complaints, and suspensions. **All Long Beach Adult Sports Executive Committee decisions are final and CANNOT be appealed.**

ALL MEETINGS ARE HELD AT:

**CITY OF LONG BEACH
DEPARTMENT OF PARKS, RECREATION & MARINE
ADULT SPORTS OFFICE
4700 Duekmejian Drive
Long Beach, CA 90804**

LONG BEACH GENERAL SUPPLEMENTAL RULES

1. FEE DEADLINE:

In order to provide better service to the participants of the Adult Sports Leagues, all registration deadlines will be strictly enforced. ALL FEES MUST BE PAID BEFORE LEAGUE PLAY BEGINS. If your team does not make payment in full by the publicized registration deadline, your team placement in the league is not guaranteed. PARTIAL FEE PAYMENTS WILL NOT BE ACCEPTED.

2. ROSTER/PLAYERS:

A completed official team roster is due in the Sports Office at the time of registration. Failure to submit a completed roster at the time of registration will result in a forfeit loss for the first game of the season, resulting in a nine (9) game schedule. It is recommended that teams carry a full roster to allow for injuries and players that may be out of town. Please see specific sports for roster limits. NOTE: LEAGUE AND PLAYOFF SCHEDULES WILL NOT BE CHANGED TO ACCOMODATE PLAYERS OR TEAMS IN MORE THAN ONE (1) LEAGUE.

3. PLAYER ELIGIBILITY:

All players must be eighteen (18) years old or older to participate in an Adult Sports League. EXCEPTION: Senior Softball – players must be fifty-five (55) years old or older. No active professional or collegiate athletes will be allowed to play in any league. Former professional or collegiate athletes must have been inactive for at least one year in order to participate. Teams or players found in violation of this rule will result in team forfeiture of all games in which the player(s) participated.

4. ADDING/DROPPING PLAYERS:

Each add is \$10 per player. However, each team is given three (3) free add forms (six (6) for Summer Baseball) in their managers packet at the beginning of the season. Only the free add forms provided will be accepted. No other free add forms will be available.

Players may be added and dropped up until the beginning of the seventh (7) game of the league (this includes holidays and make-up games). All players and all changes must be in writing on the add/drop form and received in the Sports Office prior to participation in any league game.

NOTE: ALL LONG BEACH RESIDENT TEAMS MUST MAINTAIN MINIMUM RESIDENCY REQUIREMENTS THROUGHOUT THE ENTIRE SEASON.

EXCEPTION: Volleyball (please see specific sports rules).

5. REFUND POLICY:

Refunds for Adult Sports League fees will not be available once the schedules for that particular league have been generated and printed. Any team that is removed from any league will not be refunded any portion of their league fee. Refunds for Adult Sports League fees will be processed only if the league has been cancelled. The City of Long Beach has a refund processing fee of \$35.

6. PICTORIAL IDENTIFICATION:

Each player at every game must have in their possession and be able to provide a valid photo identification (CA Driver's License or other) if requested by the official to do so. Any team using ineligible players (not on the roster, no identification) will automatically forfeit any game played, if an eligibility protest is made and upheld by the Sports Coordinator. Please see rule #11 for protests.

7. OFFICIAL SCOREKEEPER:

The umpire/referee will be the official scorekeeper for each game. Managers of both teams must initial scorecards after each game/match to confirm scores. EXCEPTION: Basketball and Beach Volleyball (please see specific sports rules).

8. OFFICIALS FEES:

Each team is required to present the game official(s) with the appropriate fee IN CASH prior to the beginning of the game. No game will begin until both teams have paid the official(s) in full. If a team does not pay the official, that team will be charged with a forfeit loss. In sports with multiple officials, if only one official appears for a scheduled game, payment to the official working the game will be half of the regular individual team fee. EXCEPTION: Football and Beach Volleyball (please see specific sports rules).

9. FORFEIT FEE:

Teams that forfeit any game must pay both teams official's fee for that game. Payment must be received in the Sports Office within one (1) week of the forfeited game. Failure to comply will result in the team's removal from the league. Cash or Check are accepted forms of payment. Payment must be made payable to the City of Long Beach.

EXCEPTION: Teams that notify the Sports Office prior to 3:00pm(week night games only) on the scheduled game day will not be required to pay the forfeit fee, only if the game is the first or last for that scheduled day.

10. FORFEIT RULE:

Teams forfeiting two (2) games/matches will not be eligible for the playoffs. Teams forfeiting three (3) games/matches will automatically be removed from the league and will forfeit the unused balance of fees.

11. PROTESTS:

Oral protests must be made by the team manager/captain with the official(s) and the opposing team manager/captain prior to the next live ball situation. Protests will not be considered unless they are received in the Sports Office in writing within one (1) working day of the incident. A \$25 protest fee must accompany the written protest. If the protest is upheld, the fee will be returned. Protests will be decided upon on the spot during the playoffs.

Protests for ineligible players must be made by the opposing manager/captain before the end of the game to allow the official to check the identification of the player in question. No protest fee is required at this time. Any player requested by the official(s) to show identification must do so within ten (10) minutes following the completion of the game. If the player in question does not return within the ten (10) minute time period or if the identification does not match the name and signature on the scorecard, the game will be called a forfeit. If the player in question provides identification that matches the name and signature on the scorecard and the opposing manager still feels that the player is illegal, that manager must follow the standard protest procedure outlined above.

12. RULE CLARIFICATION:

Only the manager/captain may approach the official(s) to clarify a call. EXCEPTION: Volleyball – please see specific rules.

13. FIGHTING:

Any team, player(s), or spectator(s) fighting before, during, or after any City of Long Beach Adult Sport League game will be ejected from the area immediately. The area consists of the field/court, the parking lot, and any portion of City property. If a team, player, or spectator refuses to leave the area or will not stop fighting, this will result in additional team and individual penalties. All penalties will be determined by and enforced by the Adult Sports Executive Committee. ALL ADULT SPORTS EXECUTIVE COMMITTEE DECISIONS ARE FINAL.

The minimum TEAM penalty for fighting is a three (3) game suspension, not counting the game/match in which the incident occurred. This suspension cannot be appealed.

The minimum INDIVIDUAL penalty for fighting is an indefinite suspension pending an Adult Sports Executive Committee decision. All Adult Sports Executive Committee decisions are final and may not be appealed.

Once suspended, the team, player(s), or spectator(s) may not participate or attend any City of Long Beach Adult Sports Activities during the duration of their suspension. Failure to comply will result in additional penalties.

PLEASE REFER TO THE CITY OF LONG BEACH PARTICIPANT'S CODE OF CONDUCT.

14. TRASH TALKING/VERBAL ABUSE:

Abusive language and/or gestures by any player(s), spectator(s), or coaches directed towards scorekeepers, officials, or other participants will not be permitted. The official will issue a warning on the first occurrence, if abusive conditions continue the individual(s) in question will be ejected from the area. Please see rule #16 for participant ejection rule clarification.

15. ALCOHOL / DRUGS:

Alcoholic consumption or drug use on any City property is strictly prohibited. Any player(s) or spectator(s) believed to be under the influence of alcohol or any other drug will be immediately ejected from the area and will be suspended for a minimum of the next City of Long Beach league game played. If the player(s) or spectator(s) refuse to leave the area, a forfeit will be called and the player(s) or spectator(s) will be suspended indefinitely pending a hearing before the Executive Committee. ANY VIOLATION OF THESE RULES MAY RESULT IN CRIMINAL PROSECUTION.

16. PARTICIPANT EJECTION:

Any player(s), spectator(s), or coach ejected before, during, or after any Long Beach Adult Sports League game will be automatically suspended a minimum of one (1) game, as well as the remainder of the game in which the suspension occurred. Once suspended, the team, player(s), or spectator(s) may not participate or attend any City of Long Beach Adult Sports Activities during the duration of their suspension and until a decision is made by the Adult Sports Executive Committee. Failure to comply will result in additional penalties.

Following the ejection of a team or individual, the game will not continue until the ejected participant(s) vacate the area. Failure to vacate the premises will result in additional penalties.

17. MISSED GAMES:

In the event a game is not played for any reason, CONTINUE FOLLOWING YOUR CURRENT SCHEDULE FOR THE REMAINING GAMES. PLEASE CONTACT THE SPORTS OFFICE OR THE SPORTS COORDINATOR FOR RESCHEDULING INFORMATION.

18. PLAYOFFS:

Single elimination tournament format will be utilized. The top four (4) teams in each division bracket will advance to the playoffs. In divisions with less than six (6) teams, the top three (3) teams in each division bracket will advance to the playoffs. Selected wild-card teams will be added if necessary. When appropriate, first and second round playoffs will be played on the usual night and location of league play. Nevertheless, teams must be available to play on other nights and locations, as well as multiple nights in the same week. EXCEPTION: Weekend Leagues, Winter Softball Leagues.

NOTE: The Sports Office will pay the Official's Fee for all Championship Games/Matches.

19. PLAYOFF ELIGIBILITY:

Players must be signed on the team's official team roster or on an official add/drop form and have competed in five (5) regular season games/matches to be eligible for the playoffs. EXCEPTION: Softball and Baseball – Players must be signed on the

team's official team roster or on an official add/drop form and have competed in four (4) regular season games to be eligible for the playoffs.

20. TIE BREAKER:

In the event of a tie in the final standings of a league, the following tie breaker will be used: 1. total wins, 2. regular season head-to-head competition, 3. point differential between those teams, 4. fewest forfeits, 5. most points/runs scored for the season, 6. fewest points/runs allowed for the season, 7. coin toss. EXCEPTION: Volleyball will use rules 2 – 7. NOTE: Volleyball League standings will be determined by total points scored during the season.

21. ILLEGAL PLAYERS:

An illegal player is: 1. a person playing on a team whose name and signature do not appear on that team's official roster or official add/drop forms. 2. a person on more than one (1) team roster in the same league or night/day (example: Tuesday D and Tuesday D1 or two teams in Tuesday D).

NOTE: Any team found using illegal players will automatically forfeit any and all games in which the illegal player participated in. It is each team's manager's responsibility to monitor or protest illegal players.

22. WEATHER/FIELD CONDITIONS:

If you are in doubt of weather or field conditions possibly affecting your game, please call the Long Beach Field Conditions Hotline at 562-570-1738 after 3:00pm on game day.

Due to the large number of teams in our leagues, it is impossible for the League Coordinators to notify all team managers of cancelled game information.

Teams should be prepared to play make-up games on any night or field and on short notice.

23. FIRST AID:

The City of Long Beach does not provide first aid at any Adult Sports facilities. It is recommended that the managers of each team bring any first aid items that they feel are necessary. Please see specific sports rules.

24. SCMAF BLOOD RULE:

Any player, coach, or official who is bleeding, has an open wound, or has blood on his/her body or clothing, is prohibited from further participation in the game until appropriate treatment has been administered.

If first aid is required for a player, the player must be immediately removed from the game, unless treatment can be administered in a reasonable amount of time.

A player, coach, or official will not be allowed to participate unless:

1. All bleeding has stopped
2. Any exposed cut/scrape which has bled is completely covered
3. Bloody clothing is removed

It is recommended that teams have spare clothing available at the game site to be used if necessary.

25. CITY OF LONG BEACH ADULT SPORTS COORDINATOR:

The City of Long Beach Adult Sports League Coordinator is the final authority for all on field/court and off field/court decisions (INCLUDING SUSPENSIONS) on any City of Long Beach Adult Sports League. The City of Long Beach Adult Sports League Coordinator has the authority to see to the safety of the participants, officials, spectators, and equipment at any City of Long Beach site or any site being used by any City of Long Beach Adult Sport League.

If necessary, the City of Long Beach Adult Sports League Coordinator is authorized to warn individuals of actions CONTRARY to the City of Long Beach Adult Sports Supplemental Rulebook and eject any participant(s), spectator(s), or anyone else who does not comply with the rules and regulations as stated in the City of Long Beach Adult Sports Supplemental Rulebook. This authority does not affect the official of the match in any way. It is in addition to that authority.

No rules or regulations dealing with a team's right to protest are changed by this supplement. Please see rule #11.

The City of Long Beach Adult Sports League Coordinator determines schedule changes, league relocations, and team reclassification as necessary.

The City of Long Beach Adult Sports League Coordinator determines whether any games/matches are subject to suspension, replay, or forfeit as determined by the City of Long Beach Adult Sports Supplemental Rulebook.

26. CITY OF LONG BEACH ADULT SPORTS EXECUTIVE COMMITTEE:

The City of Long Beach Adult Sports Executive Committee is the final authority for all clarification and interpretation of rules and regulations as outlined in the City of Long Beach Supplemental Rulebook and the Participant's Code of Conduct.

BASEBALL

Current Official Baseball Rules, published by “The Sporting News”, as well as these supplemental rules, as stated below, will be the official rules for league play.

1. ROSTER/PLAYERS:

Teams will defensively consist of nine (9) players. Games may be played with eight (8) rostered players present at game time. Maximum roster size is eighteen (18) players. Once the game has begun, a team may not play with eight (8) players resulting from an ejection, injury, etc.

2. PLAYER ELIGIBILITY:

A participant may not play for more than one (1) baseball team organized by the City of Long Beach.

3. GAME SCORECARD:

The umpire will present the scorecard to the teams, which are to have players listed in batting order. No game may begin until a completed scorecard with signatures is submitted to the umpire; however, time limit for game will begin as scheduled. NOTE: the longer you delay, the less you play. Late players must sign the scorecard before entering the game.

4. FORFEIT TIME:

There will be a ten (10) minute grace period for each game, which will be deducted from the actual game time.

5. FORFEIT RULE:

Forfeiting team must pay the umpires fees for both teams. This total is currently \$85. This fee must be paid to the official at the field or at the Sports Office within one (1) week of the forfeited game. Failure to do so will result in additional forfeited games, and subsequent removal from the league.

6. LENGTH OF GAME:

Games will be two hours and forty-five minutes (2:45) in length or nine innings, whichever occurs first. No new inning will begin after two hours and thirty-five minutes (2:35) of play. An inning that begins within the time limit will be completed unless it is the last half of the inning and the home team is ahead. NOTE: There is no time limit for the Championship Game.

7. HOME TEAM/VISITING TEAM:

The home team will occupy the third (3rd) base dugout. The home team will bring two (2) (new) approved baseballs, and the visiting team will bring one (1) (good) approved back-up baseball. The umpire will be the sole judge on the quality of game balls. Failure to provide a new approved baseball will result in forfeiture of the home team status.

8. PERSONAL CONDUCT:

No player or coach may address any official while in possession of a bat. This applies to all participants, spectators, and coaches before, during, or after the game. Violation of this rule will result in immediate ejection from the game and indefinite suspension from the league until further review by the Sports Office Committee. Please see the Participant's Code of Conduct section on page 30 for more details.

9. GAME TIME:

Games will be scheduled between 10:00am and 4:00pm. All schedules are subject to change at any time.

10. PLAYOFFS:

Please see rule #16 under General Supplemental Rules.

11. MERCY RULE:

Any game that has a fifteen (15) run margin or more will be called after the conclusion of the sixth (6th) inning.

12. UMPIRES FEES:

The umpire's fees are \$45 for the home-plate umpire, paid for by the home team, and \$40 for the field umpire, paid for by the visiting team. Umpire's fees must be paid in full prior to game time.

13. WARM-UP RULE:

Warm-up time for the pitcher is limited to one (1) minute or a total of five (5) pitches, whichever occurs first. The time limit starts with the third out of the previous inning.

14. INFIELD PRACTICE:

Each team will be allowed seven (7) minutes for infield practice with the visiting team going first.

15. HELMETS:

Helmets with an earflap that faces the pitcher are required for the batter. On deck batter and all base runners must also wear helmets.

16. EQUIPMENT:

Each team must provide their own equipment including bats, gloves, helmets, and full catcher's gear. Aluminum bats are LEGAL in this league.

17. NO CONTACT:

Collisions at all bases are illegal in this league. All runners must avoid a collision with a fielder waiting to tag a runner with the ball. Flagrant base running violations will result in ejection from the game. No fielder may block a base without the ball. The runner will automatically be declared safe. Collisions are still not permitted even if a player is blocking a base without the ball.

18. APPROVED BASEBALLS:

The Sports Office will provide game baseballs. The balls provided will be the only acceptable balls. If a team misplaces their baseballs, they must replace them with the same brand provided by the Sports Office. NOTE: Little League balls are not acceptable. It is recommended that teams carry their used game baseballs with them in case additional back-up baseballs are needed.

19. UNIFORM REGULATIONS:

Each player must have a jersey with a number. Colored socks or stirrups are mandatory. Any uniform violations may result in a forfeit loss.

20. APPROVED FOOTWEAR:

Metal cleats ARE allowed.

21. RECLASSIFICATION:

Teams could possibly be reclassified after the first (1st) round. Teams moved to higher classifications are assured of a playoff spot. Subsequent playoff classification will be determined by second (2nd) half results.

22. OFFENSIVE LINE-UP:

Each manager has the prerogative to bat as many players as he wishes in his initial line-up, as long as there are at least nine (9) batters. If the manager wishes to add players to the bottom of the line-up (hitting positions 10 – 18), he may do so at any time. If a player is pinch hit for, he may not re-enter the game as a hitter, but may stay in the defensively. Batters may not be deleted or skipped over, regardless of their batting position or when they were added to the game. Thus, if a team increases the size of their line-up to fifteen (15) batters, they must have fifteen (15) batters in their line-up the entire game.

EXCEPTION: If a player is forced to leave a game, due to injury or ejection, a reserve player, not previously entered into the game as a hitter, must hit in the replaced batter's place. If there are no reserves to replace the individual, the spot in the line-up is skipped and all other players move up one (1) spot in the batting order. An out is recorded for the player skipped the next time they should have batted.

23. DEFENSIVE PLAYERS:

All players may be substituted, at any time. Defensive players do not have to be in the batting order. However, a pitcher, after being removed from the line-up, cannot return to the line-up as a pitcher.

24. COURTESY RUNNERS:

Players that require courtesy runners must have their manager notify the opposing manager prior to the start of the game, otherwise, the opposing manager has the right to refuse the courtesy runner. Each team will be allowed a maximum of two (2) players per game, who can be run for each time they reach base. The individual who runs for these player(s) that need a courtesy runner is not determined ahead of time. The courtesy runner is always the last batted out. In the event that a player becomes injured during a game, and the maximum number of courtesy runners (2) has already been designated, a pinch runner must be used and no courtesy runner will be allowed.

In order to speed up play, a courtesy runner may be used for the catcher when there are two (2) outs in an inning. The courtesy runner must still be the last official out.

BASKETBALL

Current C.I.F. High School Basketball rules as well as these supplemental rules will be the official rules for league play.

1. ROSTER/PLAYERS:

Teams shall consist of five (5) players. Games may be played without forfeit with four (4) rostered players present players at game time.

Maximum roster size is twelve (12) players.

Once the game has begun, a team may not play with four (4) players due to ejection.

2. PLAYER ELIGIBILITY:

It is legal for a participant to play in more than one City of Long Beach Basketball program.

Exceptions to the rule include:

Playing on more than one team in the same league; and

Playing in more than one division that is scheduled for the same day. Playoff schedules will not be changed to accommodate players or teams in more than one league.

3. GAME SHEET:

Coaches or captains should not fill out scorecard prior to the game. Players should print and sign their own name and number as they come in.

Late players may be added to the scorecard any time throughout the game, but only during a time-out or a dead ball.

Any player entering the game without signing the scorecard will be called for a technical foul.

4. OFFICIAL SCOREKEEPER:

A scorekeeper will be supplied for all scheduled games.

5. FORFEIT TIME:

Forfeit time for the first game will be ten (10) minutes following the scheduled game time. Scheduled game time will be forfeit time for all games thereafter.

6. LENGTH OF GAME:

Each game will be composed of two (2) twenty minute halves (Running Time) with a five minute intermission.

7. GAME TIME:

Evening games, for the most part, will be played at 7:00pm, 8:00pm and 9:00pm. The Saturday Leagues will usually play at 9:00am, 10:00am and 11:00am. For both – the exceptions to these times will be an increase in the league size.

8. UNIFORMS:

Each team must provide and wear team jerseys of the same solid color with six (6) inch numbers on the back of the jerseys. Numbers may not be taped on. A technical foul will be charged for each violation of this rule.

9. GAME BALL:

Each team is required to provide a regulation size ball at each game; the quality of which will be determined by the official.

10. ALTERNATE POSSESSION:

In all jump ball situations, other than the start of the game and each extra period, the alternate possession rule will be in effect.

11. TEAM BENCHES:

Team benches are for team members only.

12. STOP CLOCK:

The time clock will stop on a held ball, foul or violation anytime during the last two (2) minutes of the game providing the teams are within nine (9) points of each other. Once started, the use of the stop clock will continue for the remainder of the game provided the teams are within nine (9) points. This includes overtime.

13. BONUS FREE THROWS:

A bonus free throw is the 2nd free throw awarded for a common foul (except a player control foul) as follows:

A. Beginning with a team's 7th foul in each half and for the 8th and 9th foul, the bonus is awarded only if the first free throw is successful.

B. Beginning with a team's 10th foul in each half the bonus is awarded whether or not the 1st free throw is successful.

14. TIME OUTS:

Each team is entitled to two (2) charged time-outs per half during a regulation game. During each extra period, each team is entitled to at least one (1) time-out. Unused time-outs do not accumulate from the first half to the second half. Unused time-outs can accumulate from the second half and be used in any overtime period.

15. OVERTIME GAMES:

First two overtime periods; the shot clock will be in effect (see Rule #12).

If a game is tied at the end of regulation play the teams will, after a one (1) minute rest, play an extra period of two (2) minutes. If the game is tied after this period an additional two (2) minute period shall be played after a one (1) minute rest. If the game is tied after two (2) extra periods of play, the teams will have a one (1) minute rest and the first team to score will be declared the winner. The stop clock is not in effect during the "sudden death" period. No penalty or part of a penalty carries over from one quarter or extra period to the next.

16. APPROVED FOOTWEAR:

Rubber soled gym shoes must be worn by all participants. Players will not be allowed to wear "street shoes" or barefoot and will be asked to change or put on shoes. If a player refuses to change shoes, doesn't have another pair of shoes or is not legally substituted out of the game, the player will be ejected from the game.

17. EQUIPMENT:

The referee shall not allow any player to wear any equipment, which, in his or her judgment, is dangerous or confusing to other players or is not appropriate. This includes but is not limited to items such as:

1. A guard, cast or brace made of hard and unyielding leather, plastic, pliable (soft), plaster, metal or any other hard substance- even though covered with soft padding- when worn on the elbow, wrist, hand, forearm or finger; NOTE: Each state association may authorize the use of artificial limbs which in it's opinion are no more dangerous to players than the corresponding human limb and do not place an opponent at a disadvantage.
2. Head decorations, headwear and jewelry; EXCEPTION: Head band no wider than two (2) inches and made of nonabrasive unadorned single colored cloth, elastic, fiber, soft leather or rubber may be worn. Rubber/elastic bands may be used to control hair.
3. Equipment, which is unnatural and designed to increase a player's height or reach or to gain an advantage.

18. NO DUNKING RULE:

No dunking or hanging on the rim will be allowed at any **Middle School Gymnasium**. If any team dunks or hangs on the rim they will be assessed a technical foul. If shooting, no points will be scored.

19. HEIGHT LIMIT:

Players of any height may play in any men's open basketball league. No players taller than six feet in height will be allowed to play in the six foot and under leagues.

20. HEIGHT LIMIT PROTEST:

In the event of a protest, a participant will be measured without shoes on.

21. RECLASSIFICATION:

Teams could possibly be reclassified after the first and second rounds of play.

22. INTERNATIONAL RULE:

No checking of the ball is required by the official for a throw-in starting in the backcourt except when the scorekeeper sounds the horn or whistle.

23. TECHNICAL FOULS:

Any player given a technical foul must sit out for three (3) minutes before returning to the game. Two (2) technical fouls, player is ejected from game.

24. FOULING OUT:

Any player with six (6) fouls will be considered fouled out and will no longer be able to continue playing for the remainder of that game.

FLAG FOOTBALL

1. THIRD MAN IN RULE:

The third player or spectator and any other player or spectator thereafter, getting involved in any fight will be immediately ejected from the area and will receive a minimum penalty of a **FIVE (5) GAME SUSPENSION**. If, in the opinion of the officials, the actions of the person(s) ejected warrant further disciplinary action the participants involved will be suspended indefinitely pending a hearing before the Executive Committee. A forfeit may be called if order cannot be restored by the officials. Once suspended, the player(s) or spectator(s) may not be able to participate or attend any City of Long Beach activities during the duration of their suspension.

4. ROSTER / PLAYERS:

Each team shall be composed of seven (7) players on the field. **Offense** – four (4) linemen and three (3) backfield players. **Offensive Formation** – Offensive players may change positions on any play. **Defense** – No restrictions. Maximum roster size is fifteen (15) players. Once the game has begun, a team may not play down to six (6) players due to ejection.

5. PLAYER ELIGIBILITY:

All players must be eighteen (18) years of age or older to participate. A participant may not play for more than one (1) flag football team organized in any City of Long Beach league. Players found in violation of this rule will result in team forfeiture of all games in which the player(s) participated. No player currently rostered on any High School, Junior College, College or Professional team may participate in this league.

6. GAME SCORESHEET:

It is the captain's responsibility to see that all team members sign the scoresheet. All players will be required to print and sign their name on scoresheets. All players who have signed in are considered to have played. Late players must sign in on the scoresheet before entering the game. The minimum number of games played necessary to qualify for Playoffs is five (5) games. In the case of a forfeit, the forfeiting team will have no players qualify for Playoffs and the non-forfeiting team will be considered to have had a full roster sign in for that game.

7. OFFICIAL'S FEE:

Each team is required to present the game official with the appropriate fee, **IN CASH**, prior to the start of the games. No game will be started until both teams have paid the official. Any team not providing the official's fee at game time will forfeit that game.

8. FORFEIT TIME:

Forfeit time for the first game is ten (10) minutes following scheduled game time. Scheduled game time will be the forfeit time for all remaining games. **Any team forfeiting has up until the day before their next scheduled game to pay the forfeit fee, which is both sides of the official's fee. If the forfeit fee is not paid by this time, the forfeiting team's next game will be declared a forfeit.**

9. LENGTH OF GAME:

A game consists of two (2) twenty minute (20) running halves. Time shall run continuously except for the following reasons: A) after a touchdown, touchback or safety. B) When time out is called by a team. C) When time out is called by an official. D) A penalty is called.

With two (2) minutes remaining in the second half ONLY with a difference of score between the two teams of fourteen (14) points or less, the time will be stopped during the remainder of the game for the following reasons:

1. After an incomplete pass
2. When the ball goes out of bounds
3. When a first down has been declared
4. After a fair catch has been made
5. Following a change of possession after a punt return ends
6. When a player injury occurs
7. When a player is in need of equipment repair
8. When a captain-referee conference concerning the misapplication of a rule results in the releaser altering his call.
9. When an unusual delay in getting the ball ready for play or similar reason which is not listed.

10. GAME TIME:

Games will be regularly scheduled for 7:00, 8:00 and 9:00 p.m. If division size is increased the game times could change to 6:30, 7:30, 8:30 and 9:30 p.m.

11. TIME OUTS:

Each team is allowed two (2) time outs per half. Each team time out will be thirty (30) seconds in length. Time outs for injuries will be charged to the officials. First half time outs do not carry over to the second half or overtime.

12. UNIFORMS:

Matching jerseys or t-shirts are required by your first league game. All members of each team shall wear their team's designated colors: PENALTY: Five (5) yard penalty per player not to exceed twenty (2) yards. In addition, the loss of one team time out in the first half.

13. GAME BALL:

Each team is required to provide a regulation size ball at each game. Each team will use the ball that they bring. The quality of the ball will be determined by the official.

14. APPROVED FOOTWEAR:

Rubber soled soccer style cleats are the recommended footwear. Players found wearing metal cleats will be ejected for the remainder of that game.

15. FOULS:

Personal fouls and unsportsmanlike conduct will be strictly called by the officials. Flagrant or repeated violations by teams or individuals will result in ejection suspension and possible expulsion from the league, forfeiting any league fees.

16. PADS:

No arm wraps or pads, ace bandages, forearm pads or elbow pads are allowed.

17. KICKOFFS:

There will be no kickoffs. In a kickoff situation, the team that would receive the kickoff will be given the ball at their own twenty (20) yard line. **Punts:** The offensive team must state that they are punting. There is no rush on the punt. There must be a minimum of four (4) defensive players on the line of scrimmage at the time of the punt. A muffed or mishandled punt is considered a fumble and is a dead ball at the point of contact with the ground.

18. PUTTING THE BALL INTO PLAY:

The ball is put into play by the center by a backward pass or handoff. **The ball is dead whenever it comes in contact with the ground. The only exception to this is a punt that has not been touched by any offensive or defensive players (See Rule #18).** It is illegal to hit the center on any play until the center is in a standing, upright position and ready to block. **THE PENALTY FOR THIS WILL BE AN UNSPORTSMANLIKE CONDUCT – 15 YARDS AND AN AUTOMATIC FIRST DOWN.**

19. PASSING:

Contrary to C.I.F. rules, only one (1) forward pass per play is allowed. All offensive players are eligible.

20. RUNS:

Direct runs by the quarterback are allowed. A lateral is not necessary for the quarterback to cross the line of scrimmage legally.

21. BLOCKING:

All crab blocks and in general below the waist blocking, both interior line and downfield is not allowed. Feet cannot leave the ground to block.

22. REMOVING THE FLAG:

Each player will wear an official flag football belt and flags. Any player handling the ball will be considered “down” when any flag is seized and removed from the belt or when the belt is removed from the player. The player removing the flag or belt must drop the flag or belt at the spot where it was removed. Any attempt to do otherwise may be determined as unsportsmanlike conduct. A player who has inadvertently lost his flag or belt will be eligible to handle the ball, however, the player may not advance the ball beyond the point of first contact. Removing a flag or belt on an offensive player who does not have the ball will result in an unsportsmanlike conduct penalty. In the attempt to remove the flag or belt from an offensive player carrying the ball, the defensive player may not hold nor run through the ball carrier, but must “play the flag or belt rather than the man”. A defensive player removes a passer’s flag before the ball leaves the passer’s hand, the passer will be considered “tackled” at the spot and the ball shall be dead. If a player gains possession of the ball and loses the flag belt, either prior to or during possession of the ball, that player will be able to continue the play until being touched, on any part of the body or clothing, by any part of the defender’s body. The ball will be whistled dead at the point of the touch. All players on the field must have flags on to start any play. Any player that starts a play without flags and gains possession of the ball be allowed to retain possession but not be allowed to advance the ball.

23. SUBSTITUTIONS:

A player may re-enter the game at any time regardless of when he left the game. Officials shall not tolerate substitutions that are obviously meant to delay the game.

24. SCORING:

Touchdown – six (6) points
Conversion (1 yard out) – one (1) point
Conversion (2 yards out) – two (2) points
Safety – two (2) points.

25. FUMBLE BALL:

A fumbled ball is a live ball until it hits the ground. It becomes a dead ball at the point of contact with the ground. A muffed or mishandled punt is considered a fumble and is dead at the point of contact with the ground.

26. FIRST DOWN:

To keep possession of the ball, the offensive team must advance from one (1) twenty yard zone into the next, in four (4) downs. As soon as the ball is advanced into the next zone, the following down shall be a first down.

27. OFFENSIVE CHARGING:

The ball carrier may not run through defensive players, except in a close line play but the ball carrier must attempt to evade any defensive player attempting to remove his flags or belt. The offensive player will be penalized if the following violations occur while he/she is carrying the ball: A) Slap, strike, or stiff arm a defensive player at any time. B) Screen his flags with arm at any time. C) Illegally tuck his flag under his belt or tie his belt. D) Flip his flag at any time. E) Illegally arrange his flag.

Hurdling is an attempt by the ball carrier to jump with both feet or knees foremost over a player who is still on his feet. A ball carrier guilty of hurdling will be penalized.

28. CALIFORNIA TIE BREAKER:

If at the end of the second half, the teams have identical scores, the tie will be resolved in the following manner: An overtime will be played. The object of the overtime will be to allow each team the opportunity to score from the opponent's twenty yard line with a series of four (4) downs. All standard game rules will apply except where they conflict with the procedures outlined below. At the conclusion of the second half there will be a three (3) minute intermission during which both teams may confer with their coaches. Each team's captain shall meet with the official at the center of the field for a coin toss. The winner of the coin toss shall be given the choice to start on offensive or defense. The team scoring the greater number of points in the overtime shall be declared the winner. The final score will be the total points scored during the regulation and overtime periods. To start the overtime, the offensive team shall put the ball in play first and goal at the opponent's twenty yard line. The offensive or defensive penalty will result in a replay of down – if accepted.

EXCEPTION TO NORMAL PLAYING RULES: If a team scores a touchdown during the first three plays of its four down series, it will have the option to use the next of its four down series, it will have the option to use the next of its four downs as an extra point. If a team scores a touchdown on the fourth play of its four down series, it will not be allowed to attempt an extra point. If the score is still tied after each team has been given one (1) series, the game will end up as a tie. No additional series will be played except in playoffs where it is required to determine a winner.

29. PENALTY ENFORCEMENT:

No single penalty may be assessed that will move the ball more than half the distance to the goal line, whether the penalty be against the offensive or defensive team. (Except offensive pass interference.) For any fouls between downs, enforced from the spot of the snap. If the last defensive player between the ball carrier and the goal line commits an unsportsmanlike foul on the ball carrier, a touchdown shall be awarded. Any penalty which involves a loss of down and occurs in a play following change of possession, shall be enforced from the spot of the foul. The team obtaining possession will have a first down after the penalty is enforced.

RULINGS ON VIOLATIONS AND PENALTIES

Dead Ball Violations:

VIOLATION	PENALTY	DOWN	ENFORCE FROM
1. Encroachment	5 Yards	Same	I.O.S.
2. Delay of Game	5 Yards	Same	I.O.S.
3. Illegal Procedure	5 Yards	Same	I.O.S.
4. Intentionally ground pass	5 Yards	Loss of Down	Spot of Foul
5. "Tucking" or other illegal arrangement of flag	10 Yards	Loss of Down	P.O.I.
6. Illegal Hideout	5 Yards	Loss of Down	P.O.I.
7. Illegal Forward Pass	5 Yards	Loss of Down	P.O.I.
8. Delay on Punt (10 seconds)	5 Yards	Loss of Down	I.O.S.
9. Diving in Making Blocks	10 Yards	Loss of Down	P.O.I.
10. Illegal use of Hands (Offensive)	10 Yards	Same	P.O.I.
11. Stiff Arming, Hacking, Guarding Flags by Ball Carrier	15 Yards	Loss of Down	P.O.I.
12. Clipping	15 Yards	Same	P.O.I.
13. Offensive Pass Interference	10 Yards	Same	I.O.S.
14. Diving, Jumping, or Hurdling to Advance the Ball	15 Yards	Same	I.O.S.
15. Untucked by Shirt by Ball Carrier	10 Yards	Loss of Down	P.O.I.
16. Unsportsmanlike Conduct	15 Yards	R.T.D.	P.O.I.
17. Defensive Holding or Illegal Use of Hands	10 Yards	R.T.D.	P.O.I.
18. Premature Puling of Flags	15 Yards	R.T.D.	P.O.I.
19. Roughing the Passer	10 Yards	1 st Down	I.O.S.
20. Defensive Pass Interference	10 Yards or Ball at P.O.I whichever is Furthest	1 st Down	Or P.O.I.
21. Unnecessary Roughness, Kneeing or any Flagrant Roughness (including running over the defensive by the ball carrier and playing the person instead of the flag)	15 Yards	R.T.D.	P.O.I.
22. Unsportsmanlike Conduct	15 Yards	R.T.D.	P.O.I.
23. Tripping	10 Yards	Same	P.O.I.
24. Intentional Kicking of a Free Ball	10 Yards	R.T.D.	P.O.I.
25. Intentional Hurdling or Jumping over any other player (offense or defense) which create unsafe condition.	15 Yards	R.T.D.	P.O.I.

ROLLER HOCKEY

1. ROSTERS/PLAYERS:

- (a) The maximum number of players allowable on any one team roster is fifteen (15).
- (b) Players must be eighteen (18) years of age or older, seventeen (17) with written parental consent, to participate in the Adult Divisions.
- (c) A participant may not play for more than one (1) roller hockey team organized by the City of Long Beach in the same division. **Goalies are allowed to play for more than one team as a goaltender only.**
- (d) A team shall consist of four (4) players and a goalie. Games may be played without forfeit with Three (3) roster players and a goalie or four (4) roster players and no goalie present at game time. A player without full goalie protective gear is not permitted to stand in the crease in place of a goalie to avoid a forfeit.
- (e) Once the game has begun, a team may not play with less than three (3) players due to ejection(s).

2. PLAYER ELIGIBILITY/CLASSIFICATION:

- (a) participants considered as "advanced players" are not allowed to play out of classification. Players found to be in violation of this rule will receive one (1) warning. **Further violations will result in team forfeiture of all games in which the player(s) participated illegally.**
- (b) Any Participant that has been a roster player on any City of Long Beach Roller Hockey Intermediate team will be classified as an Intermediate player.
- (c) The Roller Hockey Coordinator will determine any change of player classification.

3. ROSTER ADD/DROPS:

Players may be added and/or dropped up to and prior to the start of your seventh (7) game in the league. All rosters will lock at the start of the sixth game. All players MUST be on a teams' roster prior to any game in which they participate. All changes must be submitted, in writing, to the Sports Office, on the add/drop forms. All Long Beach resident teams must retain the minimum proof of residency requirements throughout the season. Failure to do so will result in the assessment of the non-resident penalty fees.

4. PICTURE IDENTIFICATION:

Each player must have positive identification (California Driver's License or California Identification Card) at every game. Each player must be able to provide such identification if so requested by the official(s). Any team using ineligible players (i.e. not on team roster or no identification) will automatically forfeit any game in which such player participated if an eligibility protest is made and upheld for those games in question. (See Rule 23 a&b).

5. STICKS:

- (a) The sticks will be made of wood, carbon composite or aluminum, and must not have any projections extending from the stick.
- (b) No stick will exceed sixty (60) inches in length from the heel to the end of the shaft, nor more than twelve and one half (12 1/2) inches from the heel to the end of the blade. The blade of the stick will not be less than two (2) inches nor more than three (3) inches in width at any point. The curve of the blade of the stick will not exceed one (1) inch.
- (c) The blade of the goalkeeper's stick will not exceed three and one half (3 1/2) inches in width at any point except at the heel where it will not exceed four and one half (4 1/2) inches. The length of the blade will not exceed fifteen and one half (15 1/2) inches.
- (d) bandy or "cane" type sticks are not permitted (field hockey type).
- (e) A minor penalty shall be imposed on any player or goalkeeper who uses a stick not conforming to the provisions of this rule. (Note: When a formal complaint is made by the Captain of a team against the dimensions of any stick, the official shall make the necessary measurements immediately. If the complaint is not sustained, a bench minor penalty, for delay of game, shall be imposed on the team requesting the measurement).

6. SKATES:

- (a) All players, including the goalkeeper, must play on inline or roller skates, which must be approved for safety by the official(s)

7. PROTECTIVE EQUIPMENT:

- (a) All players must wear a City-approved hockey helmet (HECC approved/certified), WITH A CHIN STRAP PROPERLY FASTENED. All players must have eye protection, either a half-shield or a full cage. A PROTECTIVE MOUTHPIECE IS RECOMMENDED OF ALL PLAYERS WEARING A HALF SHIELD.
- (b) All players MUST wear approved hockey gloves.
- (c) All players MUST wear shin/knee protection.
- (d) All players MUST wear approved elbow pads.
- (e) A protective cup is recommended at all times during the game.

8. GOALKEEPER'S EQUIPMENT:

- (a) With the exception of skates and sticks, all the equipment worn by the goalkeeper must be constructed solely for the protection of the head or body, and must not include any garment or contrivance which would give the goalkeeper undue assistance in tending goal.
- (b) The goalkeeper must wear a protective cup, chest protector, regulation goalkeeper gloves, goalkeeper leg pads not exceeding ten (10) inches in width, and a helmet with a full head protection face mask. The goalkeeper may wear five wheel skates. Padding on the goalkeeper's gloves must not exceed eight (8) inches in width or sixteen (16) inches in length. Abdominal aprons extending down the thighs or the outside of the pants are not permitted.

9. DANGEROUS EQUIPMENT:

- (a) The use of pads or protectors made of metal or any other material that may cause injury is prohibited.

10. PUCKS:

- (a) The City will provide League approved pucks for use during actual game play ONLY. Pucks will **NOT** be provided for use during pre-game warm-ups.

11. UNIFORMS:

- (a) All players including goalie must have matching uniform jerseys. The jerseys must be identified by a permanent number not less than eight (8) inches in height. And, no two members of the same team will be permitted to wear the same number.
- (b) It will be the responsibility of the **visiting** team to change jerseys if the color of the opposing team conflicts. Team colors can be verified by the League Coordinator.

12. WEATHER/RINK CONDITIONS:

- (a) If you are in doubt of weather or rink conditions possibly affecting your game, the team should contact the Long Beach Roller Hockey League at (562) 570-1715 (RINK) or (562) 570-1736 (HOTLINE) on game day. It is not our policy to contact team managers with cancelled game information. Teams should be prepared to play make-up games on any day of the week, and possibly on short notice. Every effort is made to have the rink ready for game play, if it is at all possible.

13. CANCELLED GAMES:

- (a) In the event a game is not played due to cancellation, continue to follow your current schedule for all remaining games and contact the Sports Office for rescheduling information.

14. PLAYOFFS:

- (a) Players must be signed on the team's roster and competed in a minimum of five (5) regular season games to be eligible for the playoffs. (See Rule 20(A)5)
- (b) If the score of a playoff game is tied at the end of regulation, there will be a fifteen (15) minute sudden death overtime. If the score is tied at the end of the overtime, another fifteen (15) minute overtime will be run. Playoff games will not use a shootout format to decide a game. All playoff games will be decided by actual playtime.

15. CHECK-IN PROCEDURE/SCORECARDS:

- (a) Twenty (20) minutes prior to the start of each game, the team captain is required to check in with the rink attendant at the facility. All team members participating in that game must be listed on the score sheet with his/her printed name and appropriate jersey number. It is the captain's responsibility to see that all participating team members sign the scorecard. All players are required to print and sign their own name on the scorecard FOR EACH GAME.
- (b) Players MUST sign the scorecard before entering the game. The penalty for entering a game before signing the scorecard will be a two-minute bench minor for each player in violation. Late players must sign the scorecard before entering the game and may enter when ready. Any player who is not going to play shall not sign the scorecard.
- (c.) To start the game, each team must have a goalie and three skaters or four skaters and no goalie (See Rule 1), which have signed in, and are on the floor at the official's whistle.

16. PREGAME ACTIVITIES:

- (a) All players must be in full uniform to take the floor for warm-ups. THIS INCLUDES ALL SAFETY GEAR IN PLACE.
- (b) Coaches are not permitted on the rink during play or during a stoppage of play.
- (c) During the pre-game warm-up and before each period, each team will confine its activity to its own end of the rink.
- (d) The scheduled home team shall play from the east end player's bench. The scheduled visiting team will play from the west end bench. Teams will play at alternate ends/nets after each period.

17. GAME TIME AND TIME OUTS:

- (a) The game will consist of three (3) fifteen minute "running time" periods. The last two minutes of the third period will be stopped time, providing the game score is within two goals or less.
- (b) A mercy rule will go into effect if the score differential between the two teams reaches 10 goals or more at any point in the game. (Note: Play may continue but the scoring will not be counted.)
- (c) There will be one-minute breaks between periods, as time allows.
- (d) **Regular season games that are tied at the end of regulation, each team will be awarded one point. In addition, there will be a running-time, FIVE MINUTE three-on-three overtime period. If there is NO SCORING after five minutes, both teams will receive one point and the game will end in a tie. A team that wins the overtime will be awarded one additional point. If any player, on either team, is serving a penalty at the end of regulation, the remaining penalty time will be carried over into overtime, and the offending team will start the period three-on-two.**
- (e) Each team may have one time-out during the course of the game. The time-out may be taken during any normal stoppage of play.
- (f) When there is a time-out, all players, including goalkeepers, will be allowed to go to their respective benches.

18. CHANGE OF PLAYERS:

- (a) Players may be changed at any time from the player benches, provided that the player or players leaving the floor are within five (5) feet of the bench before substitutions come onto the floor.
- (b) A player serving a penalty in the penalty box, who is to be changed after the penalty has been served, must be within five (5) feet of their player bench before any change can be made.
- (c) For any violation of these rules, a bench minor penalty will be assessed.

19. INJURED PLAYERS:

- (a) When a player, other than a goalkeeper, is injured or compelled to leave the floor during a game, he/she may leave the game and play will continue.
- (b) When a substitution for the regular goalkeeper has been made, the injured goalkeeper cannot resume his/her position until the first stoppage of play.
- (c) If a goaltender is injured and cannot continue play, the team affected will be allowed five (5) minutes to suit up a new goaltender.
- (d) If a penalized player has been injured, he/she may proceed off the floor without taking a seat on the penalty bench. The penalized team will immediately put a substitute player on the penalty bench who will serve the entire penalty. The penalized player who has been injured and has been replaced on the penalty bench will not be eligible to play until his/her penalty has expired.
- (e) When a player is injured so that he/she cannot continue play or go to his/her bench, the play will not be stopped until the injured player's team is in possession of the puck. If the player's team is in possession of the puck at the time of injury, play will be stopped immediately. (Note: If the injury is of a serious nature, play may be stopped immediately, regardless of who has possession of the puck.)
- (f) Any player, other than the goalkeeper, whose injury appears serious enough to warrant a stoppage of play, must leave the playing surface and may not participate further in the game until the completion of the ensuing face-off.

20. ILLEGAL PLAYERS:

- (a) An illegal player is:
 - 1. A person playing on a team whose name and signature is not on that team's official roster.
 - 2. A player listed on two (2) or more roster teams in the same division. Note: Goalies are exempt from this rule.
 - 3. A player who is not eighteen (18) years of age or older, seventeen (17) with consent.
 - 4. A player playing out of his/her classification.
 - 5. A player who has not participated in five (5) regular season games. (For playoff purposes) (See Rule 16).
- (b) Any team found using illegal players will automatically forfeit all protested games in which illegal players participated.
- (c) The League Coordinators will enforce rules 20(a)1 through 20(a)4. IT IS EACH TEAM'S RESPONSIBILITY TO MONITOR OR PROTEST ILLEGAL PLAYERS PERTAINING TO RULE 24(a)5.

21. PENALTIES:

- (a) Penalties will be actual playing time and shall be divided into the following classes:
 - 1. Minor Penalties
 - 2. Major Penalties
 - 3. Misconduct Penalties
 - 4. Match Penalties
 - 5. Penalty Shots
- (b) All penalties issued by officials at the facility are issued at the official's discretion. The League Coordinator will stand behind all penalties issued, including game suspensions.

22. MINOR PENALTIES:

- (a) For a Minor Penalty, any player, other than a goalkeeper, shall be ruled off the floor for two minutes during which time no substitute shall be permitted.
- (b) A "Bench Minor" penalty involves the removal, from the floor, of one player from the team against which the penalty is assessed for a period of two minutes. Any player except a goalkeeper of the team may be designated to serve the penalty by the Manager or Captain. Such designated player shall take his/her place on the penalty bench promptly and serve the penalty as if it was a minor penalty imposed on him/her.
- (c) If, while a team is two-men shorthanded and the opposing team scores a goal, the first of such penalties shall automatically terminate.
- (d) Coincidental minor penalties to both teams shall cause the penalized players to be removed to the penalty box. Both players may be replaced by another player from their respective benches.
- (e) If a player receives a major and a minor penalty at the same time, the major penalty shall be served first.
- (f) Any player who receives any combination of **(three) 3 penalties** during a game will receive an automatic game ejection penalty. Any additional suspensions that may have to be served will be in addition to the game ejection.

23. MAJOR PENALTIES:

- (a) For the first Major penalty in any one game, the offender, except the goalkeeper, will be ruled off the floor for five minutes and may not return to the floor, regardless if a goal is scored, until the five-minute penalty has expired.
- (b) For the second major penalty in the same game, TO THE SAME PLAYER, including the goalkeeper, that player shall be assessed an automatic game misconduct penalty in addition to the major penalty. One player from the offending team must be placed in the penalty box to serve the five-minute major. The game misconduct penalty includes an automatic one game suspension. (immediate next game, excluding any cancelled games).
- (c) When coincidental major penalties are imposed against players of each team, the penalized players will not leave the penalty bench until the first stoppage of play following the expiration of their penalties.

24. MISCONDUCT PENALTIES:

- (a) A "MISCONDUCT" penalty involves removal of a player, other than the goalkeeper, from a game for a period of five or ten minutes, at the discretion of the official. A substitute player is permitted to immediately replace a player serving a misconduct penalty. A player whose misconduct penalty has expired will remain in the penalty box until the next stoppage of play. (NOTE: When a player receives a minor or major penalty and a misconduct penalty simultaneously, the penalized team will put a substitute player in the penalty box and that player will serve the minor or major penalty without change.
- (b) A "GAME MISCONDUCT" penalty involves the suspension of a player for the balance of the game but a substitute is permitted to replace the player. A Game Misconduct will result in an automatic one game suspension (immediate next game, excluding any cancelled game(s)). (NOTE: Game Misconduct penalties are compounding penalties during any one season. First Game Misconduct equals one game suspension, Second Game Misconduct equals two games suspension, Third Game Misconduct equals league suspension. Such participant shall remain suspended until a letter is received from the participant requesting a hearing before the Executive Committee and the hearing has been held. Such hearing will be scheduled as soon as possible. Circumstances involving violations of this type are not tolerated and are in direct conflict with the Participant's Code of Conduct. The Executive Committee shall have full power to impose further penalties as they deem fitting.
- (c) A "GROSS MISCONDUCT" penalty involves the suspension of a player, manager, coach, or trainer for the balance of the game. The official may impose a gross misconduct penalty on any player, manager, coach, or trainer who is guilty of gross misconduct. A substitute player is permitted to immediately replace a player charged with gross misconduct. A player incurring a gross misconduct will be automatically suspended from the league. Such participant shall remain suspended until a letter is received from the participant requesting a hearing before the Executive Committee and the hearing has been held. Such hearing will be scheduled as soon as possible. The officials are required to report all gross misconduct penalties and the surrounding circumstances to the League Coordinator. Circumstances involving violations of this type are not tolerated and are in direct conflict with the Participant's Code of Conduct. The Executive Committee shall have full power to impose further penalties as they deem fitting.

25. MATCH PENALTIES:

- (a) A "MATCH" penalty involves the suspension of a player for the balance of the game. A substitute player must be placed on the penalty bench to serve a five-minute penalty and may not return onto the floor, regardless if a goal is scored, until the five-minute penalty has expired.
- (b) A match penalty will result in an automatic three game suspension (immediate next three games, excluding cancelled games).
- (c) A match penalty will automatically be imposed for the following rule violations:
- 1) Rule 32 - Attempt to Injure
 - 2) Rule 38 - Deliberate Injury of Opponents
 - 3) Rule 50 - Kicking and Head Butting
- (c) The officials are required to report all match penalties and the surrounding circumstances to the League Coordinator. Circumstances involving violations of this type are not tolerated and are in direct conflict with the Participant's Code of Conduct. The Executive Committee shall have full discretion to impose additional penalties.

26. PENALTY SHOT:

- (a) Any infraction of the rules which calls for a penalty shot will be taken as follows: "An official shall designate a player or have a player designated by the team captain to take the penalty shot. The puck will then be placed on the center face-off spot. The player taking the shot will, on the whistle of the official, play the puck from there and will attempt to score on the goalkeeper. The goalkeeper must stay in the crease until the player taking the shot has touched the puck. The player taking the shot must keep the puck in motion towards the opponents goal line and once it is shot the play will be considered complete. No goal can be scored on a rebound of any kind and any time the puck crosses the goal line the shot will be considered complete".
- (b) The goalkeeper may attempt to stop the shot in any manner except by throwing his/her stick or any other object, in which case a goal will be awarded.
- (c) In cases where a penalty shot has been awarded for illegal entry into the game, for throwing a stick, or for fouling from behind, the official will designate the player who takes the penalty shot. If by reason of injury, the player designated by the official to take the penalty shot is unable to do so, the shot may be taken by a player designated by the non-offending team's captain from the players who were on the floor when the foul was committed.
- (d) In cases where a penalty shot has been awarded for falling on the puck in the crease, the penalty shot shall be taken by a player designated by the non-offending team's captain from the players who were on the floor when the foul was committed. Such selection will be reported to the official, and cannot be changed.
- (e) Should the player to whom a penalty shot has been awarded commit a foul in connection with the same play or circumstances, he/she will be permitted to take the shot before being sent to the penalty bench to serve the penalty.
- (f) If at the same time a penalty shot is awarded and the goalkeeper of the penalized team has been removed from the floor to substitute another player, the goalkeeper will be permitted to return to the floor before the penalty shot is taken.
- (g) After a penalty shot has been taken, regardless of the result, the puck will be faced-off at center ice.
- (h) Regardless of results from a penalty shot, a further penalty to the offending player will not be applied unless the offense for which the penalty shot was awarded was a major or match penalty, in which case the penalty called will be imposed.
- (i) All players on the rink at the time of the infraction, except the player taking the penalty shot, must go behind the opposing red line.
- (j) If an opposing player, other than the goalkeeper, interferes with the player taking the penalty shot, a goal will be automatically awarded.
- (k) The time required for the taking of a penalty shot will not be included in the regular playing time.

27. GOALKEEPER PENALTIES:

- (a) A goalkeeper will not be sent to the penalty bench for an offense resulting in a minor or major penalty. The penalty will be served by a player to be designated by the coach or playing captain.
- (b) Should a goalkeeper incur a misconduct penalty, such penalty will be served by another player who was on the floor at the time when the offense was committed.
- (c) Should a goalkeeper incur a game misconduct or match penalty, he/she will be replaced by a member of his own team. However, any additional penalties specifically called for by the rules covering match penalties will apply, and the offending team will be penalized accordingly. Each additional penalty will be served by another member of the team who was on the floor at the time of the offense. Such player shall be designated by his/her own coach/captain.
- (d) When a goalkeeper leaves the immediate vicinity of his/her goal crease and takes part in any altercation, he/she will be given a game misconduct penalty.
- (e) If a goalkeeper participates in the play in any manner beyond the center line, a minor penalty will be imposed.

28. DELAYED PENALTIES:

- (a) If a third player of any team is penalized while two players of the same team are serving penalties, the penalty time of the third player will not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must proceed to the penalty bench.
- (b) When the penalties of two players of the same team will expire at the same time, the captain of that team will designate to the official which player will return to the floor first if a goal is scored.

29. CALLING PENALTIES:

- (a) Should an infraction occur and a penalty is to be called on the team in possession of the puck, the official is to immediately blow his/her whistle and assess the penalty to the offending player.
- (b) Should an infraction occur and a penalty is to be called on the team NOT in possession of the puck, the official will signify the calling of a delayed penalty by raising the left arm straight above the head and pointing with the right hand at the offending player, and on completion of the play by the team, the official will immediately blow his/her whistle and assess the penalty to the offending player.
- (c) The resulting face-off will be made at the nearest face-off spot to where the play was stopped or at center floor so as not to disadvantage the non-offending team.
- (d) If the penalty to be imposed is a minor penalty, and a goal is scored on the play by the non-offending team, the minor penalty will not be imposed. Major and match penalties will be imposed in the normal manner regardless of whether a goal is scored or not.

30. ABUSE OF OFFICIALS AND UNSPORTSMANLIKE CONDUCT:

- (a) A minimum 2 minute minor to a maximum league suspension penalty will be imposed on any player who uses profane or abusive language, persists on disputing a call, or shows disrespect to an official in ANY manner.
- (b) Any player who acts in an un-sportsmanlike manor, either verbally or physically will receive a minimum 2-minute minor penalty to a maximum league suspension penalty at the officials' discretion.

31. ADJUSTMENTS TO CLOTHING/EQUIPMENT:

- (a) Play will not be stopped or delayed by reason of adjustment of clothing, equipment, skates, or sticks, with the exception of the goalkeeper.
- (b) In the event a player loses his/her helmet, he/she must immediately replace it, or proceed to the players' bench. Any violation will result in the assessment of a minor penalty.

32. ATTEMPT TO INJURE:

- (a) A match penalty will be imposed on any player who deliberately attempts to injure an opponent, official, coach, or trainer in any manner, and the circumstances will be reported to the league coordinator for further action. A substitute for the penalized player will be permitted at the end of the fifth minute. (See Rule 25) NOTE: It is at the officials' discretion to impose this penalty.

33. BOARDING/CHECKING:

- (a) A minor or major penalty, at the discretion of the officials, will be imposed on any player who body checks, cross-checks, elbows, charges, or trips an opponent in such a manner that causes the opponent to be thrown into the boards. This is a non-checking league no body checking shall be permitted in any way.

34. BROKEN STICK:

- (a) A broken stick is one which, in the opinion of the official, is unfit for normal play. A player whose stick is broken may participate in the game provided he/she immediately drops the broken stick. A minor penalty will be imposed for an infraction of this rule.
- (b) A player or goalkeeper whose stick is broken may not receive a stick thrown onto the floor from anywhere off the rink, but may obtain another at his players bench. A minor penalty plus a misconduct penalty will be assessed for violation of this rule.

35. CHARGING:

- (a) A minor or major penalty, at the discretion of the officials, will be imposed on a player who runs, jumps into, or charges an opponent, or blind-sides an opponent from behind.
- (b) A minor or major penalty, at the discretion of the officials, will be imposed on a player who charges or makes unnecessary contact with a goalkeeper within or outside the goal crease.

36. CROSS-CHECKING AND BUTT-ENDING:

- (a) A minor or major penalty, at the discretion of the officials, is to be imposed on a player who crosschecks an opponent. When a major penalty is assessed for "cross-checking" the player shall also receive a game misconduct. Zero tolerance rule is strictly enforced. Incidental or accidental contact is tolerated at the officials' discretion.
- (b) A minor or major penalty, at the discretion of the officials, shall be imposed on any player who "butt-ends" or attempts to "butt-end" an opponent. When a major penalty is assessed for "butt-ending" the player shall also receive a game misconduct. Attempt to "butt-end" shall include all cases where a "butt-end" gesture is made, regardless whether body contact is made or not.

37. DELAYING THE GAME:

- (a) A minor penalty will be imposed on any player, goalkeeper, or coach who delays the game by deliberately shooting or batting the puck outside the playing surface, deliberately displaces the goalpost from normal position, or refuses to place the correct number of players on the floor to commence play after being warned by an official.

38. DELIBERATE INJURY OF OPPONENTS:

- (a) A match penalty will be imposed on a player who deliberately injures an opponent in any manner. (See Rule 32) NOTE: It is at the officials' discretion to impose this penalty.
- (b) No substitute will be permitted to take the place of the penalized player until the five-minute penalty has expired.
- (c) All such instances will be referred to the Executive Committee for further disciplinary action as deemed necessary.

39. ELBOWING:

- (a) A minor penalty will be imposed on any player who uses his/her elbow in such a manner as to foul an opponent.
- (b) A major penalty will be imposed on any player who injures an opponent as the result of a foul committed using his/her elbows.

40. FACE-OFFS:

- (a) Players facing-off will stand facing their opponent's end of the rink approximately one stick length apart with the full blade of their sticks on the floor. All other players must remain outside of the face-off circle away from the player's facing-off and must be on side. All players must remain stationary until the puck is dropped.
- (b) If, after being warned by the official, either of the players fails to take proper position for the face-off, the official will replace the offending player or players with another player on the floor. If either player or players still fail to take their proper position, the official may assess a delay of game penalty against the offending player or players.
- (c) When a penalty has been committed by a player of the attacking side, in the attacking zone, the ensuing face-off will be made at the closest face-off spot outside the attacking zone.
- (d) When an infringement of a rule has been committed by either side, the face-off will be made at the spot of the infraction unless it gives an advantage to the side that has committed the offense. The face-off will then take place at the closet face-off spot to the centerline.
- (e) When the game is stopped for any reason not specifically covered in the official rules, the puck will be faced-off at the closest face-off spot where it was last played.

41. FALLING ON THE PUCK:

- (a) A minor penalty will be imposed on a player, other than a goalkeeper, who deliberately falls on or gathers a puck into his/her body. This does not apply when the ball gets caught in the player's body when blocking a shot.
- (b) A minor penalty will be imposed on a goalkeeper who - when his/her body is entirely outside the boundaries of his/her own crease area and when the puck is behind the goal line - deliberately falls on, gathers into his/her body, holds, or places the puck against any part of the goal or against the boards.
- (c) No defending player, except the goalkeeper, will be permitted to fall on the puck, hold the puck, or gather the puck into his/her body or hands when the puck is within the goal crease. If any infringement of this rule occurs, play is to be immediately stopped and a penalty shot is to be called against the defending team.

42. FIGHTING:

- (a) A major and game misconduct penalty shall be imposed on any player who throws a punch or engages in a fight with an opponent. Circumstances involving violations of this type are NOT tolerated and are in direct conflict with the Participant's Code of Conduct.
- (b) A minor penalty is to be imposed on a player who instigates an altercation with an opponent. This penalty is in addition to any other penalty incurred in the same incident.
- (c) A game misconduct penalty will be imposed on any player or goalkeeper on the floor who intervenes in an altercation already in progress.
- (d) Any player assessed a major penalty for fighting will be automatically suspended for the remainder of that game and the next scheduled game.

43. GOALS AND ASSISTS:

- (a) A goal is scored when the puck has been put between the goal posts and below the cross bar by the stick of a player of the attacking side and entirely across the goal line.
- (b) A goal is scored if the puck is put into the goal in any way by a player of the defending side. The player of the attacking side who last played the puck will be credited with the goal but no assists will be awarded.
- (c) If an attacking player kicks the puck and any player of the defending side, except the goalkeeper, deflects it into the net the goal will be allowed. The player who kicked the puck will be credited with the goal, unassisted.
- (d) If the puck has been deflected into the goal by a shot of an attacking player by striking any players of the same team, a goal will be allowed. The player who deflected the puck is to be credited with the goal. The goal will not be allowed if the puck has been kicked, thrown, or otherwise deliberately directed into the goal by any means other than a stick.
- (e) Any goal scored other than as covered by the official rules will not be allowed.
- (f) When a player scores a goal, an assist will be credited to the player or players taking part in the play immediately preceding the goal. No more than two assists can be given on any goal.

44. HANDLING PUCK WITH HANDS:

- (a) If a player, except the goalkeeper, closes his/her hand intentionally on the puck, the play will be stopped and a minor penalty will be imposed.
- (b) A player will be permitted to stop or bat a puck in the air with an open hand, or push it along the floor with his/her hand, and the play will not be stopped unless, in the opinion of the official, the player has deliberately directed the puck to a teammate, in which case the play is to be stopped and the puck faced-off at the nearest face-off spot toward the center line. Players in their own defensive zone will not stop play for any hand pass.

45. HIGH STICKING:

- (a) Batting the puck above the normal height of the shoulders with the stick is prohibited. If the puck is batted above the normal height of the shoulders, and the player or players teammate play the puck, the whistle shall blow, and the ensuing face-off will be held at the end zone face-off spot of the offending team. If the puck goes to an opposing player the play will continue.
- (b) At the discretion of the officials, any player raising the stick above the shoulders in proximity of other players shall be assessed a minor penalty.
- (c) A major penalty will be imposed on any player who injures an opponent as a result of a high stick.
- (d) A goal scored from a high stick will not be allowed.

46. HOLDING:

- (a) At the discretion of the officials, a minor penalty will be imposed on a player who holds an opponent with his/her hands, arm, stick, legs, or in any other manner.

47. HOOKING:

- (a) A minor penalty will be imposed on a player who impedes or seeks to impede the progress of an opponent with the stick.
- (b) A major penalty will be imposed on a player who injures an opponent by hooking.

48. INTERFERENCE:

- (a) A minor penalty is to be imposed on a player who interferes with or impedes the progress of an opponent who is not in possession of the puck, deliberately knocks a stick out of an opponent's hand, or prevents a player who has dropped his/her stick from regaining possession of it. Any attempt to block, ride, obstruct, or otherwise impede the progress of another player shall be considered interference.
- (b) A minor penalty will be imposed if any player on the player or penalty benches, who by means of his/her stick or body, interferes with the movements of the puck or an opponent on the floor during the progress of play.
- (c) Unless the puck is in the goal crease area, a player of the attacking side not in possession may not stand on the goal crease line, in the goal crease, or hold his/her stick in the goal crease area. At the discretion of the officials, such player shall be assessed a minor penalty. If the puck should enter the net while such a condition prevails, a goal will not be allowed, and the puck will be faced-off at the center spot.
- (d) If the player of the attacking side has been pushed into the goal crease by an opposing player, and the puck should enter the net, the goal will be allowed.
- (e) If, when the goalkeeper has been pulled, and any member of his/her team is illegally on the floor and interferes by means of his/her body, stick, or any other object with the movements of the puck or an opposing player, the officials are to immediately award a goal to the non-offending team.

49. INTERFERENCE BY SPECTATORS:

- (a) In the event of a player being held or interfered with by a spectator, the official will blow the whistle and play will be stopped.

50. KICKING AND HEAD-BUTTING:

- (a) A match penalty will be imposed on any player who kicks or attempts to kick another player.
- (b) A 2-minute minor to a match penalty will be imposed on any player who head butts or attempts to head butt another player. (See rule 31)

51. LEAVING PLAYER OR PENALTY BENCHES:

- (a) No player may leave the player or penalty benches at any time to enter an altercation. A game misconduct penalty is to be imposed on each player violating this rule. The official will report all such infractions to the League Coordinator for further review.
- (b) Except at the end of each period, a time-out, or an expiration of a penalty, no player may leave the penalty bench.

- (c) A penalized player who leaves the penalty bench before his/her penalty has expired, whether play is in progress or not, will receive an additional minor penalty to be served after serving the original penalty.
- (d) If a player of the attacking team is in a position to have no opposition between him/her and the opposing goaltender, and is interfered with by a player entering the game illegally, the attacking player will receive a penalty shot. If the opposing team has pulled the goaltender and the player is illegally interfered with in the above manner, the attacking player will be awarded a goal.
- (e) If a penalized player returns to the floor from the penalty bench before his/her penalty has expired, any goals scored by his/her team while he/she is illegally on the floor will be disallowed.

52. OFFSIDES:

- (a) A player may not receive a pass in his/her offensive (attacking) zone unless another attacking player carries the puck over the red line. NOTE: There will be no "offside" called if an attacking player receives the pass in the offensive zone, as long as that player was onside prior to the puck crossing the red line. If the attacking team makes a pass over the red line when a member of the attacking team is in the attacking zone a delayed offside will be signaled by the official. That signal will remain in effect until such time a defending player touches the puck or all players have touched up back over the red line towards their defending zone.

53. PHYSICAL ABUSE OF OFFICIALS:

- (a) Any player who touches an official with abusive intent or uses obscene or profane language will receive a minimum of a ten-minute misconduct penalty. Any further offense in the same game will result in the minimum of a game misconduct with further action as deemed necessary by the officials. All game misconduct in this regard will be referred to the Executive Committee. Circumstances involving violations of this type are not tolerated and are in direct conflict with the Participant's Code of Conduct. The Executive Committee shall have full power to impose further penalties as they deem fitting.
- (b) Any player, coach, or trainer who holds or strikes an official will be automatically suspended from that game and all subsequent games in that season, and shall be reported to the Executive Committee for further penalty.
- (c) Players, coaches, and trainers are not to use obscene or profane language anywhere at the facility. For violation of this rule, a bench minor penalty will be imposed.

54. PUCK OUT OF BOUNDS OR UNPLAYABLE:

- (a) When the puck goes outside the playing area or strikes any obstacle above the playing surface other than the boards or fence, it will be faced-off at the nearest spot from where it was shot or deflected.
- (b) When the puck becomes lodged in the netting on the outside of the goal or if it is frozen between opposing players, the officials will stop play and face-off the puck at either of the adjacent face-off spots.
- (c) If the puck comes to rest on top of the boards surrounding the playing area, it will be considered in play and may be played legally by the hand or stick.

55. PUCK IN MOTION:

- (a) The puck must be kept in motion at all times.
- (b) A minor penalty is to be imposed on any player who deliberately holds the puck against the boards in any manner.

56. SLASHING:

- (a) A minor or major penalty, at the discretion of the officials, will be imposed on any player who impedes or seeks to impede the progress of an opponent by slashing with his/her stick.
- (b) A major penalty and game misconduct penalty will be imposed on any player who injures an opponent by slashing.
- (c) Any player who swings his/her stick at another player in the course of any altercation will be subject to a match penalty.

57. SPEARING:

- (a) A major penalty will be imposed on a player who spears or attempts to spear an opponent, regardless of whether bodily contact is made or not.

58. THROWING STICK:

- (a) A misconduct penalty will be imposed on a player who throws a stick in any manner, regardless of whether or not there was intent to injure another person. In addition, if a stick is thrown by a defending player in the defending zone, a penalty shot will be awarded to the offensive team. If the officials are unable to determine the person against whom the offense was made, the offended team, through the Captain, shall designate a player on the ice at the time the offense was committed to take the shot.

59. TRIPPING:

- (a) A minor penalty will be imposed on any player who places his/her stick, knee, foot, arm, hand, or elbow in such a manner that it causes his/her opponent to trip or fall.
- (b) When a player is in control of the puck in the attacking zone and no opponent is between him/her and the goaltender, and is fouled from behind thus preventing a reasonable scoring opportunity, a penalty shot will be awarded to the player. If, when the opposing team has pulled the goalie, and the above infraction occurs, the attacking team will be awarded the goal.

60. UNNECESSARY ROUGHNESS (ROUGHING):

- (a) A minor or major penalty, at the discretion of the officials, will be imposed on any player who uses unnecessary roughness.
- (b) The act of riding an opponent off the puck, or meeting the opponent head-on while attempting to play the puck, will not be considered roughing.

SOFTBALL

Current Official SCMAF Rules as well as these supplemental rules will be the official rules for this league.

1. ROSTER/PLAYERS:

Fast-pitch and Slow-Pitch teams will defensively consist of nine (9) and ten (10) players, respectively. Games may be played without a forfeit with eight (8) or nine (9) rostered players present at game time. Maximum roster size is fifteen (15) players, Coed is sixteen (16) players. Once the game has begun, a team may not play with eight (8) players resulting from ejection, injury, etc.

2. PLAYER ELIGIBILITY:

A participant may play for more than one (1) slow-pitch, one (1) fast-pitch, and one (1) coed team organized by the City of Long Beach, but NOT more than one (1) team in any specific division or league.

3. GAME SHEET:

The umpire will present the scorecard to the teams, which are to have players listed in batting order. No game may begin until a completed scorecard with signatures is submitted to the umpire; however, time limit for game will begin as scheduled. NOTE: the longer you delay, the less you play. Late players must sign the scorecard before entering the game.

4. FORFEIT TIME:

There is a ten (10) minute grace period for all games. The grace period will be subtracted from game time.

5. LENGTH OF GAME:

Slow-pitch games will last seven (7) innings or 65 minutes, whichever occurs first. Fast-pitch games will last seven (7) innings or 80 minutes, whichever occurs first. An inning that begins within the time limit will be completed unless it is the last half of an inning and the home team is ahead. Semifinal playoff games will follow the above rulings. All final playoff games will be played out fully, without time limit.

6. HOME TEAM/VISITING TEAM:

The home team will occupy the third (3rd) base dugout. The home team will bring one (1) new, approved softball and one (1) good, approved back-up softball. The umpire will be the sole judge on the quality of game balls. Failure to provide a new approved softball will result in forfeiture of the home team status. NOTE: It is suggested that both teams bring one (1) good, approved back-up softball. NOTE: One (1) new game ball will be provided by the City for all playoff games.

7. PERSONAL CONDUCT:

No player or coach may address any official while in possession of a bat. This applies to all participants, spectators, and coaches before, during, or after the game. Violation of this rule will result in immediate ejection from the game and indefinite suspension from the league until further review by the Adult Sports Executive Committee.

8. GAME TIME:

Slow-pitch games will be regularly scheduled for 6:30, 7:45, and 9:00pm. Fast-pitch games will be scheduled for 6:20, 7:45, and 9:10pm. NOTE: The aforementioned times are subject to change.

9. PITCHING DISTANCE/BASE LINES:

The pitching distance will be fifty (50) feet and the base lines sixty (60) feet for all leagues.

10. SLOW-PITCH MERCY RULE:

A Slow-pitch game may end any time after four (4) innings when a team is behind by fifteen (15) runs or more and has completed its turn at bat.

11. FAST-PITCH MERCY RULE:

A Fast-pitch game may end any time after five (5) innings when a team is behind by seven (7) runs or more and has completed its turn at bat.

12. FAST-PITCH PITCHERS AND PLAYERS:

Any pitcher appearing on the SCMAF "A" or "B" pitcher's list must pitch in that classification or higher or will be declared ineligible. Active Congress/PCL players within preceding twelve (12) months may not play on any team below "B" classification. Teams are allowed no more than three (3) players of this caliber on their roster. Violation of this rule will result in forfeits for all games in which these players participated in.

13. HELMETS:

Although it is not mandatory, the City of Long Beach Department of Parks, Recreation and Marine recommend that all Adult Fast-pitch offensive players (including the on-deck batter) wear helmets with double ear flaps.

14. CALIFORNIA TIE BREAKER:

FAST-PITCH PLAYOFFS ONLY! A tiebreaker rule in which would place a runner at second base each successive extra inning. Runners placed at second base will be the last out from the previous inning.

15. APPROVED SOFTBALLS:

The Sports Office will provide six (6) game balls. The balls provided will be the only acceptable balls. If a team misplaces their softballs, they must replace them with the same brand provided by the Sports Office. NOTE: If the home team does not provide a new unused softball on game day the game may be declared a forfeit. Each team must bring one new unused ball to the first league game. It is recommended that teams carry their used game softballs with them in case additional back-up softballs are needed.

16. APPROVED FOOTWEAR:

Metal cleats are not allowed in any City of Long Beach Adult Softball League. Rubber-soled soccer style cleats are the recommended footwear for all leagues. Players found to be wearing metal cleats will be asked to change. If a player refuses to change cleats, does not have another pair of legal cleats, or is not legally substituted out of the game, the player will be ejected for the remainder of that game.

17. RECLASSIFICATION:

Teams may be reclassified after both the first (1st) and fifth (5th) rounds and should be prepared to switch nights of play, if the need arises. Teams moved to higher classifications are assured of a playoff spot. Subsequent playoff classification will be determined by the second (2nd) half results.

18. COURTESY RUNNER:

One courtesy runner per inning is allowed. However, additional courtesy runners are allowed if agreed upon by both team managers prior to the start of the game. The courtesy runner must be the last out recorded from the previous inning.

19. PLAYOFFS:

The standard playoff formats are listed in the General Supplemental Rules. These formats will be used for all Adult Softball leagues. Final standings at the conclusion of the regular season will determine the playoff seeds. Please note in playoffs games, if a lower seeded team defeats a higher seeded team in the playoffs they do not become the highest seed.

20. ONE-AND-ONE COUNT:

All Women's, Men's, and Coed Slow-pitch Adult Softball league participants will start each at bat with a one (1) ball and one (1) strike count.

21. ONE-UP HOME RUN RULE:

ONLY AT ALL FENCED FIELDS IN THE CITY OF LONG BEACH. MEN ONLY! The first team to hit an over-the-fence home run cannot hit another home run until the opposing team hits an over-the-fence home run. Then either team can hit the next over-the-fence home run. If a team hits an ineligible home run, it will be ruled a single. Any ball that is touched on-the-fly and consequently goes over the fence will be ruled a four-base error, not a home run. It will not apply toward the one-up home run rule.

22. THREE STRIKE RULE:

The batter is out when after having two strikes, the batter hits a second (2nd) foul ball.

23. OFFICIAL BATS:

ALL COMPOSITE AND TITANIUM BATS ARE BANNED/ILLEGAL. This includes, BUT IS NOT LIMITED TO, All Mikens, Easton Synergy, and Mizuno Techfire. This Includes ALL MENS, WOMENS AND COED LEAGUES. Bats shall have a bat performance factor (BPF) not exceeding 1.20. A bat with a composite handle is legal as long as the barrel is made up of an alloy.

If a team is found to be in violation of this rule, the player in question will be ejected from the game and a one (1) game suspension will be assessed. The batted ball will be ruled an out and any base runners must return to their original position on the base paths. ILLEGAL BAT ISSUES CANNOT BE PROTESTED.

COED SOFTBALL

1. BATTING ORDER:

A team will have the option of batting their entire team's legal roster or any number of players from 8 – 16. The batting order must be established prior to the start of the game and must be followed accordingly. Players must bat in alternating order by sex. The SCMAF rules on coed batting order will be followed.

2. DEFENSIVE PLAY:

- a) If nine (9) players are present (4 of one sex and 5 of the other), a team may use all nine (9) players.
- b) The SCMAF 180 foot rule will apply in all City of Long Beach Adult Coed Softball Leagues. Three (3) outfielders must play behind the 180 foot line at all times. The fourth outfielder/rover may play within the 180 foot line, but if the batter is a female, the fourth outfielder/rover can be a male or female.

3. INTENTIONAL WALKS - MEN:

A male batter who is intentionally walked on three (3) consecutive balls, without a strike called during the at bat will be awarded second (2nd) base. Base runners will only advanced if forced to do so.

4. OFFICIAL BATS:

ALL COMPOSITE AND TITANIUM BATS ARE BANNED/ILLEGAL (please see Softball rule #23 for clarification).

ALL MULTIPLE WALL/LAYER/WRAP/SHELL/CHAMBER BATS ARE BANNED/ILLEGAL IN COED LEAGUES FOR **MEN ONLY**. Please see Softball rule #23 for penalties.

SENIOR SOFTBALL

Current Official SCMAF Rules, as well as these supplemental rules will be the official rules for league play.

1. ROSTERS/PLAYERS:

Maximum roster size is eighteen (18) players.

Any team with only eight (8) players at game time may pick-up two (2) substitutes from within their division, but those substitutes must be on an official league roster. A team with only nine (9) players at game time may pick-up one (1) substitute from within their division, but that substitute must be on an official league roster. Substitutes must play catcher or right field.

2. PLAYER ELIGIBILITY:

In order to be eligible for this league, players must be fifty-five (55) years of age or older during the calendar year in which they are playing.

3. GAME SHEET:

The umpire will present the scorecard to the teams, which are to have players listed in batting order. No game may begin until a completed scorecard with signatures is submitted to the umpire; however, time limit for game will begin as scheduled. NOTE: the longer you delay, the less you play. Late players must sign the scorecard before entering the game.

4. LENGTH OF GAME:

There is no mercy rule! Games will be seven (7) innings or seventy (70) minutes in length, whichever occurs first. An inning that begins within the time limit will be completed unless it is the last half of an inning and the home team is ahead. A tie game after seven (7) innings or seventy (70) minutes will be played extra innings until the tie is broken.

5. HOME TEAM/VISITING TEAM:

The home team will occupy the third (3rd) base dugout. Each team will bring one (1) new, approved softball and one (1) good, approved back-up softball. The umpire will be the sole judge on the quality of game balls. Failure to provide a new approved softball will result in forfeiture of the home team status.

6. PERSONAL CONDUCT:

No player or coach may address any official while in possession of a bat. This applies to all participants, spectators, and coaches before, during, or after the game. Violation of this rule will result in immediate ejection from the game and indefinite suspension from the league until further review by the Sports Office Committee.

7. GAME TIME:

Game times will be regularly scheduled between 8:30am and 2:45pm on Saturdays.

8. PITCHING DISTANCE/BASE LINES:

The pitching distance will be fifty (50) feet and the base lines sixty five (65) feet for all leagues.

9. SENIOR SLOW-PITCH RUN RULE:

When a team has scored seven (7) runs in one inning, that team must take the field. This rule does not apply in the seventh (7th) inning.

10. APPROVED SOFTBALLS:

DeBeer #212, DBX #212, DB #202, DB #290-D, WC #112, Diamond-D 100 ND, Diamond-D 100-C ND, Diamond-D 100, Dudley SB-12, WT-12.

It is recommended that teams carry their used game softballs with them in case additional back-up softballs are needed.

11. APPROVED FOOTWEAR:

Metal cleats are not allowed in any City of Long Beach Adult Softball League. Rubber-soled soccer style cleats are the recommended footwear for all leagues. Players found to be wearing metal cleats will be asked to change. If a player refuses to change cleats, does not have another pair of legal cleats, or is not legally substituted out of the game, the player will be ejected for the remainder of that game.

12. COURTESY RUNNERS:

Unlimited courtesy runners will be allowed per inning. However, the player who recorded the last out must be used as the courtesy runner. If that player is unavailable due to injury, the previous player who recorded the last out must be used as the courtesy runner. NOTE: The game official will determine the injury justification.

13. FLIP-FLOP RULE:

If a team has fewer than eight (8) players at game time, they may bat first. The game will be declared a forfeit if the eighth (8th) player does not arrive before the third (3rd) out is recorded or his/her turn at bat.

14. COMMITMENT LINE:

A runner having passed the thirty (30) foot line from home plate must continue from home plate. Defensive players may touch home plate while in possession of the ball (force out) to record an out. A force out does not exist unless the base runner has at least partially passed the 30-foot commitment line. The base runner will be ruled out if the ball is jarred loose by bumping or physical contact. NOTE: JUDGEMENT CALLS MADE BY AN OFFICIAL MAY NOT BE PROTESTED.

15. SCORING LINE:

A ten (10) foot scoring line shall extend from the corner of home plate (closest to third (3rd) base) at a 90 degree angle to the third base foul line, starting at the batter's box. Any player running outside of the line through the batter's box or touching home plate or the mat will be ruled out. To score, the runner's foot must be on the ground or on, or beyond the line before the ball reaches home plate.

16. OFFICIAL CALLS:

The umpire will verbally say "illegal" on all high (12 foot) and low (6 foot) pitches.

17. INFIELD PRACTICE:

Pitchers are allowed two (2) practice pitches in between innings. No infield or outfield practice is allowed in between innings.

18. ADD/DROP TIME LINES:

Teams may add players up until their tenth played game (not scheduled game). After that time, players may only be added in case of emergency. Definition of emergency will be the decision of the Adult Sports Coordinator.

19. OFFICIAL BATS:

Bats shall have a bat performance factor (BPF) not exceeding 1.20. Bats containing titanium alloy and double wall bats are NOT legal.

20. THREE STRIKE RULE:

The batter is out when after having two strikes the batter hits a foul ball.

SUPPLEMENTAL GROUND RULES

Specific to certain City of Long Beach Adult League Softball Fields. Questions or Ground rules not covered by these supplemental rules or the SCMAF Rulebook will be the sole judgment of the umpire.

El Dorado #3 and #4: 2800 Studebaker Rd.

1. Out of play imaginary lines extend from the first base and third base dugout fences, continuing parallel with the foul lines to the outfield fences.

Joe Rodgers Field: 10th and Park

1. Out of play imaginary lines angle in from the end of the first base and third base dugout fences to the next immediate light pole, continuing parallel with the foul lines to the outfield fences.

Cherry Park: 1901 E. 45th St.

1. Out of play imaginary lines run from the first and third base dugout fences, continuing parallel with the foul lines to the sidewalks in left and right fields.
2. Any live ball, hitting on or rolling past the sidewalks, picnic tables, barbecues, and/or trees is a dead ball, or home run, all runners score.

Houghton Park: 6301 Myrtle (Harding)

1. Out of play is designated by existing fences.
2. Any playable fly ball hit in FOUL territory that strikes an overhanging tree or bush is a dead ball. A strike will be issued to the batter and any runners may not advance or be called out.
3. Any playable fly ball hit in FAIR territory that strikes an over hanging tree or bush is a home run. All runners will score.
4. EXCEPTION: Wooden infield drag is dead ball territory in right field foul ground. No play can be made being in contact with the drag – any fair/live ball rolling or landing on this obstruction is ruled a dead ball – if hit, batter/runner advances two bases from base that was occupied during the pitch.

Pan American Park #1 and #2: 5157 Centralia

1. Out of play imaginary lines angle in from the end of the first base and third base dugout fences to the last (third) light pole, continuing parallel with the foul lines.
2. Any playable fly ball hit in FOUL territory that strikes an overhanging tree or bush is a dead ball. A strike will be issued to the batter and any runners may not advance or be called out.
3. Any playable fly ball hit in FAIR territory that strikes an over hanging tree, bush, sidewalks, buildings, street, tables, and/or benches in the outfield is a home run. All runners will score.

VOLLEYBALL

Current Official U.S.A Volleyball rules as well as these supplemental rules will be the official rules for play.

1. ROSTER / PLAYERS:

Games shall consist of six (6) rostered players. Games may be played without forfeit with five (5) rostered players at game time. EXCEPTION: SEE COED RULE #9. Maximum roster size is twelve (12) players per team. Once the match has begun, a team may not play with five (5) players due to ejection.

2. PLAYER ELIGIBILITY:

A participant may participate in multiple leagues of same classification. It is illegal for a player to play on two (2) separate teams in the same league. It is illegal for any player to play out of classification. The Volleyball Coordinator will determine all player classification. Players found playing out of classification will receive one (1) warning and will be removed from that classification. Further violations will result in team forfeiture of all games in which the player(s) participated illegally. **PENALTY: Forfeiture of all matches played in illegally.**

3. GAME SHEET:

It is the captain's responsibility to see that all team members sign the score sheet. All players will be required to print and sign their names on all score sheets for each match played in. Players must sign their own names. Players must sign the score sheet before entering any match. **PENALTY:** Charged timeout, possible side out or point. Once the match is over, score sheets cannot be signed. All players who have signed in on the score sheet will be expected to play in the match. If a player signs in on the score sheet but does not play, that player's name must be deleted from the score sheet. Late players must sign the score sheet and may enter when ready. Any player who is not going to play shall not sign the score sheet. If a player does sign the score sheet and does not play, the name will be removed. This score sheet will not count toward the number of matches played necessary to qualify for Playoff eligibility. **The minimum number of matches played necessary to qualify for Playoff eligibility is five (5) matches** (SEE RULE # 21). All late coed players should play but must fill in the empty spot on the court if their team is playing with five (5) players. All late Single Gender players should play but must enter in the back row. LONG BEACH ADULT VOLLEYBALL LEAGUES DO NOT HAVE A "GHOST" RULE.

4. OFFICIATING RULE:

The official is required to be at the game site 15 minutes prior to the scheduled match time. The official has ten minutes past the scheduled game time to start the match. If the official does not comply with this rule, the match fee from each team will be reduced to \$5.

5. FOREIT TIME:

Forfeit time is scheduled match time to ten minutes after. One (1) point per minute will be added to the non-forfeiting team's score within the ten-minute span. Once a team is legal the first game will start with the adjusted score. The non-forfeiting team will be awarded the serve. If a team is not legal within the ten-minute span, the entire match is forfeited. A team may not use time outs to stop the forfeit time. Once the team becomes legal, and then time outs may be used. EXCEPTION: The forfeit time for all 6:30 matches ONLY will be fifteen (15) minutes from scheduled match time instead of ten (10) minutes. Teams will still lose a point per minute up to fifteen (15) minutes, at which point the match will be declared a forfeit. All other start times, including 6:45 matches, will continue to be a forfeit at ten minutes after scheduled match time. Teams will continue to lose a point per minute.

6. FORFEIT RULE:

Teams forfeiting two (2) matches will not be eligible for playoffs. Teams forfeiting three (3) matches will automatically be removed from the league and will forfeit the unused balance of fees.

7. FORFEIT FEE:

Teams that forfeit must pay both team officials fee of \$20.00. Payment can be made to the Official, at the time of forfeit or must be received in the Sports Office within one week of the forfeited game. Failure to comply will result in the team's removal from the league. Cash, cashier's check, money order and personal check are all acceptable forms of payment. All checks and money orders must be made payable to the official assigned.

8. LENGTH OF GAME:

There will be no time limit on any match. In league play the first team to score fifteen (15) points is the Winner. The final score can be 15-14. In playoffs all games must be won by two (2) points.

9. MATCH TIME:

Teams play one (1) match per night. A match is made up of three (3) games to fifteen (15) points, not best two out of three. Matches at school sites are scheduled at 6:30, 7:45, and 9:00 p.m. Evening matches at Pan American Gym are scheduled as follows: Monday – 6:45, 8:00 and 9:15, Tuesday and Thursday – 7:45 and 9:00.

10. COED RULE:

Coed teams may use the two (2) female rule ONLY TO AVOID A FOREFIT! However, a coed team may only play with two (2) female players to avoid a forfeit only twice (2) during the regular season. If a third female player does not sign in on the score sheet and play prior to the first serve of the second game of the match and/or does not play the second and third games of the match, it will be considered on usage of the two (2) female rule. The match must end with three (3) female players on the court. The third female player must sign in and enter the match at the earliest possible time. If the third female player is in the gym she must sign in and enter the match. This player cannot wait until the second game to enter the match. Once a coed team has used

the two female rule twice during the regular season, this team must have three female players signed in on the score sheet and on the court at game time or the standard forfeit sequence will commence. **ALL COED TEAMS MUST HAVE THREE FEMALE PLAYERS AND THREE MALE PLAYERS SIGNED IN ON THE SCORESHEET AND ON THE COURT DURING ALL PLAYOFF MATCHES.**

11. RULE CLARIFICATION:

Only the manager /captain may approach an official to clarify a call. The captain or a designated captain must always be on the court. The first official has the power to settle all questions and disputes including those specifically covered in the rules.

12. TEAM ROTATION VS. INDIVIDUAL SUBSTITUTION:

If your team wants to rotate in players you must rotate all players for the entire game (each game in a match is separate) one player at a time. You may rotate in players at any one of the four corner positions (LB, RB,LF,RF) one player at a time. You must notify the official prior to each game in the match whether your team will be either rotating or substituting. You may not rotate and substitute during the same game of a match. When substituting, each substitute may enter the game three (3) times during the game. Players re-entering the game must replace the player that replaced them. If a player is injured while your team is rotating, the next player in the rotation may enter the game and replace the injured player. The team will resume its normal rotation with the next service. A female player may not substitute or rotate in for a male player or vice versa.

13. SERVING:

A player may serve from any point on the back line within the parameters of the court.

14. PLAYING THE BALL:

The ball may touch any part of the body. If the ball makes contact below the knee during an “unintentional attempt” to play the ball, it is considered a live ball. Intentional kicking of the ball is not allowed.

15. MULTIPLE CONTACT RULE:

On any first ball over the net the receiving to play the ball as long as it is in one continuous motion. However, if the receiving player attempts to pass or set the first ball over with finger action then a double hit can be called if the pass or set is not clean.

16. PARKING:

At school sites please park on the side of the road closest to the school or in the school parking lot. Do not park in front of the neighborhood houses. Please remove all valuables from vehicles. NOTE: The City of Long Beach is not responsible for theft or damage done to vehicles while participating or visiting Adult Sports programs.

17. FOOD AND SMOKING:

No food or drinks are allowed in any school gym. Capped water bottles are allowed. Smoking is not allowed on Long Beach Unified School District Grounds. If a player on your team must smoke, that player must leave school grounds. This includes the parking lot.

18. CHILD SUPERVISION:

All children inside the gym will be required to be supervised by an adult. If the team does not have a person available to supervise the children, a team player must leave the court to become the supervisor of the children. If children are not controlled, the game will be declared a forfeit.

19. GYMNASIUM / FACILITY GUIDELINES:

The gym is reserved for volleyball. Only those players that are legally rostered are permitted on the court. All participants must wear shirts and rubber-soled shoes.

20. JEWELRY:

All jewelry must be removed or taped over prior to the start of all matches. This includes stud earrings. Glasses and medical alert badges are legal. Hats and bandanas must be removed prior to the start of all matches. Headbands are legal.

21. PROTESTS:

Oral protests must be made by the team manager/captain with the official and the opposing team manager/captain before the next live ball situation. Protests will not be considered unless received in the Sports Office in writing within one (1) working day of the incident. A twenty-five (\$25.00) dollar protest fee must accompany the written protest. If the protest is upheld, the fee will be returned.

22. PLAYOFF ELIGIBILITY:

Players must be signed on the team's roster and compete in five (5) regular season matches to be eligible for the playoffs. It is the teams' responsibility to ensure you have a completed roster at the Sports Office.

SCHOOL DISTRICT SITE GROUND RULES:

1. The ball is in play, except on third or return hits: A) If it hit the lights. B) If it hits the ceiling, ceiling supports or blowers. C) If it hits a rope or a ring.

2. The ball is dead – Point or Side Out: A) If it hits any wall. B) If it hits any basketball backboard and/or rim support. C) If it hits any rope or ring when sent to the opponent's side.

3. The ball is dead – Replay: A) If it hits the bar directly over the net and/or anything hanging from that bar at any time. B) On the service only when the ball is served from the area closest to the gymnastics ropes and it hits the ropes on the server's side of the net.

PAN AMERICAN GYM GROUND RULES:

1. Court boundaries: Red lines for two courts, white lines for single (center) court.

2. You may not, at any time, go into other court before, during or after playing a ball.

3. Serving – for two-court set-up: you may step to the black line to serve. Serving rules still apply.

4. The ball is still in play except on third or return hit: A) If it hits the lights or ceiling over the court or outside the vertical plane of the court boundaries and stays on your side of the net. B) If it hits the basketball support beam that is over the court.

3. The ball is dead – Point or Side Out: A) If it hits the back or sidewall beams. B) If it hits the basketball backboard or vertical supports attached to the backboard. C) If it hits the heaters.

LONG BEACH RULE DIFFERENCES FROM U.S.V.B.A. RULES:

1. Three minutes between games of matches.

2. Delivery of service must be released from the hand or tossed. **EXCEPTION:** NOVICE COED.

3. Simultaneous contact counts as one (1) hit and either player may contact the ball again.

4. If a player is unable to continue play because of injury and substitution cannot be made, the official may grant a special time out of up to five (5) minutes.

5. If the player indicated that play without replacement might be possible, the first referee may allow the player up to thirty (30) seconds to make such determination.

BEACH VOLLEYBALL

Current F.O.V.A (Federation of Outdoor Volleyball Associations) rules as well as these supplemental rules will be the official rules for league play.

1. ROSTER / PLAYERS:

Six Player Teams shall consist of six (6) rostered players on the court. Four Player Teams shall consist of four (4) rostered players on the court. EXCEPTION: SEE COED RULE #9. Maximum roster size is twelve (12) players for six (6) player teams. Maximum roster size is eight (8) players for four player teams. Once the match has begun, a team may not play with less than the minimum players (five or three respectively) due to ejection.

2. PLAYER ELIGIBILITY:

A participant may participate in multiple leagues of same classification. It is illegal for a player to play on two (2) separate teams in the same league. It is illegal for any player to play out of classification. The Volleyball Coordinator will determine all player classification. Players found playing out of classification will receive one (1) warning and will be removed from that classification. Further violations will result in team forfeiture of all games in which the player(s) participated illegally. **PENALTY: Forfeiture of all matches played in illegally.**

3. GAME SHEET:

Before each game, all players must individually sign the game score sheet. No game may begin until completed score sheets are submitted to the scorekeeper; however, time limit for game will begin as scheduled. Moral of the story: the longer you delay, the less you play. All players who have signed in on score sheet will be expected to play by either substitution or rotation. Late players must sign game sheet before entering game and may rotate in when ready.

4. OFFICIAL SCOREKEEPER:

Each team will select a team member to keep score. Managers of both teams must initial scorecards after each match to confirm the scores. The team responsible for keeping score must turn scorecard in to the site coordinator (Please see rule #14).

5. FORFEIT TIME:

Forfeit time will be scheduled match time to fifteen (15) minutes after. One (1) point a minute will be added to the non-forfeiting teams score within the 15-minute span. Once the forfeiting team is legal to start play, the first game will start with the adjusted score. If the team is not legal within the 15-minute span, the match is a forfeit. For the second match, another 15-minute span will begin at scheduled match time. A team may not use time outs to stop the forfeit time. Once the team becomes legal, and then time outs may be used.

6. FORFEIT RULE:

Teams forfeiting two (2) matches will not be eligible for playoffs. Teams forfeiting three (3) matches will automatically be removed from the league and will forfeit the unused balance of fees.

7. LENGTH OF GAME:

There will be a forty-five minute time limit on each match. The first team to reach 15 points is the winner. In playoffs, because of possible loss of sunlight, matches will continue with the 45-minute time limit. Playoff matches will be 2 out of 3 games, win by two (2) points. At the end of the time limit, the team ahead is declared the winner of the match. In the event of a tie, the first team to score a point will determine the winner.

8. MATCH TIME:

Matches are scheduled at 6:30 p.m. and 7:20 p.m. Teams will play two matches per night.

9. COED RULES:

Six Player Teams must have five (5) players on the court at all times; two (2) females and three (3) males. **To prevent a forfeit.** Three (3) females or males and two (2) of the opposite. Four Player Teams must have three (3) players on the court at all times; one (1) female and two (2) males. The positions on the court shall alternate male and female. In a 4-Person or 6-Person, Coed game where 50% of the team is female, a female must contact the ball if that team uses all three (3) of its team contacts. In 6-Person, one back row male may block at the net during a rotation where two (2) females are positioned in the front row; however, that male may not attack the ball from in front of the attack line. IN 6-Person, the service effort must begin inside the service area. Players must rotate one position clockwise upon being awarded a side-out.

10. TEAM ROTATION vs. INDIVIDUAL SUBSTITUTION:

If your team wants to rotate in players you must rotate all players for the entire game (each game in the match is separate). One player at a time. You may rotate in players at any one of the four corner positions (RB, LB, LF & RF). You may not rotate half the team and substitute for the other half. A female may not substitute or rotate in for a male or vice versa. Substitution: Each substitute may enter the game three (3) times. Players re-entering the game must assume the original position in the serving order to other teammates. INJURY DURING TEAM SUBSTITUTION: The next person in rotation is/may be brought in for the injured player and the team will resume its normal team rotation with the next service. The injured player may not play in the remainder of that match.

11. GHOST PLAYER RULE:

Long Beach Volleyball leagues do not play with a "Ghost Player".

12. EQUIPMENT:

Game balls are provided. Teams are advised to bring their own warm up balls.

13. OFFICIATING:

Matches are called by the "honor system". Therefore, if you are unsure of a call or ruling, please check with the site coordinator for the correct interpretation.

14. SCOREKEEPER / EQUIPMENT TAKE DOWN:

Teams listed on schedule first will keep score for that match. Teams listed second on schedule for the second match of the evening will take the equipment down and return it to the site coordinator.

LONG BEACH RULE DIFFERENCES FROM U.S.V.B.A. RULES:

1. Three minutes between games of matches.
2. Delivery of service must be released from the hand or tossed. **EXCEPTION:** NOVICE COED.
3. Simultaneous contact counts as one (1) hit and either player may contact the ball again.
4. If a player is unable to continue play because of injury and substitution cannot be made, the official may grant a special time out of up to five (5) minutes.
5. If the player indicated that play without replacement might be possible, the first referee may allow the player up to thirty (30) seconds to make such determination.

City of Long Beach Department of Parks, Recreation and Marine
PARTICIPANT'S CODE OF CONDUCT

The participants Code of Conduct applies to all players, coaches and managers. The Code of Conduct applies to players as individuals or as a team: and the penalties can be applied on an individual or an entire team. This Code becomes effective as soon as the participants arrive at the facility of play and remains in effect until participants leave the facility.

1. NO PARTICIPANT SHALL:

- a. At any time lay hand upon, push, shove or strike or threaten to strike an official.
- b. At any time throw any object or piece of equipment at any participant(s), official(s), or spectator(s). This includes, but is not limited to bats, gloves, helmets, balls, etc.
- c. Be guilty of physical attack as an aggressor upon any player, official or spectator.
- d. Endanger the safety of any player official or spectator.
- e. Be guilty of using unnecessary rough tactics in the play of the game against any opposing player.

PENALTY:

Officials are required to immediately suspend participant from further play in the game and report such participant to the Adult Sports Coordinator. Such participant shall remain suspended until a letter is received from the participant requesting a hearing before the Adult Sports Executive Committee and the hearing has been held. Such hearing will be scheduled as soon as possible. Managers will be notified of the decision reached by the Adult Sports Committee.

NOTE: All Officials, managers and/or participants involved must submit a written report within two (2) working days following the incident, in order to be considered in the hearing.

Any and all unwarranted physical contact (see rules 1, a-e) will result in an automatic one (1) year suspension. This suspension cannot be appealed until after the one (1) year suspension has expired. All appeals must be submitted to the Adult Sports Executive Committee.

2. NO PARTICIPANT SHALL:

- a. Refuse to abide by the officials decision.
- b. Be guilty of heaping personal, verbal abuse upon an official for any real or imaginary wrong decision or judgment.
- c. Be guilty of destruction and/or abuse of City property.

PENALTY:

Officials are required to immediately suspend participant from further play in the game and to report such player to the Adult Sports Coordinator for appropriate action. It shall be the prerogative of the Adult Sports Executive Committee to allow such participant to play under probation or to have such participant report for a hearing to consider his/her case.

3. NO PARTICIPANT SHALL:

- a. Be guilty of objectionable demonstrations of dissent at an official's decision by throwing of gloves, bats, balls, timer's or personal equipment or any other forceful action.
- b. Discuss with an official in any manner the decision reached by such official. (Exception: Manager or Captain.)
- c. Be guilty of abusive verbal attack upon any player, official or spectator.
- d. Use profane, obscene or vulgar language in any manner, at any time.

PENALTY:

The degree of infraction of this tenet of good sportsmanship shall in the officials judgment, draw a minimum penalty of warning or a maximum penalty of removal from the game.

4. NO PARTICIPANT SHALL:

- a. Smoke while going on or coming off the field of play, or while on the field of play.
- b. Be guilty of discussing publicly with spectators in a derogatory manner any lay, decision, or his/her personal opinion of other players during the game.

PENALTY:

Officials are required to warn participants, failure of such players to comply will result in removal from the game.

5. NO PARTICIPANT SHALL:

- a. Permit anyone to remain in the dugout or on the player's bench during the game who is not a playing member of the team (Managers and Coaches excepted.)
- b. Mingle with or fraternize with the spectators during the course of the game, but shall remain on the player's bench/dugout or on the field of play.

PENALTY:

Officials are required to warn participants: Failure of such players to comply will result in removal from the game.

6. NO PARTICIPANT SHALL:

- a. Appear on any City facility at any time in an intoxicated condition or consume any alcoholic beverage(s) while on that facility or participating in a recreational program.

PENALTY:

Officials are required to immediately suspend and report the participant to the Adult Sports Coordinator for further consideration. Teams will forfeit any games, plus face possible suspension from the league and forfeiture of all fees.

7. NO PARTICIPANT SHALL:

- a. Be guilty of gambling upon any play or the outcome of the game with any official, spectator, player or opponent.

PENALTY:

Officials are required to report violations of this rule to the Sports Office. Any participant ejected from a game by the official for any cause is subject to further disciplinary action by the Adult Sports Executive Committee.

See specific Sports SUPPLEMENTAL RULES for additional Rules of Conduct.

Penalties for violations of the Participants Code of Conduct or other violations for the Department of Parks, Recreation and Marine or Sports Section policies are determined by the Adult Sports Executive Committee. The following categories of penalties may be leveled by the Adult Sports Executive Committee:

1. Forfeiture of game(s)

- a. The forfeiture of one or more games.

2. Probation

- a. A team or player may be placed on probation for a length of time to be determined by the Adult Sports Executive Committee.
- b. A team or player on probation who violates the Participants Code of Conduct will be suspended INDEFINITELY from the Sports Program.

3. Fines

- a. In addition to the above penalties, violations of the Code of Conduct or other Department or Sports Section rules could result in a fine.

4. Suspensions (leveled by the Adult Sports Executive Committee are based on the severity of each incident)

- a. The suspension(s) of a player(s) or team for one (1) calendar year or less.
- b. Suspensions LESS than one (1) year in duration may be appealed to the Adult Sports Executive Committee. A letter must be submitted to the Supervisor of the Sports Section within one (1) week following the decision of the Adult Sports Executive Committee.

PENALTIES ADMINISTERED BY THE ADULT SPORTS EXECUTIVE COMMITTEE FOR ONE (1) YEAR OR LESS ARE FINAL AND CANNOT BE APPEALED.

PENALTIES ADMINISTERED BY THE ADULT SPORTS EXECUTIVE COMMITTEE FOR MORE THAN ONE (1) YEAR MAY BE APPEALED ONLY AFTER A ONE (1) YEAR SUSPENSION HAS BEEN SERVED.

ALL ADULT SPORTS EXECUTIVE COMMITTEE DECISIONS ARE FINAL.

NOTE: WHEN A PARTICIPANT IS UNDER SUSPENSION IN A SPORT, HE/SHE IS INELIGIBLE TO PARTICIPATE IN ANY OTHER CITY OF LONG BEACH ADULT SPORTS PROGRAM UNTIL REINSTATED BY THE ADULT SPORTS EXECUTIVE COMMITTEE.

City of Long Beach Department of Parks, Recreation, and Marine
ADULT SPORTS GAMES SITES

1. Bancroft Middle School
5301 E. Centralia St.
Basketball/Volleyball
2. Blair Field
4700 Duekmejian Drive
Baseball/Sports Office
3. Cabrillo High School
2001 Santa Fe Ave.
Baseball/Basketball/Volleyball
4. Cherry Park
1901 E. 45th St.
Baseball/Flag Football/Softball
5. Chittick Field
1900 Walnut Ave.
Softball
6. DeMille Middle School
7025 E. Parkcrest St.
Volleyball
7. El Dorado Park West
2800 Studebaker Rd.
Softball/Baseball
8. Granada Sands Court
Granada at Ocean
Volleyball
9. Hamilton Middle School
1060 E. 70th St.
Basketball
10. Hill Middle School
1100 Iroquois Ave.
Volleyball/Basketball
11. Hoover Middle School
3501 E. Country Club Dr.
Lakewood
Basketball/Volleyball
12. Houghton Park
6301 Myrtle Ave.
Baseball/Softball
13. Hudson Park
2335 Webster Ave.
Softball
14. Hughes Middle School
3846 California Ave.
Basketball/Volleyball
15. Jefferson Middle School
750 Euclid Ave.
Basketball/Volleyball
16. Jordan High School
6500 High School Dr.
Baseball
17. Lakewood High School
4400 Briercrest Ave.
Lakewood
Baseball
18. Long Beach State University
1250 Bellflower Blvd.
Baseball
19. Marshall Middle School
5870 E. Wardlow Rd.
Basketball/Volleyball
20. Millikan High School
2800 Snowden Ave.
Baseball/Basketball
21. Pan American Park
5157 Centralia St.
Basketball/Softball/Volleyball
22. Joe Rodgers Field
4700 Duekmejian Dr.
Softball
23. Rodgers Middle School
365 Monrovia Ave.
Basketball/Volleyball
24. Stanford Middle School
5871 E. Los Arcos St.
Basketball/Volleyball
25. Wardlow Park
3457 Stanbridge Ave.
Baseball
26. Wilson High School
4400 Duekmejian Dr.
Baseball/Basketball
27. Poly High School
1600 Atlantic Ave.
Baseball/Basketball
28. Whaley Park
5620 Atherton St.
Softball/Baseball
29. Marina Vista Park
Colorado at Santiago
Softball