



# ASSEMBLY SPORTS RULEBOOK



# Mission and Vision

The Assembly Sports Ministry exists to serve neighbors. We want to provide quality family recreational sports focused on fellowship, outreach, exercise, and reasonable competition. We want people to be active both physically & spiritually. Competition should never overshadow good sportsmanship and our desire to show Christ to those around us. The participants of our league represent The Assembly at Broken Arrow, and more importantly, Jesus Christ. It is important that we all do our best to conduct ourselves with class and a high level of sportsmanship. We understand that competition can generate strong emotions; however, your emotions and actions must not negatively affect the enjoyment, comfort or safety of any of our other participants! Fighting, foul language, or taunting will NOT be tolerated in any sports ministry league. Captains/Coaches will gather players from both teams to pray together at the end of each game. This is not required but is highly encouraged for those in The Assembly church community.

# Table of Contents

\*All rules are subject to change before, during, or after the season

<b>OPEN PLAY.....</b>	<b>3</b>
<b>BASKETBALL .....</b>	<b>4</b>
<b>FLAG FOOTBALL.....</b>	<b>6</b>
<b>CO-ED VOLLEYBALL .....</b>	<b>11</b>
<b>DOUBLES PICKLEBALL.....</b>	<b>15</b>
<b>SOFTBALL.....</b>	<b>19</b>

# Open Play

Open Play is a new concept where we can maximize the Activity Center on Sundays! The AC will be open from 2pm to 9pm and we will be hosting a variety of events such as: pickleball, basketball, volleyball, and dodgeball! The times of these activities can be found at [theassembly.org/sports](http://theassembly.org/sports). There will be a \$2 entry for each person 12 years and older. All children 15 and younger must be accompanied by a parent/guardian at all times. Concessions will be available, however, all food items must remain in the lobby.

## Open Play Format

There will be no officiating during Open Play so please keep the games fun, clean, and respectful. The goal of these formats is to allow the maximum people on the court at once.

### Pickleball will be rally scoring:

- Players remain in their respective service boxes (the left-hand side and the right-hand side) for the entire game.
- Players may choose to change service boxes (left-hand/right-hand) at a “time out” or a “side change” (mid-game).
- A point is scored on every rally, regardless of who has served (except the final point, which may only be won when serving).
- Whichever team wins the rally, gains a point.
- If the serving team wins the point, then the players alternate serves until they lose a rally/point.
- The serve then goes to the receiving team, and the player that serves will be based on the serving team’s score. The final point may only be scored on the serve. The first team to 15 points wins (winning by 1 point during drop-in).
- Winner can stay for max of two games to 15 then must move to the “next-up” line.

### Basketball:

- Depending on court availability we will have two full court games or four half court games with a minimum of 3-on-3 and max of 5-on-5.
- Games will be played to 11 and scoring will be 1s and 2s.
- Winners can stay for two games then rotate for others to play.

### Volleyball:

- 8-on-8 is the max amount of players and 5-on-5 are the least amount of players.
- Games will be played rally scoring to 25.
- Rotations occur on every possession change.
- Winners can stay for up to two games then rotate for others to play.

# Basketball

## **League Format**

Normal rules and penalties of the NCAA apply unless exceptions have been made below. Each game will be played with two 20-minute halves. Each team is allowed two 1-minute time-out in the first half and two 1-minute time-outs in the second half. Unused timeouts from the first half do not carry over. It is a running clock except for final 2 minutes of the 2nd half (unless a team is up by 15 points or more) In the case of a tie at the end of regulation there will be a 2:00 minute overtime with each team being awarded one time-out for the overtime period. If the game is still tied after the overtime period we will go to sudden death. In sudden death teams do not get a time-out and the winning team will be determined by which team scores first.

## **START OF THE GAME**

The beginning of the game starts with a jump ball. The possessions for all following jump balls alternate. The start of any necessary overtime periods will begin with a jump ball.

## **TEAM SIZE**

Each team shall field no more than 5 players on the court at one time. All teams must start with 5 players but should an injury occur can play with maximum of 4 players after the game has started. Teams may have up to 12 players on their roster. No players will be allowed to play without having signed the roster/waiver. All players must wear the correct color shirt for that game that will be assigned on the schedule. 2 points will be awarded to the opponent for each player checked in without the correct color shirt. New players can only be added to the roster until 50% of the season is completed.

## **SUBSTITUTIONS**

There is no limit on the amount of substitutions per team. Substitutions will only occur during stoppages of play. During the course of the regular season teams are allowed to “pick up” players that are not on their roster in order to field a full team. They must also have the correct colored shirt in order to play. Pick up players can only be from other teams within the league.

## **PERSONAL/TEAM FOULS**

Personal fouls will be recorded for all leagues. Players will foul-out after being awarded their 5th personal foul. All technical fouls will be recorded as personal fouls. A team begins shooting one-and-one on the 7th team foul of each half and continues shooting one-and-one on any following fouls until the tenth team foul. On the tenth team, foul teams will be awarded two free throws for that and every team foul during the remainder of the half. All shooting fouls are 2 shot fouls unless the shooter is attempting a 3-point shot. Then they will receive three shots. If a foul is an intentional foul the player will receive 2 shots and the ball.

## **TECHNICAL FOULS**

Technical fouls are counted as personal fouls. Any individual that is assessed two technical fouls will be ejected from the game. (Depending on the severity of the technical foul a player can be

ejected after being assessed 1 technical under the discretion of the referee.) All technical fouls result in 2 free throws and ball possession.

### **PLAYOFFS**

It will consist of the top 4 teams in the league playing in a single elimination. Seeding will be based off of record and points for and point against differential. No “pick-ups” will be allowed during playoffs and all players must have already played in at least one regular season game and are on the league roster/waiver. Teams that have had two forfeits during the course of the regular season will not be eligible for playoffs.

### **WAIVERS**

In order to participate in the league, each participant must sign the team waiver. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating. Players must sign the waiver in order to be eligible for playoffs.

### **PLAYER ELIGIBILITY**

Players who have been placed on the roster and signed the waiver are eligible for the regular season and playoffs. Any player protests in the playoffs must be done before a game.

### **FORFEIT POLICY**

If your team forfeits a game during the season, the following rules apply: First Offense: Loss of game. Score marked: 25-0. Second Offense: Loss of game and lost ability to make playoffs. Third Offense: Removal from the league. If you know in advance that your team is going to forfeit a game, we encourage you contact us so we can inform your opponent. Teams have until five minutes past the designated start time to field a full squad (or the league minimum of players required according to rules). If at that time a team is unable to field a legal team, they forfeit the game. The teams may utilize the playing field during their allotted time to play an unofficial game. The official score will be marked as a loss with the respective forfeit score.

### **SPORTSMANSHIP**

We enforce a “Zero Tolerance Policy” in regards to behavior of players, managers, and fans. Taunting, trash talking, or abusive language will not be tolerated. Referees and Assembly staff will have the right to reprimand or eject players, managers, or fans depending on the severity of the situation. Abusive behavior toward the referee will not be tolerated. An ejection carries a two game suspension (including the current game). In extreme cases, the player will be asked to leave the league without refund. The severity of the punishment will be based on the discretion of the referee and Assembly staff. Any rules not covered or protests will be handled by the Assembly staff. **FIGHTING WILL NOT BE TOLERATED. ANY INSTANCES OF FIGHTING WILL RESULT IN A TEAM FORFEIT OF THE LEAGUE WITHOUT REFUND AND POSSIBLE EXPULSIONS FROM FUTURE ASSEMBLY EVENTS. ALL DECISIONS OF THE LEAGUE STAFF ARE FINAL. THE LEAGUE STAFF SHALL ALSO HAVE THE FINAL AUTHORITY TO MAKE ADJUSTMENTS TO GAME SCHEDULES, GAME DURATION, AND OTHER ASPECTS OF THE RULES OR OF THE LEAGUE.**

# Flag Football

## **LEAGUE FORMAT**

All teams will compete in the regular season and top teams advance to the playoffs. The number of playoff teams will be determined by the total number of teams in the league. If there is a tie in the standings, record and point differential will determine decided office seeding. If there is still a tie a head-to-head match will occur.

## **THE GAME**

Flag football is a 5 v 5 non-contact league. All players must have the correct color shirts assigned and will wear the provided flags around their waist. Games consist of two 20-minute halves, with one two minute half-time. There will be a running clock maintained by the referee except for the last two minutes of the second half unless one team is ahead by 23 points or more, in which case time will continue to run with no stoppages aside from a trailing-team's timeout. If the game is within 22 points during the final minute of the second half, the clock is stopped for an incomplete pass, if a player goes out of bounds before having their flag pulled, if either team scores (clock starts when the opposing team snaps the ball, after the PAT attempt), for a change of possession, if a penalty must be marked off, or if a team calls timeout. The clock does not stop on first downs or for a completed pass in bounds. If a team is down by 23 points but scores after the one-minute mark in the second half, the clock then stops. The game field will be marked off to measure 25 yards wide by 75 yards long including a 10 yard end zone.

## **START OF THE GAME**

The referee will have the two captains for the coin toss. The winning captain will have the first choice of which half they want the ball.

## **UNIFORM RESTRICTIONS**

All players must wear their team's correct color shirt. 1 point will be given to the opposing team for each player not in uniform upon checking into the game . PLAYERS MAY NOT WEAR SHORTS WITH POCKETS, or jewelry of any kind. Please note that taping your pockets is not acceptable. Each player who wears shorts/pants with pockets will be penalized 1 point. Players may not alter the THE ASSEMBLY provided flags. THE ASSEMBLY will provide all field equipment, including footballs and flags. Each team is entitled to use their own football.

## **SUBSTITUTION RULES**

In order for an official game with league referees, there must be at least 4 players on the field. However, a minimum of three players from the team's roster must be present to field a team. Any teams short of this number may look to utilize our substitution rules listed below but if the team is still without at least 4 players 10 minutes after the scheduled game time, the game will be an official forfeit and the forfeit policy will take effect. If teams are short players they may pick up players from other teams within the league. They are allowed to pick up enough players to field a 5 person team. However, any players after 5 must be approved by the opposing team. If a team member arrives late a substitute player must drop off to stay at the 5 player team size unless approved by the opposing team. New players can only be added to the roster until 50% of the season is completed.

## **TIMEOUTS**

Each team is allowed 1 (one-minute) timeout in the first half and 2 timeouts in the second half. If not used, the 1 timeout in the first half does not carry over. About two minutes before each half ends the referee will inform each team of playing time remaining in that half. If a touchdown has occurred after time has expired, the extra point conversion will be allowed. A half cannot end on a defensive penalty. No timeouts can be called by a leading team if they are ahead by 23 or more. Time will only be stopped during the first 38 minutes for called timeouts and serious injuries. If an injury occurs, that player must leave the game for one scrimmage down.

## **OFFENSE**

The ball will be placed on the 7 yard line at the beginning of each half, as well as following touchdowns, interceptions, turnover on downs, and safeties (unless moved by penalty). The team in possession of the ball has four (4) downs to score or advance passed the line to gain (the 25 yard line) When the ball becomes dead, the spot of the ball is directly under the position of the ball (foremost point of the ball). Only one offensive player may be “in motion”, be moving as the ball is snapped. The player in motion can move laterally or backwards at the snap but not forward. All other players must be set before the ball is snapped. Aside from the Center position, there is no minimum number of players required to line up on the line of scrimmage. After a play, the line of scrimmage is determined by the location of the ball when the flags are pulled. If flags fall off a receiver before the flags are pulled, the ball is dead where the receiver catches the pass. If anything falls off a player (ie: hat, playsheet, gloves, etc), it is marked as if the player’s flag has been pulled.

### **PASSING, HANDLING THE BALL:**

- Any player may hand the ball backward at any time. A runner may pass the ball backward or lose player possession by a fumble at any time.
- Forward passes may be made from any place behind the line of scrimmage. Only one forward pass is allowed per down.
- Lateral or backward passes may be made anywhere on the field and there is no limit to the number that may be attempted in each scrimmage down.
- Every member of a team is eligible to receive a pass. The passer becomes eligible to catch his/her own pass after a defensive player touches the ball.
- Intercepted passes can be returned. The team that intercepts the ball cannot block downfield.
- The quarterback may catch the snap from center and IMMEDIATELY throw the ball to the ground to stop the clock, but may not do so to avoid loss of yardage.
- The quarterback is the offensive player who first gets possession of the ball after the snap. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.
- There will be a 5 second sack clock in which if the ball is not thrown in that allotted time will count as a sack and the ball will be returned to the line of scrimmage with a loss of down.
- Once the ball is handed off, pitched or lateraled behind the line of scrimmage, the 5-second rule is no longer in effect.
- A forward pass is completed when caught by any player of the passing team who has at least one foot in-bounds. If opposing teams catch the pass in-bounds simultaneously, the tie goes to the offense. If a player steps out-of-bounds and comes back in-bounds to



be the first person to touch the ball, it will be ruled an incomplete pass. However, if a player steps out of bounds, they will be eligible to catch a deflected ball.

- After the immediate completion of a play, the referee will place a marker at the line of scrimmage. The offense has 25 seconds to put the ball in play after it is declared ready by the head judge (ie, when the marker is placed). No player shall put the ball in play until declared ready-for-play.
- Flag guarding is not allowed. Flag guarding includes:
  - Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
  - Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
  - Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging (Penalty – Flag Guarding).
- Turnover on downs results in change of possession.

### **SCORING**

Touchdowns are six points. After scoring a touchdown, teams may elect to go for either one, two, or three extra points:

- 1 point – attempted from the 3 yard-line
- 2 points – attempted from the 10 yard-line
- 3 points – attempted from the 20 yard-line

Converted extra point attempts are worth the same regardless of whether they are converted via run or pass.

### **BLOCKING**

“Blocking” with hands is not allowed. This includes downfield “blocking” during an offensive play and returned punt. NO CONTACT is allowed at the line or downfield by any defensive player guarding a receiver.

### **RUSHING**

- All Blitzers must be a minimum of seven yards behind the line of scrimmage when the ball is snapped and must declare themselves by raising their hand. Players not blitzing the quarterback can defend on the line of scrimmage. No more than two players may establish themselves as Blitzers on a given play.
- Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. At this point players crossing the line of scrimmage are Rushers.

### **PENALTIES**

Penalties committed by the offense result in loss of down. Penalties committed by the defense vary by infraction:

#### **LOSS OF FIVE YARDS PENALTIES**

- Offsides
- Encroachment
- False Start (loss of down)
- Illegal Substitution (Note: co-ed teams must have at least 2 female players on the field)

- Delay of Game (loss of down)
- Illegal Formation/Procedure/Snap/Shift/Motion (loss of down):
- Excepting the Center, there is no minimum number of players required to line up on the line of scrimmage.
- Any player receiving a snap directly from the Center must be at least 2 yards behind the line of scrimmage.
- Offensive players must assume a set position and come to an absolute stop (except one man in motion). The player in motion may only move laterally or backwards.
- Illegal Forward Pass (loss of down):
- An offensive player cannot cross the line of scrimmage and then throw a forward pass.
- The offensive team cannot throw more than one forward pass per down.
- Intentional Grounding (loss of down).
- No Diving (spot foul) – No player may dive in order to gain positive yards, including crossing the goal line.

### **LOSS OF 10 YARD PENALTIES**

- Defensive Pass Interference/Illegal Use of Hands/Illegal Contact (automatic first down)
- Offensive Pass Interference (loss of down)
- Roughing the passer (automatic first down)
- Flag Guarding/Stiff Arming/Any Intentional Contact (loss of down)
- Illegal Blocking (loss of down) – No player may use his hands to block an opponent.
  - Offensive players may not run down field past 5 yards from the line of scrimmage in front of or parallel to the ball carrier, whether you intended to block or not. They may run behind to receive a lateral.
- Illegal Flag Removal
- Illegal Kicking
- Illegal Participation
- Stripping the Ball/Attempting to Strip the Ball
- Hurdling a Player/Attempting to Hurdle a Player
- Illegal equipment (loss of down); including but not limited to:
- Tying, modifying or in any way changing the intended use of flags to make it more difficult for the defense to pull.
- Unsportsmanlike conduct, abusive or insulting language, or gesture to another player or referee, and taunting are not permissible under any circumstances. The player may be disqualified for above actions if judged by the referee to be flagrant and will be suspended for next week's game. If that player(s) is caught playing next week, the team will forfeit that game. In a severe case of unsportsmanlike conduct, the player will be suspended from playing any THE ASSEMBLY event indefinitely.

### **OVERTIME RULES (PLAYOFFS ONLY)**

In the Playoffs, coin flip is organized by referee. Teams will attempt to score in the same end zone. Each team will then have three downs to score from the 15 yard line. If a team scores, they will have the opportunity to go for one, two, or three extra points. If a tie occurs after the first round, then teams will repeat using the same format. However, the team that defended first is now on offense first. If a third round is needed, then the teams must go for two or three

extra points. The game will be decided when one team scores more points in the round. No first downs will be awarded except in the case of a penalty.

### **FORFEIT POLICY**

If your team forfeits a game during the season, the following rules apply:

- First Offense: Loss of game. Score marked: 21-0
- Second Offense: Loss of game and ability to make the playoffs. Score marked: 21-0
- Third Offense: Removal from the league.
- Contact us at least 48 hours in advance if you know in advance that your team is going to forfeit a game.
- If you know your team has a conflict, let us know before the schedule is released and we will make every effort to accommodate.
- Teams have until ten minutes past the designated start time to field a full squad (or the league minimum of players required according to rules). If at that time a team is unable to field a legal team, they forfeit the game. The teams may utilize the playing field during their allotted time to play an unofficial game. The official score will be marked as a loss with the respective forfeit score of 21-0.

### **SPORTSMANSHIP**

We enforce a “Zero Tolerance Policy” in regards to behavior of players, captains, and fans. Taunting, trash talking, or abusive language will not be tolerated. Referees and league staff will have the right to reprimand or eject players, managers, or fans depending on the severity of the situation. Abusive behavior toward the referee will not be tolerated. An ejection carries a two game suspension (including the current game). In extreme cases, the player will be asked to leave the premises without refund. The severity of the punishment will be based on the discretion of the referee and league staff. Only captains of respective teams are allowed to approach the referee with questions or concerns in a respectful manner. Teams charging the field of play to question or complain a call will be subject to automatic forfeit for that game.

- Alcohol and smoking is not allowed on playing fields.
- Any rules not covered or protests will be handled by the Referee.
- There will be no refunds allowed for rain delays or cancellations. If the league is postponed due to weather, we will reschedule to a later date. There will be no refunds if you are not able to furnish a team on the makeup date.
- Flag Football is played in the rain if at all possible unless the Referee or Facility Representative decide it is necessary to postpone due to dangerous field conditions or lightning. If lightning occurs, all attempts will be made to resume play 30 minutes after the last lightning flash is viewed and the umpire deems it safe to resume play. The games will resume as scheduled if at all possible, or shortened if necessary..LEAGUE AUTHORITY FIGHTING WILL NOT BE TOLERATED. ANY INSTANCES OF FIGHTING MAY RESULT IN A TEAM FORFEIT OF THE LEAGUE WITHOUT REFUND AND POSSIBLE EXPULSIONS FROM FUTURE LEAGUES. ALL DECISIONS OF THE LEAGUE STAFF ARE FINAL. THE LEAGUE STAFF SHALL ALSO HAVE THE FINAL AUTHORITY TO MAKE ADJUSTMENTS TO THE GAME SCHEDULES, GAME DURATION, AND OTHER ASPECTS OF THE RULES OR OF THE LEAGUE.

# Co-Ed Volleyball

## LEAGUE FORMAT

All teams will compete in the regular season and top teams advance to the playoffs. The number of playoff teams will be determined by the total number of teams in the league. As a co-ed league, the intended format is 3 male players and 3 female players on the court at a time. No more than 3 male players may be on the court at any one time. An official game each team must have at least 2 male players on the court. Teams may play an official game with 5 players but no more than 3 male players on the court at any one time. Rotations will follow an alternating pattern to ensure fairness; boy, girl, boy, girl, etc. Coed games are played with 3 men and 3 women. If a team has only 5 players, then they must play with a vacant spot for the sixth player. This spot is included in the regular rotation so that at one point the team will have two players on the front line. This vacancy is skipped in serving so that a team does not lose service, side out, or point. Teams will have 10 minutes from the start of their designated match time to gather all of their teammates to start the game. If the entire team isn't there by 10 minutes after the designated match time the first set will go to the opposing team. If after 15 minutes there aren't enough players for a league game the opposing team will win the match. If teams are short players they have the option to pick up players from within the league to keep from forfeiting the game. A minimum of 4 players from the team's roster must be present to field a team. Picking up a 5th player from within the league to play a game is allowed at the discretion of the opposing team. A 6th player will only be allowed at the approval of the opposing team since you can play an official league game with 5 players. All players must wear the correct color shirt and have signed the team waiver. If any team member isn't in their correct color shirt the opposing team will be given 2 points (per player) before the start of the first game.

## THE GAME

Each match will consist of 2 games to 25. Each game will continue until a two point advantage is reached or until one team reaches 30. If a 3rd game is needed it will be rally scoring to 15 points with no cap in all 3rd games. All games are rally scoring. Rally scoring simply means that a point will be awarded each time the ball is served regardless of who served it.

## SUBSTITUTION RULES

- There is no limit to the number of players permitted to substitute at one time.
- There is no limit on the number of times a player may enter and re-enter the match. Substitutions must be male for male and female for female, unless it is to bring the ratio to 3 and 3. The ratio cannot be changed if it is 3 males and 3 females.
- Order of players does not change when substitutions are made.
- Teams are permitted to substitute players on any dead ball.
- Players arriving late must wait for a side-out to fill a missing position.
- Each team may call two 30-second time-outs per set.
- There is NO LIBERO.
- New players can only be added to the roster until 50% of the season is completed.

## **SERVING**

- A team earns service possession or choice of side for the start of the first game by winning Rock/Paper/Scissors.
- A legal serve is one that crosses the net and is either touched by an opposing player or lands within the opposing team's area of the court within the boundary lines. A serve that makes contact with the net and carries over to the opponent's side of the net is a live serve and must be returned.
- No jump serves are allowed.
- Players will only receive 1 re-serve per rotation, and the first toss must drop to the floor. If the server does not play the second toss the result is a forfeit of the ball and point to the opponent.
- Players are required to serve in the order they are listed on the line up.
- When the serving team wins the rally, the player who served before, serves again.
- When the receiving team wins the rally, it gains the right to serve and must rotate one position clockwise before serving.
- The player in the back right-hand corner of the rotation will be designated to serve.
- Players on the receiving team cannot block or attack a serve.
- The serve can be made from anywhere behind the end line and within the sideline.
- A server may not step over the end line until the ball has been contacted.

## **PLAYING THE BALL**

- The front 3 players are the only players allowed to attack the net at any time except on a serve.
- If a ball is played more than once on a side, both genders must contact it at least once.
- A back row player may only attack the ball (spike) if they jump from behind the 10-foot line.
- Back row players who are setting may not play the ball over the net (dink or dump) if the ball is above the height of the net when it is contacted.
- Each team is allowed a maximum of 3 successive contacts of the ball in order to return the ball to the opponent's area.
- Receiving a serve with a set is legal, as long as the ball is not caught or carried.
- Players are not permitted to scoop, hold or lift the ball. The ball must be clearly hit.
- A player may touch the floor across the centerline with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the centerline. Contacting the floor across the centerline with any other part of the body is illegal.
- The ball must cross the plane of the net before contact may be made unless it is the 3rd hit by the offense and the contact is made to block the shot.
- Contact with the net is a violation. It is not a foul if a player's loose hair touches the net, or the force of a ball hit by the opponent pushes the net into the player.
- Crossing into the other courts is a dead ball.
- A stray ball onto the court constitutes a replay if it comes in during play.
- If the ball hits the roof or anything hanging from the roof it is still in play. If it hits the wall it is out of play.

## **BLOCKING**

- Blocking is the action close to the net which intercepts the ball coming from the opponents' side by making contact with the ball before, during or after it crosses the net.
- Only front row players are permitted to block.
- Back row players are not permitted to participate in an attempt to block.
- A block contact is not counted as a team hit, and a team is entitled to 3 hits to return the ball.
- The first hit after the block may be executed by any player, including the one who blocked the ball.
- Contacting the ball over the net on a block before the opponent's 3rd hit is illegal, unless the opponent has no opportunity to play the ball.

## **PLAYOFFS ELIGIBILITY**

All players participating in the playoffs must be on the official team roster and have played at least 1 regular season game. If an opposing team believes one of the players on the other team hasn't played in an official regular season game and/or isn't on the official team roster they can protest that player. If a team checks in a player who isn't on the official league roster and the opposing team protests, said team will automatically forfeit the set. Since many teams play without subs please plan accordingly and if you know one of your players won't be there for the playoffs be sure to have a substitute on the roster.

## **FORFEIT RULE**

If a team is unable to supply enough players for a full game or is unable to meet the minimum requirements by picking up players the team will forfeit. In the event of a forfeit that team receives a warning and the next forfeit will result in ineligibility of the league playoffs. Forfeit scores will be recorded 25-0, 25-0. Contact us at least 48 hours in advance if you know in advance that your team is going to forfeit a game. If you know your team has a conflict, let us know before the schedule is released and we will make every effort to accommodate.

## **OFFICIALS**

Team captain's are the only players who may approach the official to dispute or question a call. In the end the call made by the official is final.

## **SPORTSMANSHIP**

We enforce a "Zero Tolerance Policy" in regards to behavior of players, managers, and fans. Taunting, trash talking, or abusive language will not be tolerated. Referees and Assembly staff will have the right to reprimand or eject players, managers, or fans depending on the severity of the situation. Abusive behavior toward the referee will not be tolerated. An ejection carries a two game suspension (including the current game). In extreme cases, the player will be asked to leave the league without refund. The severity of the punishment will be based on the discretion of the referee and Assembly staff. Any rules not covered or protests will be handled by the Assembly staff. **FIGHTING WILL NOT BE TOLERATED. ANY INSTANCES OF FIGHTING WILL RESULT IN A TEAM FORFEIT OF THE LEAGUE WITHOUT REFUND AND POSSIBLE EXPULSIONS FROM**

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# Doubles Pickleball

## LEAGUE FORMAT

All teams will compete in the regular season and top teams advance to the playoffs. The number of playoff teams will be determined by the total number of teams in the league. All matches are doubles play. As a co-ed league, male and female players are welcome and there are no male/female player minimum requirements. Teams will have 10 minutes from the start of their designated match time to gather all of their teammates to start the game. If the entire team isn't there by 10 minutes after the designated match time the first game will go to the opposing team. If after 15 minutes there aren't enough players for a league game the opposing team will win the match. If teams are short players they have the option to pick up players from within the league to keep from forfeiting the game. A minimum of one player from the team's roster must be present to field a team. Picking up a 2nd player from within the league to play a game is allowed at the discretion of the official. All players must wear the correct color shirt and have signed the online waiver. If any team member isn't in their correct color shirt the opposing team will be given 1 point (per player) before the start of the first game. There will be no teams added once the schedule has been posted. Should your partner miss a scheduled game you will play singles against the doubles team you are matched up with that week. If your teammate is no longer able to play the rest of the season you make pick up a new player outside of the league. That new player must register and sign the waiver. Due to the substitution, you will not be permitted to participate in playoffs.

## THE GAME

Matches are best two of three and the first team to score 11 points wins the game.

- Teams can only score a point if they are serving the ball.
- Each game will continue until a two point advantage is reached or until one team reaches 15.
- If a third game is needed to decide the winner, the first team to score seven points wins the game.
- Each team has two timeouts per game.

## SERVING

- A team chooses service, side or receive for the start of the first game by winning Rock/Paper/Scissors.
- Points are scored only by the serving side when the server or the server's team wins the rally, or the opposing side commits a fault.
- The server continues to serve, alternating service courts, until the serving side loses the rally or commits a fault.
- Paddle contact with the ball must not be made above the waist level.
- At the time the ball is struck, the server's feet may not touch the court and neither foot may contact the baseline or court until after the ball is struck.
- The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court.
- Only one serve attempt is allowed per server.
- A serve contacting the non-volley zone line is short and a fault.
- A let is awarded when the server hits the net on a serve and the ball makes it past the kitchen into the return area.



- On the serve, if the ball strikes the perimeter (white line) of the kitchen, this is ruled as a kitchen ball and is considered a fault on a serve.

### **SERVING SEQUENCE**

- Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault \*(except for the first service sequence of each new game).
- The first serve of each side-out is made from the right/even court.
- If a point is scored, the server switches sides and the server initiates the next serve from the left/odd court.
- As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve.
- When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game\*).
- The second server continues serving until his team commits a fault and loses the serve to the opposing team.
- Once the service goes to the opposition (at side out), the first serve is from the right/even court and both players on that team have the opportunity to serve and score points until their team commits two faults.
  - At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.
- **PLAYING THE BALL**
- When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces.
- After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce.
- The non-volley zone is the court area within 7 feet on both sides of the net commonly referred to as "the Kitchen."
- Volleying is prohibited within the non-volley zone (the Kitchen). This rule prevents players from executing smashes from a position within the zone.
- It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them to touch the non-volley zone including the lines.
- It is a fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens.
- A player may legally be in the non-volley zone any time other than when volleying a ball.
- A ball contacting any part of any line, except the non-volley zone line on a serve, is considered "in."
- You may play the ball around the net if the ball and momentum of the player takes them to the sideline. In this instance the ball doesn't need to go over the net.

## **PLAYOFFS ELIGIBILITY**

All players participating in the playoffs must be on the official team roster and have played at least 1 regular season game. If an opposing team believes one of the players on the other team hasn't played in an official regular season game and/or isn't on the official team roster they can protest that player. If a team checks in a player who isn't on the official league roster and the opposing team protests, said team will automatically forfeit the game the illegal player competed in. Since many teams play without subs please plan accordingly and if you know one of your players won't be there for the playoffs be sure to have a substitute on the roster.

## **TRADITIONAL SCORING**

The score is announced in three's. The first number is the team serving's points. The second number is the receiving team's points. The third number is server number.

- The serve always starts on the right side. 0-0-2
- Once the sideout point happens and the serve shifts to the opposing team, it is now announced 0-0-1. Once the serving team misses. It's the second server's opportunity. 0-0-2.
- If the second server scores a point. The score is now 1-0-2.
- When the serving team scores a point the server moves to the other side to serve. The receiving team does not move.
- Once the serving team misses, it then returns to the opposing team where the player on the right side starts the serve with the score, 0-1-1.

## **FORFEIT POLICY**

If your team forfeits a game during the season, the following rules apply:

- First Offense: Loss of game. Score marked: 11-0, 11-0.
- Second Offense: Loss of game and lost ability to make playoffs.
- Third Offense: Removal from the league.
- If you know in advance that your team is going to forfeit a game, we encourage you to contact us so we can inform your opponent.
- Teams have until ten minutes past the designated start time to field a full squad (or the league minimum of players required according to rules). If at that time a team is unable to field a legal team, they forfeit the game. The teams may utilize the playing field during their allotted time to play an unofficial game. The official score will be marked as a loss with the respective forfeit score.

## **OFFICIALS**

- Pickleball is a self officiated game. The Assembly will provide a league coordinator to help with court location, resolving disputes and collecting scores.
- Only the team captain from each team may approach the coordinator to ask for clarification/resolve a dispute.

## **SPORTSMANSHIP**

We enforce a “Zero Tolerance Policy” in regards to behavior of players, managers, and fans. Taunting, trash talking, or abusive language will not be tolerated. Referees and Assembly staff will have the right to reprimand or eject players, managers, or fans depending on the severity of the situation. Abusive behavior toward the referee will not be tolerated. An ejection carries a two game suspension (including the current game). In extreme cases, the player will be asked to leave the league without refund. The severity of the punishment will be based on the discretion of the referee and Assembly staff. Any rules not covered or protests will be handled by the Assembly staff. FIGHTING WILL NOT BE TOLERATED. ANY INSTANCES OF FIGHTING WILL RESULT IN A TEAM FORFEIT OF THE LEAGUE WITHOUT REFUND AND POSSIBLE EXPULSIONS FROM FUTURE ASSEMBLY EVENTS. ALL DECISIONS OF THE LEAGUE STAFF ARE FINAL. THE LEAGUE STAFF SHALL ALSO HAVE THE FINAL AUTHORITY TO MAKE ADJUSTMENTS TO GAME SCHEDULES, GAME DURATION, AND OTHER ASPECTS OF THE RULES OR OF THE LEAGUE.

# Softball

## LEAGUE FORMAT

Only 10 are allowed on the field, but everyone on the roster may bat. All players on field must be on the leagues PAID roster and have accepted the league waiver. Roster additions may be added until the regular season is 50% complete. In-season roster additions must pay the pro-rated league fees and accept the league waiver. NO PLAYERS may be added to a team's roster for tournament play without prior approval of the League Director. Women are welcome to play, however, this is not a co-ed league and men's rules apply. A minimum of 8 players must be on the field. A forfeit will be awarded if a team cannot field 8 players.

## SUBSTITUTES

Substitute players must come from the current season's league roster, or he/she must completed the league's application to play - including payment and acceptance of league waiver one week prior to play. Players may not be added to a roster after the league has played 50% of the regular season. Substitutes **WILL NOT** bat and will only play 2<sup>nd</sup> base or catcher. A team adding players will give up home field advantage. There will be no substitutes for playoffs. No exceptions.

## THE GAME

Games will be limited to 7 innings or 50 minutes. If the time limit expires, the home team is given final at-bats unless the home team is leading at that point. Rosters consist of 12-14 players. A 10-minute grace period shall be in effect for the first game of each set to be played if a team does not have the required 8 players to start. This 10-minute grace period will be deducted from the 50 game minutes.

The following rules apply to men's competitive and recreational co-ed leagues:

- No bunting.
- No stealing. Runners must remain on the base until the batter makes contact with the ball.
- Pitching - No winding up is allowed. The pitching arm must come straight back and forward. A violation of this rule will
- result in a 'ball'. Pitchers may pitch from the rubber or up to 3 ft behind the rubber.
- Pitchers may not fake or cause any distractions on the mound.
- Pitchers are required to pitch behind the provided pitching screen.
- A batted ball hitting the pitching fence is considered a foul ball/strike. Hitting the screen with a full count is an out.
- Passed balls count as a 'ball'. It is not considered as a ball in play.
- Batting Rules - Batters start with a 1-1 count.
- There is no foul to give. A foul ball on the 3rd strike is an out.
- Homerun rule. 3+1. Teams can hit a maximum of 3 homeruns per game, which clear the outfield fence. An automatic out is given to teams who hit 4 or more homeruns clearing the outfield fence during a given game,

- UNLESS the opposing team also hits 3 homeruns, then both teams are allowed to hit an additional dinger.
- Runners are given 1 extra base maximum for errant throws off the playing field while throwing to first or third base or to home plate. An errant throw to second base is a ball in play.
- All players are responsible for their own gloves and warm-up softballs. Teams are responsible to bring bats (must be WSL, NSA or USSAA approved), though The Assembly Sports Ministry may supply a couple bats for each team as well.
  - *Metal spikes are not allowed.*
- Umpire has the authority to confiscate any suspected altered bats for investigation by league director and the bat manufacturer. Refusal to surrender bat is automatic suspension from the league. If a batted ball seriously hurts a player, the Umpire will confiscate the bat & softball for inspection and testing by the League Director. For a complete list of NSA approved & Banned Bats, visit PlayNSA.com. If a Bat is NOT listed on the approved bat list, IT IS NOT LEGAL FOR PLAY. Bats that are tested on-site and do NOT pass the 1.20 BPF compression test will be removed from play. It will be the Directors decision to send a bat in for further testing.
- All bats used in The Assembly's softball league play must be NSA approved. Approved bats must have one or both of the following insignias imprinted:
  - Damaged or illegal bat use shall not be allowed. All Wooden Bats are Legal.
- If a game is called for rain prior to ending, the score will stand from the last completed inning.
- Infield Fly Rule. The batter is automatically called out if he/she hits the ball in the air in the infield when the bases are
- loaded with less than two outs or when runners are on first and second with less than two outs.
- Overtime/Extra Innings - If at the end of regulation play the game is tied then we will play one additional inning. An overtime inning will consist of a player (the last player who got out) of the team up to bat automatically standing on 2<sup>nd</sup> base. If at the end of this inning the game is a tie, then the game results in a then the process will be repeated until a winner is declared.
- Mercy Rule - The game will be called if a team is winning by 15 or more runs after 3 full innings; 12 runs after 4 innings; or 10 runs after 5 innings.
- Courtesy runners: May be used (1) time per inning. The Courtesy runner must be any player on the Team Roster.
- If the Courtesy runner comes to bat while still on base, the batting position is declared an out. Courtesy runner may not be substituted for once on the base. Defensive team "MAY" walk to get to the vacated spot in the line-up for an out. (Even if it's the 3rd out).
- Official Score Keeper: The home team shall be the official scorekeeper. However, both teams should try to keep a scorebook during the game. Should the home team not have a person to maintain the scorebook, the umpire may appoint an official score keeper or will be the official score keeper themselves.



- Softballs: All softballs used in the Assembly Softball league shall be provided by and approved by the League Director.
- The Assembly League will use the 12" core .044 - 275lb compression "Optic yellow" softballs.
- Regular season games will be umpired a single paid official on each field.

## **UMPIRES**

- Following the start of the game, the umpire shall have sole authority to stop, end or call a game due to rain, weather, panic or other logical reasons.
- Umpires have FULL authority to eject managers, coaches, players, and spectators from the game and playing field complex for taunting or rule infractions.
- Umpires are protected by law. Any attempt to harm an umpire in any fashion is a felony offense and shall result in the arrest of the offender. Additional penalties shall include ejection from The Assembly's softball league.
- Player Ejections
  - A player ejected from a game must immediately leave the playing field complex premises and go to the parking lot for the remainder of the game. Refusal to leave the playing field complex immediately shall cause the forfeiture of the game by the player's team.
- A player ejected from a game may cause their team's number of players to drop below the minimum number of players needed to play or complete a game. If so, their team shall forfeit the game.
- A player may be ejected from a game WITHOUT WARNING for fighting or for threatening bodily harm or attempting to intimidate any player, official, or director.
- A player ejected from a game and sent to the parking lot may return to the playing field complex only.
- The umpires will warn any over-aggressive player, but any player may be ejected at any time according to the umpire's discretion.
- ONLY captains have the right to discuss (not argue) calls with umpires.
- 4All other rules are covered by official WSL softball rules.
- 41. ALL UMPIRE DECISIONS ARE FINAL.

## **PLAYOFFS**

It will consist of the top 6 teams in the league playing in a double elimination. Seeding will be based off of record and points for and point against differential. No "pick-ups" will be allowed during playoffs and all players must have already played in at least one regular season game and are on the league roster/waiver. Teams that have had two forfeits during the course of the regular season will not be eligible for playoffs.

## **SPORTSMANSHIP**

We enforce a "Zero Tolerance Policy" in regards to behavior of players, managers, and fans. Taunting, trash talking, or abusive language will not be tolerated. Referees and Assembly staff will have the right to reprimand or eject players, managers, or fans depending on the severity of the situation. Abusive behavior toward the referee will not be tolerated. An ejection carries a

two game suspension (including the current game). In extreme cases, the player will be asked to leave the league without refund. The severity of the punishment will be based on the discretion of the referee and Assembly staff. Any rules not covered or protests will be handled by the Assembly staff. FIGHTING WILL NOT BE TOLERATED. ANY INSTANCES OF FIGHTING WILL RESULT IN A TEAM FORFEIT OF THE LEAGUE WITHOUT REFUND AND POSSIBLE EXPULSIONS FROM FUTURE ASSEMBLY EVENTS. ALL DECISIONS OF THE LEAGUE STAFF ARE FINAL. THE LEAGUE STAFF SHALL ALSO HAVE THE FINAL AUTHORITY TO MAKE ADJUSTMENTS TO GAME SCHEDULES, GAME DURATION, AND OTHER ASPECTS OF THE RULES OR OF THE LEAGUE.