

Welcome to the 2010 Spring Season

The **Principles** of the Rockville Centre Over 40 League are *Sportsmanship* and *Camaraderie*. While the League is designed to be competitive, each player is expected to abide by and demonstrate these **Principles**.

If you are unable to attend a game, please contact your Team Representative or another member of your team. If you get hurt, or are not able to play for other reasons, please notify your Team Rep or Jim Kelly.

We follow high school rules in general, we do have some exceptions to those rules. Two important differences that you should take note of are:

There is a no pressing rule. Failure to comply will result in a warning from the referee and a second occurrence will result in a Technical Foul.

The League has a three tiered Technical Foul Penalty which can lead to a fine, a suspension and, on the third technical foul, dismissal from the League.

Players receiving three technical fouls cumulatively, within a single season or across multiple seasons, will be ineligible to play in the Over 40 League.

The purpose of this rule is to maintain the balance between our competitive spirit and the recreational aspect of this league. Some example behaviors that will result in a technical foul include: repeated failure to drop back in accordance with the No Pressing rule; holding the ball or other actions that interrupts play; swearing after a referee's call; arguing with referees; and fighting.

While we prefer that no technical fouls be assessed, we will enforce the rule.

The School District has requested that we do not allow unattended children into the Middle School. So, if you plan to bring children to the games they must be accompanied by another adult and they must remain in the balcony at the Middle School.

Children must not be allowed on the court or in the halls of the school. As many of you know, our gym time is already very restricted and difficult to get so we request your assistance in meeting the requirements of our agreements with the School District.

GOOD LUCK!