

BASKETBALL LEAGUE RULEBOOK



Mission:

The mission of Terrell ISD ExCEL is to enhance student development, promote staff wellbeing, and support its senior community by providing access to programs and resources that strengthen the mind, body, and character.

League Goal & Values:

The overall goal of every *ExCEL* Youth Sports League is to positively impact the lives of our student-athletes through the physical, social-emotional, and educational growth opportunities that accompany participation in sports.

In order to accomplish this goal, it takes commitment, great effort, and "buy in" toward the following key values:

• Players Have a Great Experience:

All of our student-athletes should get to play in a safe & positive environment. Remember, they are just kids that want to play a game.

• Adults Focus on the Development of Young Men & Women:

We should prioritize and support the development of both hard and soft skills:

 Good character, problem solving, teamwork, leadership, communication, resilience, work ethic, and the skills for their sport.

• Everyone Takes Responsibility:

We all contribute to the success of the league.

- o Being Present, Prepared and On Time
- o Being Cooperative, Supportive, Knowledgeable, and Respectful
- Being your Best

Final Note for Parents & Coaches:

Always remember that our players are impacted by all that we say and do; whether at practices, games, in the car, or at the dinner table.

So, before saying or acting upon what may be on our minds...

Let's ask: Is what I'm about to say or do going to make my Player or Team better at this sport? Will it make them better as a person?

If not, we should move on to more important things so we can make sure, to the best of our abilities, that these athletes are developing as players, and young men & women.

Together, through our combined efforts, we can maintain these values, accomplish our goal, and fulfill the mission.

Thank you for being part of the ExCEL, and thank you for the investments you have decided to make toward the success of our youth.

Respectfully.

A.J. Knight ExCEL Director



ExCEL Basketball League Rules

The National Federation of State High School Associations' (NFHS) Basketball Rules apply to all ExCEL league games with noteworthy adjustments, exceptions, and additions listed in this document.

The ExCEL reserves the right to modify any rules and/or policies based on the discretion of League Administrators in order to serve the best interests of our participants, the facility, and/or the District.

Playing Surface & Equipment:

Court dimension and net heights: Court lengths, basket heights, and ball size will be determined by the ExCEL based on age/grade of each division. Any requests to modify court lengths/net heights must be approved by the ExCEL prior to game start. See "Division Specific Rules" sections for league standards and details by division.

Participant Policies:

Roster Size, Roster Lock and Division Placement

- Maximum roster size is determined by ExCEL and can vary season to season.
- Teams will be assigned to the division of their players' highest age or grade level.
- Coaches may edit rosters (remove players due to injuries or leaving the team / add players not to exceed the maximum) before the 4th game of the season.
- Under special circumstances, Coaches may request an exception to the roster lock date and teams may petition the ExCEL to roster more than the maximum number of players by emailing excel@terrellisd.org

Players & Eligibility:

- All Players must be registered and on the roster in order to practice and play in the games; no exceptions.
 - Guest players are not authorized at any time or under any circumstances.
- A player may only play on one (1) team per division.
- Players must compete only in their grade level or higher (ex. A Player in 6th grade can play in 6th, 7th and 8th Grades) If two grades are combined into one division, (ex. 3rd & 4th Grade Boys) the player cannot play for more than one (1) team in that grade level combination.
- ExCEL may check the validity of rosters at any time and/or if formally protested by opposing coach.

Players not meeting these requirements will be considered "Illegal". The use of illegal players is Not Permitted and a violation of ExCEL Rules and Policies.

An illegal player is defined as: An Unregistered / Un-Rostered Player, or;

A Player competing in a younger division (5th grader playing in a 4th grade division), or;

A Male Player competing in a Female Only Division, or;

A Player that is on 2 rosters in the same grade or grade level combination division.



Participant Policies (continued):

Coaches / Managers:

- One adult, 18 years or older, must be on the roster serving as the Coach and/or Manager.
- All participating adults must be rostered / registered and have a current, approved ExCEL / TISD background screening renewed annually (August 1st) based on ExCEL Policy.
 - o Upon clearance, Coaches must obtain an ExCEL Coaches Badge, that is to be worn for ALL Practices & Games.
- The Head Coach is responsible for the conduct of all persons connected with their team (Assistant Coach, players, scorekeepers, parents and fans)
- In the event that no coach is available, a parent stand-in as the Head Coach; the parent must be 18 or older and have a current, approved background screening with TISD and/or approval from ExCEL Administration.

Benches:

- Only eligible players and coaches on the official roster are permitted on the benches.
- During the game, coaches are not permitted on the court and must stay within the coach's box area.
 - The coach's box extends from his/her side of the scorer's table to the end of their bench and does NOT extend onto the court.
- Officials may require that coaches remain seated any time during the game and at the official's discretion.
- Failure to follow the referees' instructions may result in a technical foul up to ejection from the game.

Team Uniforms:

- Uniforms are the responsibility of the team.
- Players should have uniform tops with the same or similar color to the rest of the team and a pair of shorts also
 the same or similar in color to the rest of the team.
- Each player is suggested to have a unique number to identify them.
- Teams should have a dark and light (white) version of their jersey or a unique color that is different from other teams.
 - o In the case of two teams with similarly colored tops, the HOME team will be required to either change or wear pinnies of an alternate color that will be provided by the ExCEL.
- Home team should wear light color (white) and Visitors should wear dark color.
- In the event of a dispute, the Game Officials have final say on Jersey colors.
- All uniform designs must be above reproach. Any uniforms deemed inappropriate by ExCEL will not be allowed and the team will be required to produce an approved replacement.
- All jewelry must be removed prior to entering the game. Studs in newly pierced ears may be allowed to be taped or covered at the discretion of the official.
- Any type of cast or medical device must be approved by the officials.
- Report of any failure to comply with these requirements will be reviewed by ExCEL and the team may be penalized
 at the discretion of League Administration.



The Playing Rules:

Game Time:

- Games are four (4) quarters six (6) minutes each **STOPPED** clock.
 - The time clock stops for violations, fouls, timeouts and court issues.
- Game Officials have the authority to switch to a "running clock" when the game has a score differential of 20+ points and/or when mutually agreed upon by the Official and Coaches of both teams.
- Halftime is 3 minutes.
- Teams are allowed at least five minutes to warm-up before the game starts as long as both teams are present at the scheduled start time.
- Games must not start earlier than the scheduled time unless mutually agreed upon by the Official and Coaches of both teams.

Minimum Roster to Start Games:

- A team must have a minimum of 4 players and 1 coach in order to start the game.
- If a team is unable to fill a team (4 players and 1 coach) within 10 minutes of the scheduled game time the game will be forfeited.
- Forfeits will not be rescheduled.
- The forfeited game score will be recorded as 10 to 0.
- Schedule conflicts or emergencies should be brought to the attention of ExCEL and the opposing team's coach as soon as possible in order to request a reschedule and possibly avoid forfeiting.
 - Reschedules are never guaranteed and at the sole discretion of league administrators.

Tip Off and Possession:

- Games will start with center jump ball.
- For 2nd, 3rd, 4th quarters, teams will inbound the ball at mid court based on possession.
- The Referee and timekeeper will maintain the possession arrow. (Referee decisions on possession are final)
- Teams will start the game shooting at the opposite end of their bench.
- Teams switch directions after half-time and at the beginning of the third quarter, they will shoot on their own end.

Time Outs:

- Each team is allowed two (2) thirty (30) second timeouts per half.
- One (1) thirty (30) second timeout is allowed for each team in Overtime.
- Timeouts do NOT carry over at any point.

Overtime: (Applies to 3rd grade and above)

- If the game remains tied at the end of regulation, a sudden death overtime period will be played. In the sudden death overtime period, the first team scoring any point whether off a free throw or a basket wins the game.
- Overtime periods start with a center jump ball.

Playing time requirements (apply to league divisions up to 8th Grade):

- All players should play at least half of the game as long as they are in compliance with established team rules.
- Coaches are responsible to ensure that all players meet the mandatory playing time requirements.
- The following table provides a balanced playing time system based on the specific number of players at the game.



*This table is an *optional* guide that coaches may use to ensure mandatory playing time:

Players	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter
4	All Play	All Play	All Play	All Play
5	All Play	All Play	All Play	All Play
6	Players 1-5 play full Qtr. No substitution	Player 6 plays full Qtr. Players 1-5 can sub	All Players should play minimum of 6 minutes of the 2 nd Half	All Players should play minimum of 6 minutes of the 2 nd Half
7	Players 1-5 play full Qtr. No substitution	Players 6-7 play full Qtr. Players 1-5 can sub (3)	All Players should play minimum of 6 minutes of the 2 nd Half	All Players should play minimum of 6 minutes of the 2 nd Half
8	Players 1-5 play full Qtr. No substitution	Players 6-8 play full Qtr. Players 1-5 can sub (2)	All Players should play minimum of 6 minutes of the 2 nd Half	All Players should play minimum of 6 minutes of the 2 nd Half
9	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 1-5 can sub (1)	All Players should play minimum of 6 minutes of the 2 nd Half	All Players should play minimum of 6 minutes of the 2 nd Half
10	Players 1-5 play full Qtr. No substitution	Players 6-10 play full Qtr.	All Players should play minimum of 6 minutes of the 2 nd Half	All Players should play minimum of 6 minutes of the 2 nd Half
11	Players 1-5 play full Qtr. No substitution	Players 6-9 play full Qtr. Players 10-11 Sub	Players 10-11 play a full quarter either in the 3 rd or 4 th . All other players must participate in the 2 nd half	Players 10-11 play a full quarter either in the 3 rd or 4 th . All other players must participate in the 2 nd half

Substitutions:

- Prior to entering the game, all players must report to the scorer's table and be directed to enter the game by the Official.
- Substitutions during timeouts or between Quarters are allowed freely and do not require Official's approval.



Fouls:

- Personal Fouls: a player must leave the game after being charged five (5) personal fouls.
- Team Fouls: Except for common offensive fouls, all fouls will count as a team foul
 - Teams will reach the bonus (awarded two free-throws) when their opponent commits five team fouls in any quarter
 - o Team Foul count will reset at the end of each quarter.
- A technical foul will result in two (2) free throws and loss of possession. Two (2) technical fouls against a player or coach will result in ejection from the game. The player or coach must immediately leave the playing area. Any ejection also carries an automatic one (1) game suspension. The suspension will be served in the next scheduled game (regular season, tournament or playoff)
- Technical fouls assessed for inappropriate behavior by the fans or bench will be assessed to the team's bench. Officials will fill out an ejection form on the same day.
- Ejection of a coach requires suspension until review by the ExCEL and head of officials.

Foul Shots:

• A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. All other players may enter the lane when the ball hits the rim.

Scorer's Table:

- The Home Team provides the "Scorekeeper" and keeps the official scorebook on the game sheet provided.
- The Visiting Team provides the "Timekeeper" to operate the scoreboard & game clock.
- The Official Scorekeeper is required to sit at the scorer's table beside the clock operator. (Scorekeepers may not sit in the stands or on the team bench)
- The scorekeeper is responsible for ensuring that both coaches complete the game sheet with their roster's information by listing their players' number or designation and notating any absent players by crossing them out.
- Scorekeepers are required to record **overall running score**, **personal fouls**, **team fouls**, **and time-outs**. (Individual scoring is optional)
- It is recommended that both teams have a scorekeeper to ensure accuracy. If there is another (non-official) scorekeeper from the opposing team, it is also recommended for the scorekeepers to compare their scorebooks at the end of each quarter to ensure there are no discrepancies.
- Scorekeepers must remain neutral and cannot **coach** from the scorer's table.
- Officials may request to have a different scorekeeper.
- Game Sheets are provided at the time of the game and will be located on the scorer's table. These sheets serve as the official scorebook and will list all players and coaches who are eligible to participate in the game.
- Game Sheets must be completed and signed by both the scorekeeper and official(s) each game in order for the ExCEL to record the game and update the league standings.

Protests:

The ExCEL Administration will only hear protests for ineligible players and mandatory playing time violations. Coaches may not protest a referee's judgement call. During the regular season, all protests must be submitted to the ExCEL in writing within 48 hours of the game in question. A protest will not be allowed if the protesting coach did not inform the referee and opposing coach of the infraction in time for it to be resolved during the game. During playoffs and tournament, the time between games does not allow for the normal protest process. League Administrators in conjunction with the Head Official or other basketball representative will have the authority to rule on the protest.



Kindergarten & 1st Grade Division Specific Rules:

Game Format:

Running Clock | No Overtime

• Scores are Not recorded by the League

Basket Height: Eight Feet (8ft)

Ball Size: Intermediate Ball (28.5") or Junior Ball (27.5")

Mandatory Playing Time Requirements:

• Teams with ten (10) or less players: Each player must play at least one (1) full quarter from start to finish in each half.

- This rule may be waived under the following circumstances:
 - If a player arrives after the start of the game but before the start of the second half, the coach must play
 the player one (1) full quarter from start to finish in the second half and is not obligated to play the player
 in the first half.
 - o If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - o A player can be substituted anytime during the game for any reason.

Ball Handling Violations: Called progressively throughout the season.

Defensive Pressure:

- No defensive pressure in the backcourt.
- After a made basket or once ball control has been established on a rebound, the defensive team must retreat to the opposite end of the court.
- Initial defensive pressure is not allowed until the ball passes the white line just above the top of the key (this is the 10ft. line for volleyball)
- After initial penetration, defensive pressure is allowed to continue until change of possession.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- Over & Back Violations are progressively enforced throughout the season.

Zone Defense: Not Permitted.

Foul Shots:

No Foul Shots are taken. Ruled as a turnover and other team takes ball out of bounds at nearest location.

Three-Second Lane Violations:

Not enforced.

Technical Fouls:

Not called on players. They may be called on the coaches.

Important Note Regarding Violations & Fouls in Kindergarten & 1st Grade Divisions

- Violations: ExCEL encourages and instructs Referees & Coaches in this division to utilize the occurrence of
 violations as teaching moments during the first half of the season. There will be some leniency and personal
 discretion in calling violations as the goal is to ensure players are learning the game and correcting these common
 or unknown mistakes. We aim to tighten up on violation calls as the season continues and the players develop.
- **Fouls**: ExCEL encourages and instructs Referees to consistently call fouls throughout the season in order to ensure player safety.
- Coaches & Referees should have a pre-game discussion before every game to make sure there is common understanding and expectations for that game and to avoid potential discrepancies & frustrations.



2nd Grade Division Specific Rules:

Basket Height: Eight Feet (8ft)

Ball Size: Intermediate Ball (28.5")

Mandatory Playing Time Requirements:

- Teams with ten (10) or less players: Each player must play at least one (1) full quarter from start to finish in each half.
- This rule may be waived under the following circumstances:
 - If a player arrives after the start of the game but before the start of the second half, the coach must play
 the player one (1) full quarter from start to finish in the second half and is not obligated to play the player
 in the first half.
 - o If a player arrives after the start of the second half, the coach is not obligated to play the player.
 - o A player can be substituted anytime during the game for any reason.

Ball Handling Violations: Called progressively throughout the season.

Defensive Pressure:

- No defensive pressure in the backcourt.
- After a made basket or once ball control has been established on a rebound, the defensive team must retreat to the opposite end of the court.
- Initial defensive pressure is not allowed until the ball passes the white line just above the top of the key (this is the 10ft. line for volleyball)
- After initial penetration, defensive pressure is allowed to continue until change of possession.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- Over & Back Violations are progressively enforced throughout the season.

Zone Defense: Not Permitted.

Foul Shots:

Foul shots may or may not be taken. When Coaches agree to take foul shots, they can be taken from inside the
regulation free throw line (may be marked with tape or the existing hash lines of the paint / key area).

Three-Second Lane Violations: Not enforced.

Technical Fouls: Not called on players. They may be called on the coaches.

Important Note Regarding Violations & Fouls in Kindergarten & 1st Grade Divisions

- Violations: ExCEL encourages and instructs Referees & Coaches in this division to utilize the occurrence of
 violations as teaching moments during the first half of the season. There will be some leniency and personal
 discretion in calling violations as the goal is to ensure players are learning the game and correcting these common
 or unknown mistakes. We aim to tighten up on violation calls as the season continues and the players develop.
- **Fouls**: ExCEL encourages and instructs Referees to consistently call fouls throughout the season in order to ensure player safety.
- Coaches & Referees should have a pre-game discussion before every game to make sure there is common understanding and expectations for that game and to avoid potential discrepancies & frustrations.



3rd - 6th Grade Division Specific Rules

Basket Height:

- Ten Feet (10ft)
 - o Girls Divisions up to 4th Grade may play @ Eight Feet (8ft)

Ball Size:

• Intermediate Ball (28.5").

Mandatory Playing Requirements:

- These rules may be waived and up to the Coach's discretion under the following circumstances:
 - Chronic or repeated lateness or absenteeism of a player at games or practices may result in loss of playing time.
 - Coaches may enforce their own playing rules based on participation at practice and for other disciplinary reasons. These playing rules are to be submitted to the league for approval and distributed to each member of the team and enforced equally.
 - A player can be substituted anytime during the game if a player is ill or injured.

Defensive Pressure:

- Full court defensive pressure is permitted only in the **second half** of the game.
- **No** back-court pressure when up by **10 points**.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- The third defensive pressure violation results in a technical foul. Two (2) free throws and possession.
- Ball handling errors will be called anywhere on the court.

Zone Defense:

Not Permitted.

Foul Shots

- Foul shots are taken from the regulation free throw line.
- 4th Grade and below may elect to take foul shots from inside the regulation free throw line (must be agreed upon by both coaches prior to the game & may be marked with tape or the existing hash lines of the paint / key area).

Three-Second Lane Violations:

• Three-second lane violations are enforced.



7th & 8th Grade Division Specific Rules

Ball Size:

- Girls: Intermediate Bal (28.5").
- Boys: Official Regulation Ball (29.5").

Mandatory Playing Time Requirements:

- These rules may be waived and up to the Coach's discretion under the following circumstances:
 - Chronic or repeated lateness or absenteeism of a player at games or practices may result in loss of playing time.
 - Coaches may enforce their own playing rules based on participation at practice and for other disciplinary reasons. These playing rules are to be submitted to the league for approval and distributed to each member of the team and enforced equally.
 - A player can be substituted anytime during the game if a player is ill or injured.

Defensive Pressure:

- Full court defensive pressure is permitted for the entire game.
- No back-court pressure when up by 10 points.
- Defensive pressure violations will result in the ball being given back to the offensive team.
- The third defensive pressure violation results in a team technical foul, two (2) free throws.

Zone Defense:

Is Allowed.

Foul Shots

• Foul shots are taken from the regulation free throw line.

Three-Second Lane Violations:

• Three-second lane violations are enforced





COACH'S CODE OF CONDUCT

A primary goal for the Terrell ISD ExCEL is to ensure every child's experience is rewarding and enjoyable.

All parties involved; coaches, volunteers, officials, parents, and staff, are expected to collectively work together to accomplish this goal and provide the best possible experiences for the children through cooperation, support, and respect for their individual roles and responsibilities.

This code of conduct is in place to uphold approved and acceptable behavior.

The term "Coach" shall include, but is not limited to: Head Coach, Assistant Coach(s), Manager(s), Trainer(s) and/or other Team Representative(s) who interact with or instruct the players during league events.

Health and Safety of Players:

The health and safety of the players that I coach and/or instruct will be my number one priority.

I will never place the value of winning over the safety and welfare of players.

I will ensure that the players I coach and/or instruct have and wear proper safety equipment.

I will encourage athletes to seek proper medical attention and advice when required and follow all physician's instructions regarding treatment and recovery.

I will maintain the same interest and support toward all players, including those who are sick and injured.

Respect and Responsibilities to Others:

I will respect the rights, dignity and worth of all players, coaches, volunteers, officials, spectators and ExCEL staff.

I will treat everyone equally regardless of sex, ethnic origin, religion or ability and will refrain from all manners of personal abuse and harassment of others, whether verbal, physical, or emotional, and I shall oppose such abuse and harassment at all levels.

I will be a positive influence and will not, demean, degrade, humiliate, and/or engage in altercations with any player, parent, spectator, official, team or other coach or volunteer, or staff member. *(Includes off-site occurrences such as social media forums)

I understand and agree that my team is not guaranteed any specific schedule and that all scheduling assignments are at the sole discretion of ExCEL. I will do all that I can to ensure my team is able to adhere to the schedule provided.

Professionalism and Responsibility for Actions:

My actions, language, manner, punctuality, preparation and presentation will demonstrate high standards.

I will communicate league and team information effectively and in a timely manner with all members of my team.

I will refrain from using foul language, possessing or being under the influence of alcohol or illegal drugs while coaching, volunteering, supervising and/or instructing participants.

I will display control, respect, dignity and professionalism to all involved in the activity (athletes, coaches, opponents, officials, administrators, parents, spectators, media, etc.).

I will keep my registration and/or application current with the ExCEL and I will wear any required credentials (i.e. badge) and/or apparel at all ExCEL events.

I will be responsible for Parent and Spectator conduct at the sporting events of which I am coaching.

I will abide by and help to ensure the adherence to all rules, policies, procedures, and expectations set by the ExCEL.

Quality of Service to the Players:

I will be knowledgeable about the rules and skills of the sport(s) I coach and/or the subject(s) I instruct.

I will follow the rules for my sport(s) as determined and instituted by the ExCEL.

I will instruct players to play within the rules of the game and within the spirit of the game at all times.

I will not seek unfair advantage by teaching deliberate unsportsmanlike behavior to players.

I will never determine or make changes to a player's role or playing time due to financial reasons or fundraising participation.

I will be responsible for my players' actions on the field/court and will not permit them to perform with the intent of causing injury to opposing players.

I will never leave a participant unsupervised while involved in a game, practice or other activity at the ExCEL and will remain at the location following the completion of the activity until all children under my supervision have been picked up by a parent or responsible adult.





COACH'S CODE OF CONDUCT (continued)

Poaching Policy:

Poaching of players and coaches is considered a serious offense by ExCEL, and any group or individual found to have committed a poaching violation shall be subject to immediate removal from the program with no form of refund nor guarantee of future participation.

Any group, team, individual(s) which through its responsible officers, coaches, parents or representatives:

- 1. Has direct contact with a player, parent / guardian, or another coach to promote their team, group, or club, and solicit the player's participation will be considered a poaching violation. (Player contact includes, but is not limited to text messages, phone calls, emails, social media, and other written communication and/or in person conversations.)
- 2. Attempts at any time to induce a registered ExCEL player or coach (or their parent/guardian) to leave their current affiliation at any point will be considered a poaching violation.
- 3. Attempts to undermine, belittle, gaslight or suggest an alternative option to the ExCEL program in which they are currently registered or participating, regardless of the medium or location of such attempts, will be considered a poaching violation.

Any recommendation for a player or family registered to a team other than one's own to attend training, events, or any other services of a different team or individual would be inappropriate and considered an attempt to induce a player or coach to leave their present organization.

If any group, club, team, or individual(s) wish to acquire new players or coaches, they shall hold an open tryout that is communicated publicly and made available to everyone. Hosting "Open Tryouts" that are publicly advertised and made available to everyone would not be considered a poaching violation and any players or coaches acquired through this method would be allowed. Parents / Guardians may also submit a request to ExCEL for their player to be placed on a different team. ExCEL will review all team change requests and provide either approval or denial at its sole discretion.

I recognize the importance of my role as a Coach and accept the responsibilities that it comes with.

I pledge myself to observe, practice, and maintain this Code of Conduct as a condition of membership and participation in ExCEL Sports Programs.

I understand and agree that ExCEL Administration has the right and ability, in its sole discretion, to deny or remove any person, team, or organization from participating in an ExCEL program at any time for violation of policy or upon determining that participation by a person or team is not in the best interest of the person(s) nor the program.

I acknowledge that I have read and understand the Terrell ISD ExCEL Coach's Code of Conduct and I that I have access the Official League Rules of my sport online at https://www.terrellexcel.com/rule-books.

I agree to abide by the standards, policies, and procedures defined or referenced in them.

I further acknowledge that compliance with all league rules is mandatory. I understand and agree that failure by myself, my team, or its representatives to comply with league rules and policies will result in the below-stated consequences without exception:

1. First Violation: The team will forfeit the current game and the next scheduled game.

2. Second Violation: The team will forfeit the current game and the next two scheduled games.

3. Third Violation: The team will forfeit the current game and be permanently removed from further participation

in the league.

By registering for and participating in this program, I voluntarily agree to these terms and accept full responsibility for ensuring that my team adheres to all league rules and regulations.