



*One Voice, One Vision – We Are FAST-D.*

## **FILIPINO AMERICAN SPORTS TEAMS OF DETROIT (FAST-D) BASKETBALL LEAGUE RULES AND REGULATIONS**

**Members and attendees of the Filipino American Sports Teams of Detroit (FAST-D) participating in the basketball league must adhere to the following rules and regulations:**

### **I. CODE OF CONDUCT**

- 1.1. All members and attendees of FAST-D participating in the basketball league must adhere to the following code of conduct. Any breach of the Code of Conduct will result in suspension or expulsion from FAST-D.
  - No physical or verbal abuse is tolerated towards referees and scorekeepers from players or coaches. Such violation will result in suspension or expulsion.
  - Any player or coach ejected from a game automatically results in a 1 game suspension for the next scheduled game.
  - While we encourage fans to scream and cheer during games, unnecessary verbal and/or physical abuse towards referees, players, coaches, gym employees, officials, and other fans is not tolerated and will result in suspension or permanent expulsion from all FAST-D events for a time period to be determined by the Executive Board.
  - Any destruction of facilities rented/leased by FAST-D will result in automatic expulsion from FAST-D related sporting leagues and events for a time period to be determined by the Executive Board.
  - Any persons under suspension or expulsion is not permitted at FAST-D events until the suspension or expulsion has ended. Royal Oak Police Department will be contacted to remove any penalized persons from the property.
- 1.2. All members of FAST-D participating in the basketball league must adhere to the basketball rules and regulations of FAST-D, which combines FAST-D rules with Michigan High School Athletic Association (MHSAA) guidelines for basketball. MHSAA guidelines can be found at <http://www.mhsaa.com/>.
- 1.3. All members of FAST-D participating in the basketball league must respect the decisions and judgments of the game officials by showing sportsmanlike conduct towards the game officials. The coach or team captain shall be the only person who directly handles any dispute with the game officials.

- 1.4. Fighting and excessive physical harm is not tolerated in FAST-D. Any member involved in a fight or causing physical harm to another person will be suspended for the remainder of the season. Entrance into any future seasons is dependent upon a hearing with the FAST-D Executive Board.

## **2. ELIGIBILITY**

- 2.1. Participants are permitted to participate in the FAST-D sporting leagues and events if they meet one of the following criteria:
  1. Filipino bloodline/heritage
  2. Marriage: any spouse married to a person with Filipino heritage is permitted to play in the FAST-D sporting leagues and events provided they show a proper marriage certificate if asked.
  3. Marriage: any children married into a family with Filipino heritage is permitted to play in the FAST-D sporting leagues and events provided they show a proper marriage certificate if asked.
  4. Adoption: Any child legally adopted into a Filipino family is permitted to play in the FAST-D sporting leagues and events provided that the family shows proper adoption documents.
- 2.2. Only original documents are accepted as sufficient or proper documentation for marriage and adoption.
- 2.3. Any ineligible player participating in FAST-D sporting leagues and events will result in a forfeit loss for every game he/she plays for his/her team.
- 2.4. All players must possess valid identification in the form of an original driver's license, passport, or state ID to prove identity or age.
- 2.5. A grandfather clause exists that does allow non-Filipino divorcees to remain in FAST-D if those members have been with the organization previously.
- 2.6. Any player who has NOT played a minimum of two (2) regular season games is NOT ELIGIBLE for the playoffs. Any team playing with an ineligible player in the playoffs will forfeit the game as a penalty.
- 2.7. The final deadline for full payment of team registration fees is ALWAYS the Sunday before the regular season begins. Anything submitted after that day will result in a \$100 penalty fee. Fee can be waived by the FAST-D Executive Board.

## **3. DRESS CODE**

- 3.1. A team participating in the FAST-D basketball league must have one common jersey design and color.
  1. Each player in violation of this rule will be penalized four (4) points (two (2) points each half) awarded to the opposing team during the season.
  2. Uniform rule penalty is waived for the first 2 regular season games.
- 3.2. All player jerseys must be numbered. No sharing of jerseys or numbers is permitted during game play.
- 3.3. Any objects that may cause harm, injury, or give a competitive advantage are not permitted. Items include but are not restricted to such things as rings, watches, and necklaces.

- 3.4. Dry athletic shoes with rubber or rubberlike soles must be worn during all games. Nonathletic shoes such as heels and leather shoes will not be tolerated.
- 3.5. Failure to abide by any of the Dress Code Requirements in this section may result in the possible forfeiture of games played by violating player(s).

#### **4. TEAM ROSTER/REGISTRATION**

- 4.1. Divisions and age brackets are dictated on a season by season basis.
- 4.2. A player can only play on one team and one division per season in the FAST-D basketball league unless approved the Executive Board.
- 4.3. No players are allowed to play below their respective age division. However, any player has the right to play in a division higher than their age.
- 4.4. Deadline for any roster changes is always the Monday after a team's first game. After this date, your roster is set and final. No further changes can be made and persons not on the online roster cannot play.
- 4.5. The maximum roster limit per team is 15 players.
- 4.6. Each team must have an assigned team captain or coach.
- 4.7. Only players and coaches listed on the team roster are allowed to sit on the team benches. All other persons must view the game from a spectator seat.

#### **5. GAME RULES**

- 5.1. Games are five (5) versus five (5) based MHSAA basketball rules with the following exceptions listed below.  
Team captains and coaches should notify their respective teams of these rules.
  1. Tykes Division 3v3 Half Court Format
- 5.2. Each game consists of two (2) twenty (20) minute halves.
- 5.3. Each game consists of a two (2) minute warm-up.
- 5.4. There will be a two (2) minute halftime intermission.
- 5.5. Teams that do not have a minimum of four (4) players on the court at the scheduled game time must forfeit the game.
  1. Game time constitutes the exact time after the two (2) minute warm-up has ended.
  2. Forfeit score will be 10-0 for the winning team.
- 5.6. No pressing/trapping is allowed if the point margin is over twenty (20) points in the second (2nd ) half. Failure to follow this rule will result in a technical foul.
- 5.7. Two (2) minute overtime periods will decide any tie.
  1. If necessary, a second (2nd ) overtime will be sudden death with the first (1st ) basket scored being the winning team.

2. A second (2nd ) overtime in playoff games will consist of a two (2) minute period.
  3. A third (3rd ) overtime in playoff games will be sudden death with the first (1st ) basket scored being the winning team.
- 5.8. There is a five (5) foul limit per player.
1. Each technical foul issued results in two (2) free throws for the opposing team as well as possession.
  2. A technical foul is counted as a personal foul.
  3. Any player receiving two (2) technical fouls in the same game is automatically ejected from the game.
  4. Any player who is ejected from a game is automatically suspended for the next scheduled game.
- 5.9. Any fighting will result in an automatic ejection and suspension for the remainder of the basketball season.
- 5.10. Each team is awarded two (2) timeouts per game each consisting of thirty (30) seconds. One (1) additional timeout is given to each team during overtime.
1. There is no carry-over of timeouts to another half or overtime.
  2. A timeout called within the last two (2) minutes of the second (2nd) half or any part of overtime constitutes a side out-of-bounds.
- 5.11. Each game consists of a running clock except in the following instances:
1. Last two minutes of second (2<sup>nd</sup>) half on any referee whistle.
  2. Timeouts and technical foul stoppages.
  3. If the point margin between teams is over twenty (20) points, there will be no time stoppages except during timeouts
  4. Clock does not stop on any made basket regardless of situation.

## **6. PLAYOFFS**

- 6.1. All regular season teams qualify for playoffs with the exception of any guest team.
- 6.2. Playoff format is dictated by the number of teams in each division.
- 6.3. Playoff brackets will always be decided based on seeding.
- 6.4. Seedings are based on team records.
- 6.5. If two teams have the same regular season record, the following tie-breaker procedures will be used to determine seedings:
  1. Head to Head results between teams tied.
  2. If team split in Head to Head games, a point differential of those games will be used.
  3. If teams are still tied, a point differential in all league games for the teams tied will be used.
  4. If teams are still tied, least points given up in all league games will be used.
  5. As a last resort, a one game playoff will be held to determine the final standings.

## **7. PROTEST POLICY**

- 7.1. Only protests based on interpretation of the rules and player eligibility (Section 2) will be accepted. Any judgment calls by officials during a game are FINAL and NOT subject to any protest.
- 7.2. Protests based on interpretation of the rules must be executed in the following manner:
- 7.3. The notification of intent to protest must be submitted to a FAST-D officer by the end of the game.
- 7.4. FAST-D Executive Board will then meet no later than seven (7) days from the date of protest to deliberate its merit and finalize a decision.
- 7.5. Protests based on player eligibility must be executed in the following manner:
  1. Player eligibility protest must be submitted via email to the FAST-D Executive Board at [fastd@fastdetroit.org](mailto:fastd@fastdetroit.org) within twenty-four (24) hours after the game has ended unless it is a playoff game. The first and last name, as well as the jersey number of the player questioned must be submitted.
  2. Any player eligibility protests during the playoff season must be submitted in writing to the FAST-D Executive Board within ten (10) minutes after the associated game has been played. No protests will be accepted after this time.
  3. Any player in violation of eligibility rules and requirements will be suspended for the remainder of the season.
  4. All games played by any player in violation of eligibility rules and requirements will result in an automatic loss for that player's team.
  5. Note: Any team that files protests based on eligibility also may have its roster inspected for eligibility as well.

## **8. EXECUTIVE BOARD**

- 8.1. The FAST-D Executive Board reserves the right to perform randomized identification checks of players to ensure accordance with the league rules and regulations.
- 8.2. Any and all interpretations of the rules and regulations contained herein will be addressed by the FAST-D Executive Board.
- 8.3. The FAST-D Executive Board reserves the right to add, delete, or amend the rules and regulations at any time for the betterment of the organization and program. Proper notification will be given to all participating teams of these changes.