

# Lake Oswego Parks & Recreation

## 2016/2017 High School City League Basketball

Registration opens Oct. 12, 2016

**Registration Deadline (minimum 8 players):**  
**Wednesday, November 2 by 4:30pm**  
**Register at [loparks.org](http://loparks.org)**  
**City League Info at [lakeoswegosports.com](http://lakeoswegosports.com)**

### **I. TEAM FORMATION & PLAYER ELIGIBILITY**

Players, Student Managers and/or Adult Managers form their own team within the guidelines stated below. The league is open to girls and boys in the 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades, **within the following guidelines:**

- A. All participants must currently be a high school student attending a Lake Oswego 7J School District High School &/or residing within the Lake Oswego School District or City of Lake Oswego boundaries.
- B. A minimum of 8 eligible players is required and a maximum of 15 players are allowed per roster.
- C. Teams need to be formed to meet the League Divisions by gender & grade levels: Boys 9/10; Boys 11/12; Girls 9-12. Players can play up in a higher-grade level division, but cannot play in a younger grade level.
- D. This recreational league is only open to players who are not selected for their 2016/2017 high school basketball team (varsity, JV & Freshman teams).
- E.  Players can only play on one team throughout the entire season.  
 Players will not be allowed to change teams at any time throughout the season.  
 Teams will not be allowed to borrow players from other teams.
- G. Adding/Dropping Players: Roster changes can be made after Nov. 2 (minimum 8 players must be registered by this date for a team to be eligible to play in the league). Players can still register for teams at [loparks.org](http://loparks.org) up until the player add deadline of December 28.

### **II. ADULT TEAM SUPERVISORS**

- A. All teams are required to have at least **three (3)** registered adult supervisors. At least one must be present at all league games. There is no limit to how many adult supervisors a team can have.
- B. Teams must have a minimum of one registered adult team supervisor on the bench in order to play a game.
- C. Adult Supervisors will be required to complete a criminal background check form. These forms can be found on our website: [www.lakeoswegosports.com](http://www.lakeoswegosports.com) under the 'High School Basketball' page.
- D. On the form check the box if you are the main adult supervisor to be listed on the contact information for team email communications.
- E. All Adult Supervisor forms are due by **11/2/16**

### **III. REGISTRATION and FEES**

1. Team registration format, individuals are not placed on teams. Register at [www.loparks.org](http://www.loparks.org). Managers must first create their team before players can register. With the registration system, the parent/guardian should set up a family account and add the student manager/player onto the account or anyone older than 13 can create their own account. Players need to know team name and division name to register.

League Divisions:

- City League High School Basketball Girls 9 -12
- City League High School Basketball Boys 9/10
- City League High School Basketball Boys Jr/Sr

2. Registration Fee: \$57 per player fee, pay when you register (includes team T-shirts). LO residents only. Deadline to have a minimum of 8 players registered to get your team in the league is Wednesday, Nov. 2.
3. No refund of fees will be given to players that are suspended from the league after the Nov. 2 deadline.
4. If you drop a player after they have registered and paid:
  - a. The per player fee will be refunded minus a \$5 processing fee if a player is dropped through November 23.
  - b. The per player fee will be refunded minus a \$15 processing fee if a player is dropped Nov. 28 – Dec. 28.
5. If an entire team drops from the league after the Nov. 2 registration deadline:
  - a. There will be a 50% refund of the per player fee through Nov. 10
  - b. There will be no per player fee refund after Nov. 10
6. Student Coaches will be charged a \$15 registration fee (includes team t-shirt). Student coaches can only register by calling our registrar at 503-675-2549 to take payment over the phone or visit us at Palisades.
  - a. Student Coaches are included in the 15-player maximum roster members

### **IV. LEAGUE GAMES**

- A. Games will be held at Lake Oswego School District Jr. High Schools.
- B. Games will be played weeknights, Saturdays (some evenings) & Sunday afternoons/evenings.
- C. An eight-game regular season will be scheduled. A single-elimination tournament will be held for teams with enough sportsmanship points.
- D. Teams will play one or two games per week. There may be weeks teams have a bye.
- E. Most weeknight games will be scheduled for 7:15pm & 8:30pm start times. Friday night games are scheduled at 7:00pm, 8:15pm & 9:30pm.
- F. Games will consist of four 12-minute running quarters.

- G. Rules Governing Play: The official rules will be the 2016-2017 National Federation of State High Schools Association Rules with additions, exceptions, and clarifications of our local league rules. A complete listing of our local rules are available at [www.lakeoswegosports.com](http://www.lakeoswegosports.com)
- H. The home team will be required to provide a volunteer to operate the game clock.

## V. UNIFORMS

- A. Teams are required to wear High School Rec. League T-shirts provided as part of the player fee.
  - a. If teams have their own uniforms, the uniforms must be reversible, have legal-sized numbers on the front and back and approved by the Recreation Supervisor no later than November 2.)
  - b. Players will not be allowed to play without a City League jersey
- B. Teams can select short-sleeved or sleeveless (shooter) shirts. Team jersey selection forms are available on-line at [www.lakeoswegosports.com](http://www.lakeoswegosports.com) under the High School Basketball page.
- C. Uniforms cannot be decorated (i.e. w/ paint, markers), or altered (i.e. cutting) in any way.
- D. If a shirt is worn under the uniform, it must be similar in color.
- E. All players must have their jerseys tucked-in during game play.
- F. **Shorts with pockets or belt loops may not be worn during game play.** Players will not be allowed to play in this case. This is a NFHS safety rule required by the Officials Association.
- G. Players will not be allowed to play with Jewelry. Hair pieces that are metal, plastic or of a hard material are not allowed (i.e. bobbypins)
- H. \*New\*: All headbands, wristbands, sleeves, compression shorts and tights must be black, white, beige or uniform color. **They must be the same color for all team members.**

### Free Agents

Individual players looking for a team can be added to our 'Free Agent' list by contacting Jean Ostrander at 503-675-3901. No guarantee of being picked up by a team.

**See page 4 for important dates (form deadlines, orientation, shirt pick-up, etc.)**

## **Important Dates for the 2016/17 season**

WEDNESDAY, NOVEMBER 2

- REGISTRATION DEADLINE: a minimum of 8 players must be registered to guarantee participation in this league. Register at [www.loparks.org](http://www.loparks.org)
- Shirt order form (and team name selection) is due to the P&R office by 4:30pm located in Palisades (1500 Greentree Rd). Office closes at 5pm. Or it can be emailed to Jean at [jostrander@ci.oswego.or.us](mailto:jostrander@ci.oswego.or.us) by 5pm.
- A minimum of three (3) Adult Supervisor forms due to L.O. Parks & Recreation at Palisades (1500 Greentree Rd.) by 4:30pm. Or they can be emailed to Jean at [jostrander@ci.oswego.or.us](mailto:jostrander@ci.oswego.or.us) by 5pm.
- Forms are available at [www.lakeoswegosports.com](http://www.lakeoswegosports.com) under the High School Basketball page.

SATURDAY, NOVEMBER 19, 1:00pm

- NEW TEAM/MANAGER ORIENTATION: Teams that are new to the league are required to send a representative (student or adult) to the onsite orientation to the league at Lake Oswego Jr. High Gymnasium. New Managers are encouraged to attend (but not required).
  - The team manager will receive an email if you are required to attend the Orientation. Teams that do not have representation will lose Sportsmanship Points.

TUESDAY, NOVEMBER 22, 2:30-5:30pm

- Uniform and Official Roster pick-up at Palisades, 1500 Greentree Rd. – Parks & Recreation Department

MONDAY, NOVEMBER 28

- Games Begin

DECEMBER 28, 2106

- Last day to add players to your roster

For more information contact:

Jean Ostrander, 503-675-3901; [jostrander@ci.oswego.or.us](mailto:jostrander@ci.oswego.or.us)

Rodney Tate, 503-534-5283; [rtate@ci.oswego.or.us](mailto:rtate@ci.oswego.or.us)

# IN THE SPIRIT OF OUR RECREATIONAL LEAGUE

This program has been developed to provide organized, recreational basketball to the high school students of Lake Oswego. This program is for fun, safe play and participation by every member of each team. We encourage teams who are looking for highly competitive play to find a league that better fits your needs. The City of Lake Oswego High School Recreational Basketball League is designed for the enjoyment of all participants. Respect and good sportsmanship towards officials, Parks & Recreation Department staff; opponents and their fans; school district staff; teammates and school facilities is expected.

Please consider the following guidelines to determine if this league meets your needs prior to registering for the league. These guidelines are only a few highlighted areas of the league rules and should not be used in place of the official league rules. Complete, official rules can be found on the HS Basketball page at [www.lakeoswegosports.com](http://www.lakeoswegosports.com)

- Due to shortage on gym space there is no practice time available.
- Teams may full court press, unless they are 15 points or more ahead.
- There is a limit to misconduct-related technical fouls allowed for both individual players and teams. When players &/or teams reach the limit, they will be suspended from the league- with no refund of fees. There will be a loss of sportsmanship points related to ‘goof-ball’ behavior (not taking the game seriously), that can also lead to individual or team suspension from the league.
- Dunking or grasping the basket is not allowed before or after the game at any basket (only during game play). This will result in an automatic ejection for the player from the current game or a suspension from the next game. This counts towards the misconduct-related technical foul limit and loss of sportsmanship points.
- Teams are required to wear the team shirts provided as part of the league fee. Uniforms cannot be decorated or altered.  
(Teams with their own uniforms must get approval to wear them in the league prior to Nov. 2)
- Teams must have enough sportsmanship points in order to play in the league tournament.
- Only appropriate team names will be accepted into the league. Keep the names clean and fun if you want to play in our league or your team will be named for you. Submission of inappropriate team names will lead to loss of sportsmanship points.
- Teams are allowed to use eligible, registered players only. Teams using ineligible players will forfeit the game and may also be suspended from the league as a team.
- The criteria to break a tie for tournament seeding is:
  1. Sportsmanship Point Loss
  2. Number of Forfeits
  3. Head-to-head competition
  4. Coin Flip or random draw

**REQUIRED NEW TEAM/MANAGER ORIENTATION: LAKE OSWEGO JR. HIGH GYM  
Saturday, November 19 @ 1:00pm**