

CHRIST UNITED CHURCH RECREATION BASKETBALL



Welcome to Christ United Church Recreation Ministry's adult recreation basketball league. It is the mission of Christ United Church Recreation Ministry to offer Christ-centered and spiritual nurturing programming to participants of our church and community through our ministry. As a recreation ministry, we will always strive to provide an environment for fellowship and exercise for the enjoyment of sports. It is our hope that sports can be **Christ-like and competitive** with an emphasis on doing one's best while respecting other participants, staff, and officials. We must provide a safe, fun environment for our participants to exercise and develop physical skills that will lead to a healthy and fulfilling lifestyle. We must encourage each other positively with love and always remember that the *most important thing* is to have *FUN*.

"I can do all things through Christ who strengthens me." Phil 4:13

All participants are responsible for all information and rules in this document and the Recreation Ministry's policies and guidelines. The Recreation Ministry reserves the right to cancel or reschedule any part of the basketball league due to main church scheduling events that take priority to recreation.

REGISTERING AND SIGN-IN

1. All participants must complete orientation process.
 - a. Orientation includes completing a registration card, reading and signing the *Christ United Church Recreation Rules, Code of Conduct, and Facilities Guidelines* and you may be asked to provide valid ID.
 - b. You may go to our website to download, print and turn in on your next visit: christunitedcsports.com/adult-basketball
2. Fees will be \$5 per month.
 - a. A monthly card will be issued and it must be presented each time you sign in.
 - b. If you purchase a card any time in the month, it is for that current month only with the exception of the last 3 days of the month.
 - c. You may also purchase 6 months for \$25.
3. Registered participants who have completed the registration orientation process and are current on monthly dues may invite one guest at a time.
 - a. All guests must register and go through orientation with rec staff prior to play.
 - b. First time guests are free on the first day.
4. Sign-in:
 - a. You must show your monthly card prior to signing in.
 - b. PRINT your name and the time of your arrival.

PLAYERS & TEAMS

1. Must be age 19 or older.
2. You will play in the order in which you arrive.
3. If there are enough additional players for two more teams waiting to play, a second court may be opened (if court is available).

UNIFORMS

Rec min can provide pinnies if needed. Otherwise, participant's clothing must adhere to the Recreation Ministry Guidelines.

RECREATION BASKETBALL RULES

1. Games are recreational and are offered to provide indoor basketball opportunities. Any questions regarding rules should be directed to the assigned league team leader or the Director of Recreation Ministry.
2. All games will be played as full court games and lead by an assigned league team leader.
3. Participants should follow the typical recreation basketball rules and the assigned league team leader will advise and monitor. Any other specific rules will follow the NFHS (high school) rules.
4. **THERE WILL BE NO DUNKING or HANGING ON THE RIM** at any. Participants will be disqualified from participating and will be held liable for damage.
5. Food is not permitted in the gym. Water or sports drinks with sealable and closeable lids (no fast-food drinks, containers with straws, open containers).
6. Only non-marking gym shoes are permitted in the gym.
7. The League leader or Rec Staff may stop games at any time due to unsportsmanlike conduct. Consequences can be found in the Christ United Church Recreation Ministry CODE OF CONDUCT and ALL participants are required to read, sign and agree prior to participating in the league.

We are a MINISTRY first, not a RECREATION FACILITY first. We are here to LOVE GOD, LOVE PEOPLE and CHANGE THE WORLD. We are all here to glorify God through our conduct at all times.

You will play in the order in which you arrive. Some of you are waiting to play with certain people on the same team. The way this basketball league is set up, this will not happen. The purpose of this is to promote RECREATION style basketball and not competitive team play.

If there are enough additional players (10 or more) waiting to play, a second court will be opened (unless church event has been scheduled and second court is not available). The 10 players are to immediately go to second court and start a game. Anyone waiting that would prevent 10 players from starting an additional game (making it less than 10) may be asked to leave. This is causing a delay in play. You play when there is an opening to play unless you are physically unable to play.

Any new arrivals are to play next game available, ahead of anyone who has already played a game. Once everyone has had an opportunity to play, sub in as normal. Losing team shoots free throws to determine who is subbed in unless there are 5 (whole team) available to sub in. If two courts are running, waiting players can sub in to play either side - they just need to be watching to keep up. If two courts are running, the losers switch sides, then subs are made with waiting players.

Refrain from cursing or using threatening language or body language. This is a place of worship and should always be respected as such. THIS WILL NOT BE TOLERATED, and you will be immediately and indefinitely suspended for this kind of behavior.

RECREATION BASKETBALL PLAYER CODE OF CONDUCT

When you are in the Christ Center gym you will conduct yourselves in a manner which honors God. Fun and fellowship, along with working up a good sweat, are the purposes of any activity in this gym. There will be no “trash talk” or, what has been referred to as “basketball talk” in this building. If you begin to feel agitated, remove yourself from the activity. If another in the group is causing problems, notify the assigned league team leader and or the Rec Staff at the desk. Angry shouting, bad language, threats, overly physical play, and such will result in expulsion from this facility. Please use your time here to have fun and to help others have fun as well.

The Christ United Church Recreation Ministry has adopted the following “Player Code of Conduct.” These rules of conduct will be strictly enforced. All members participating in the leagues will honor the following rules listed in the code of conduct and if any violation shall occur, the appropriate penalties will be imposed. Christ United Church Recreation Ministry will take any disciplinary action necessary against the participants and spectators if they are acting in an unacceptable manner.

1. NO PLAYER SHALL: Refuse to abide by a league team leader’s decision. If there are any further protests, the participant will be directed to leave the campus by the Director of Recreation Ministry
2. NO PLAYER SHALL: Be guilty of an abusive verbal attack or profanity of any nature upon any player, rec staff, or spectator. The assigned league team leader is required to immediately suspend player from further play and report such player to the Director of Recreation Ministry. Should the verbal abuse occur either before or after the player’s game is completed, or from with the spectator area, said player will still be reported to the assigned league team leader, with possible suspension being the result of said player’s actions. Player shall remain on suspension until the assigned league team leader and Director of Recreation have considered the case.
 - a. Minimum Penalty: Placed on probation.
 - b. Maximum Penalty: Suspension.
3. NO PLAYER SHALL: At any time lay a hand upon, shove, strike, or threaten a player, an official, or a spectator.
 - a. Maximum Penalty: Immediate and indefinite suspension from Christ United Church Recreation and possible charges filed.
4. NO PLAYER SHALL: Be guilty of using unnecessarily rough tactics in the play of the game against the body or person of an opposing player. The assigned league team leader is required to immediately suspend players from further play and report such player to the Director of Recreation Ministry.
 - a. Minimum Penalty: Placed on probation.
 - b. Maximum Penalty: Suspension.
5. NO PLAYER SHALL: Smoke, vape, detected use of recreational drugs, or drink alcohol on, or in, any property, facility, or grounds.
 - a. Maximum Penalty: Immediate and indefinite suspension from Christ United Church Recreation.
6. SPECIAL NOTES:
 - a. Any player being placed on probation for specified time and if reported again for violating the “Code of Conduct” player will be suspended.
 - b. Any player removed from the game must leave facility immediately. Failure to do so will carry a maximum penalty of suspension for the remainder of the season. Any suspended player cannot attend during their suspension.
 - c. Players are responsible for their spectators. All of the above rules apply to spectators too. Players will be punished according to the rules above for their spectator’s behavior.
 - d. Appeals may be lodged with the Director of Recreation!
 - e. Remember this is a Christ United Church Recreation League - Poor player, team and spectator behavior will not be tolerated. Please respect the integrity of the game.

“A truly wise person uses few words; a person with understanding is even-tempered.”

Prov 17:27

FACILITIES POLICY GUIDELINES

1. Policy, guidelines and schedules are subject to change. Announcements will be posted at the Recreation Desk.
2. The recreation facilities are available to the Christ United Church family which includes members and regular attendees of Christ United Church and to guests at designated times. Guests of Christ United Church family may come with them during normal hours.
3. Anyone using the recreation facilities must have completed a registration form which will remain on file at the Recreation desk.
4. Each participant must sign in at the desk upon arrival each visit.
5. Participants must complete the Fitness Room Orientation prior to using equipment in the Fitness Room. All participants will be STAFF INSTRUCTED in the purpose, use and care of the equipment during this orientation.
6. Glorify God through your conduct. Appropriate behavior is expected at all times. Polite language and temper control are important for the effectiveness of the Recreation Ministry.
7. Be courteous to fellow participants. Rotate use of equipment or courts so that everyone can benefit.
8. All equipment is to be used only for its intended purpose.
9. Always have a towel to wipe perspiration from equipment after use.
10. Please do not wear colognes, perfumes or scented body sprays or lotions.
11. Bottled water only! No other food or drink is allowed in the room.
12. Children under the age of 14 years old must be accompanied by their parent/guardian.
 - a. Children between the ages of 10 and 14 may use only the aerobic machines with adult supervision after completing the Fitness Room Orientation. Weight training is not advised for children younger than 14.
 - b. Children, ages 14 and 15 may use all machines with adult supervision, after the Fitness Room Orientation.
 - c. Children, ages 16 and 17 may use all machines with adult consent, after completing the Fitness Room Orientation.
 - d. Recreation staff and volunteers may not assume responsibility for the supervision of children.
 - e. Due to the liability concerns children under the age of 10 years old are not allowed to use, sit on, stand on, or otherwise handle fitness room equipment.
 - f. There is no childcare.
13. Adhere to the Recreation Ministry dress code at all times. Proper attire must be worn:
14. Shorts will be modest.
15. Shirts must be modest in their coverage. They must be worn at all times & cover the mid-section of body. Shirts cannot be tight enough to show ribs, be low cut or a tank top/sports bra type shirt.
16. Apparel with inappropriate advertisements (bars, alcohol, tobacco, drugs, etc.) or potentially divisive messages are not acceptable.
17. Remember: In the Christ Center Recreation Ministry, **YOU ARE A MINISTER TOO!**

I have read and understand and agree to uphold the Christ United Church Recreation Ministry Recreation Basketball League rules, Player Code of Conduct, and Facilities Policy Guidelines.

Please PRINT your name: _____

Signature

Date

Staff: _____