

Hey guys. Welcome to the CBT League. There are a few things I want to go over with each and every team. I will do my best to make sure this league runs smoothly and no issues happen but it's your responsibility to follow these rules so we can meet each other half way. If you have any questions about anything, please reach out to me.

First rule: Please arrive to games on time. (mandatory). There will be a 15 min grace period but the games will start approximately at 6:15, 7:15, and 8:15 if we have enough to start the game. The team present gets an automatic win. The refs will leave if you don't show up on time.

Second rule: This is a no NONSENSE league. I am more than fair but if you and your team become disrespectful to the staff or to other opponents, then the police will be called ASAP. The league will not tolerate any bullshit.

Third rule: You're only allowed in the gym. If you have to use the bathroom outside the gym you can but don't wander around the halls. This is a middle school & it was very, very hard to get this gym for this adult men's league so don't ruin it for everyone else. Please!

Fourth rule: Don't give refs a hard time. I get the games will be intense but don't be disrespectful and want to fight or threaten the refs. That's an automatic disqualification from the league (No Exceptions).

Fifth rule: You must wear your CBT jersey every game. This is mandatory. If you don't, your team will receive a TECHNICAL

FOUL for each player that does not have their jersey. Read this rule again.

Sixth rule: Individuals must play in a minimum 4 games to qualify for playoffs.

Seventh rule: Rosters will be locked Week 3. That means you can not add anyone new to the team.

Eighth rule: Everyone must sign a waiver to play in this league.

Ninth rule: No weapons!!! I shouldn't even have to say this but you don't know anybody more. Keep the peace!!!

Tenth rule: Another reminder, this a no nonsense league. If you continue to be a problem, you will be kicked out of the league without getting your money back. I'm very, very serious. Don't ruin it for everyone else.

*A technical foul would count towards the players foul & the teams foul.

*Timeouts: Each team will be awarded two timeouts per half. The timeouts do not carry over.

*Spectators can come and watch the games but we will not be allowing people to argue with the refs and threatening them or the other team. You will be asked to leave and if you don't leave we will be calling the police.

