



January 2016 NEWSLETTER

EdenAthleticClub.org

Eden Japanese Community Center (EJCC)

710 Elain St. | San Lorenzo, CA | 94580

Happy New Year!



Good luck to all our Eden teams as they resume their basketball practices, games, and tournaments.



Remember to bring and wear uniforms

Contact Norman Yoshida for any questions.

normyoshida@yahoo.com 510-882-9826

Contact your Team Manager if you need to reschedule your team.

Friday Jan 8th – Bancroft Gym

7:20 EG - E Gold - Sato

7:35 CB - C Silver - Nakamura (Team Shot Only)

7:45 DBG – D Boys Gold - Goodwin

8:10 BB – B Boys – Valerio

Friday Jan 15th – John Muir Gym

7:15 EB – E Bronze - Nakamura

7:40 ES – E Silver - Hsu

8:05 CB – C Silver - Nakamura (Player Shots)

Friday Jan 22nd – Bancroft Gym

7:15 EN – E Non - Tanamachi

7:40 DGG – D Girls Gold - Chan

8:05 DGS – D Girls Silver - Lee

8:30 DBS – D Boys Silver – Lee

Eden Wear and Gear!

EAC is launching a sleek new line of Eden Wear and Gear available for your pre-orders soon.



Way to Go EDEN !!

Eden's 2015 Mochitsuki was a sellout!

Thanks to everyone on the Mochitsuki Committee and to all who worked hard to prep & clean our Community Center, wash, cook, and pound rice into over 750 pounds of mochi in record time!



Eden Family Bowling Night

Thursday, February 11, 6-8pm

Castro Village Bowl

3501 Village Dr, Castro Valley, CA 94546

Eden JACL, Eden Athletic Club, & all other Eden Japanese Community Center groups are invited! Two hours of bowling and shoes for only \$10 per person (spectators are free of course). Attendees will pay for themselves directly to the bowling alley when they arrive.



Please RSVP to Dean Seiji
dseiji@insdra.com,
510-326-8210

or

at <https://www.facebook.com/events/1678275869122716/> so we can reserve an appropriate number of lanes. All ages & levels welcome!

Reminders

Please talk to your team manager as soon as possible if you need training for time keeping and score keeping.

The complete 2015-2016 EBYAL & EBGAL Game Schedules are posted on the Eden Athletic Club website.

<http://www.edenathleticclub.org/league.html>

Safety rules during league and tournament play:

Absolutely NO jewelry; tops must be tucked into the shorts; shorts should not have pockets or belts; undershirts, if worn, must be the same color as the uniform tops—white on white, blue on blue. Once a game has started, only players, coaches and referees are allowed on the court. Any bloodstained uniform must be changed before a player is allowed to enter/re-enter the court. Coaches have been given extra uniforms and should carry them with their equipment to all games.

GYM RULES and SAFETY

- ☐ Due to insurance/liability issues, only EAC players are allowed on the courts.
- ☐ Children who are not Eden players must not be left unattended in the gyms.
- ☐ Climbing and playing on the bleachers or gym structures is prohibited.
- ☐ Please refrain from eating and drinking (except water) beverages inside the gyms.

Everyone's adherence to these rules will ensure the EAC's continued use of these gyms. Thanks for your cooperation!



UNIFORM CARE INSTRUCTIONS

Please take off uniforms immediately after playing and leaving any gym. Most uniform stains occur from eating after a game with player uniforms still worn.

In the event of staining, please treat stains on uniforms as soon as they are noticed. "Shout" is a safe product to use. **Thank you!**

DO NOT USE BLEACH
Wash uniforms in COLD WATER ONLY
HANG DRY ONLY
Do NOT tumble dry
Dry completely

Please note Eden's replacement uniforms policy. If a uniform is deemed damaged beyond repair at the end of the season, their replacement charge will be deducted from the member's registration fee.

NEWSLETTER CONTRIBUTIONS

We welcome anything you would like to share with the Eden Community and have posted in next month's newsletter, please send to ChrisKitWong@gmail.com by the 25th day of the month for publication to the following month. Thank you!

Visit and Like us on Facebook



<https://www.facebook.com/EdenCommunityCenter>

Eden Basketball Gym Schedule

January 2016

<http://www.edenathleticclub.org/practice.html>

	1/8/16	1/15/16	1/22/16	1/29/16
Bancroft**	7-8:30: DBG, EG 8:30-10: BB	7-8:30: EG 8:30-10: BB	7-8:30: DGG, DGS 8:30-10: BB	7-8:30: ES 8:30-10: BB
John Muir**	7-8:30: EB, ES 8:30-10: CB	7-8:30: EB, ES 8:30-10: CB	7-8:30: EB, ES 8:30-10: CB	7-8:30: EB, EG 8:30-10: CB
Fred Korematsu High**	7-8:30 DGG, DGS 8:30-10:30: DADS	7-8:30 DGG, DGS 8:30-10:30: DADS	7-8:30 DBG, DBS 8:30-10:30: DADS	7-8:30 DGG, DGS 8:30-10:30: DADS
San Lorenzo High (East gym)	7:00-9:00: DBS	7:00-9:00: DBS, DBG	7:00-9:00: EG	7:00-9:00: DBS, DBG
McKinley	7:00-9:00: EN	7:00-9:00: EN	7:00-9:00: EN	7:00-9:00: EN

Practice schedule is subject to change due to gym availability. Your team's manager will notify you of any changes.

Coaches:

EN: E-Non – Kyle Tanamachi

EB: E-Bronze – Alain Nakamura

ES: E-Silver – Sid Hsu

EG: E-Gold – Genro Sato

DBS: D-Boys Silver – Tony Lee

DBG: D-Boys Gold – David Goodwin

CB: C-Boys Silver – Erik Nakamura

BB: B-Boys – Kevin Valerio

DGG: D-Girls Gold – Elvis Chan

DGS: D-Girls Silver – Roger Lee

**RULES regarding the use of John Muir, Bancroft and Fred Korematsu:

1) **No street shoes allowed—only athletic shoes. Absolutely no spiked heels on the court.**

2) **NO food is allowed in the gym. Please be sure to wipe up any spills and pick up any bottles after your practice or game.**

We must stress how important it is to follow the rules if we are going to continue to be allowed to use these gyms. Thank you!

Bancroft Parking: Gym is located at Bancroft and Callan Ave. Additional parking can be found across the street from the school. The driveway is on Callan Ave.

San Lorenzo High East Gym – Use the parking lot entrance on Ashland Ave. to access SLz High's East Gym. Turn right at the end of the parking lot and the gym will be to your left. You can park alongside the gym on the blacktop.

Fred Korematsu High School Gym is located at the corner of E. 14th St and 138th Ave. Street parking is available.

If you have any problems or concerns with the gyms, please contact Karen Sakai at (510) 867-5100 or at both@the-sakais.com.

GYM LOCATIONS

GYM LOCATIONS

Alameda Point Gym

1101 West Red Line Ave Alameda, CA 94501

Bancroft Middle School

1150 Bancroft Ave., San Leandro, CA 94577

(Additional parking can be found across the street from the school. The driveway is on Callan Ave.)

Diablo Japanese American Cultural Center (Diablo)

3165 Treat Blvd Concord, CA 94518

Fred Korematsu High School (FTK)

2200 Bancroft Ave., San Leandro, CA 94577 *The gym is located at the corner of E. 14th St. and 138th Ave.*

Street parking is available.

John Muir Middle School

1444 Williams St., San Leandro, CA 94577

McKinley Elementary School

2150 E. 14th St., San Leandro, CA 94577

San Lorenzo High East Gym

50 East Lewelling Blvd., San Lorenzo, CA 94580

(Use the parking lot entrance on Ashland Ave. to access the East Gym. Turn right at the end of the parking lot and the gym will be to your left. You can park alongside the gym on the blacktop.)

Southern Alameda County Buddhist Church (SACBC)

32975 Alvarado Niles Rd Union City, CA 94587

Tice Valley Community Gym (TICE)

2055 Tice Valley Blvd Walnut Creek, CA 94595

Walnut Creek Intermediate (WCI)

2425 Walnut Blvd Walnut Creek 94597

Entrance from Ygnacio Blvd (gym in the back)

Super Bowl Bracket Challenge

Send in your bracket before 10am Sunday Jan 10 predicting the 2016 Super Bowl winner to chriskitwong@gmail.com and win a prize !



UPCOMING EVENTS

Mark Your Calendars



CYS Takeda Family Instructional Jamboree

January 16 & 17, 2016
San Jose – 2nd–4th Grades

EAC Board Meeting @ EJCC

January 20 7:30 pm

SF Associates Jamboree

February 6, 2016
San Francisco City College

Eden Family Bowling Night

February 11, 2016
Castro Valley Village Bowl

EAC Board Meeting @ EJCC

February 17 7:30 pm

BCSF YAO E-Jam Tournament

February 20, 2016 - K–3rd Grades

Ohtani 2016 Jamboree

February 28, 2016 – D & E Divisions

Sacramento Betsuin Tournament

March 5-6, 2016

EBYAL C & B Shaughnessy

March 5-6, 2016

FYBC Tournament

March 12-13, 2016

SACBC Hanamatsuri Tournament

March 12-13, 2016 B & C Divisions
March 19-20, 2016 D & E Divisions

EAC Board Meeting @ EJCC

March 16 7:30 pm

30th Annual SJUMC Tournament

March 19-20, 2016

EDEN JAMBOREE

March 26, 2016

BCSF YAO 36th Annual Invitational Tournament

April 9 & 10, 2016
San Francisco – 7th-12th Grades



Upcoming COMMUNITY EVENTS

COMMUNITY DAY AT CURIODYSSEY

1651 Coyote Point Dr, San Mateo, CA 94401

Jan 9, 2016 @ 10:00 AM



Explore science and meet native California animals.

"The Richmond Rosies" Documentary

The San Leandro Library and San Leandro Historical Society present a special screening of the documentary "The Richmond Rosies".

Saturday, January 9 - 2:00pm to 4:00pm

During WWII, "Rosies" built hundreds of Victory and Liberty ships at Bay Area shipyards. *The Richmond Rosies*, a new 63-minute documentary film, provides first-hand accounts of five women and their experiences working as welders, riveters, and other jobs that had been the exclusive domain of men.

Special Guest Speaker - Following the documentary San Leandro's very own "Rosie", Mary Torres, will speak about her experience building Liberty Ships at the Oakland shipyard.

Film screening is free, no reservations or tickets required.

Location: San Leandro Main Library - 300 Estudillo Avenue, San Leandro.

For more information visit www.sanleandrohistory.org, email sanleandrohistory@gmail.com or call 510-577-3991

When: Saturday, January 9, 2016

Time: 2:00 PM - 4:00 PM

Where: San Leandro Public Library, 300 Estudillo Avenue, San Leandro, Ca, 94577

Contact: Addie Silveira - 510-577-3991

SAT Strategy Seminar

Teens are invited to attend a new SAT information and strategy seminar from 6 to 7pm on Jan 19 at the Castro Valley Library. Begin your college prep process by learning more about the new tests, options, how to assess your strengths and weaknesses, all while receiving test taking tips from Kaplan experts! For more info and to register call 510-667-7900 or visit aclibrary.org

Fred Korematsu Day

Fred Korematsu, a Medal of Freedom recipient, died in 2005. Schools throughout the state are celebrating the Fred T. Korematsu Day of Civil Liberties and the Constitution.

When: Saturday, January 30, 2016

Needle Crafters

Come join our San Leandro Library program assistants and work on your needle craft project (knitting, crocheting, embroidering, quilting, cross stitching, etc.) while discussing books, travel and movies! The Needle Crafters, sponsored by the San Leandro Library, is an informal, fun gathering to meet and make new friends and relax at the Library. So if you are a beginner and want to learn, this club is just for you! This group meets year round, except on holidays. www.aclibrary.org

When: Sunday, January 10 & 24th 2016

Time: 1:30 PM - 3:45 PM

Where: San Leandro Main Library, 300 Estudillo Avenue, San Leandro, CA, 94577

Contact: Mary Lee Barr - 510-577-3986

Murder Most Foul Forum

There's something afoot and for those who love mysteries, be sure to attend the "Murder Most Foul Forum" author event! Local mystery authors Juliet Blackwell, Gigi Pandian, Carole Price and Susan Shea will discuss their fascinating writing experiences and their most recent publications followed by a book-signing session for each author.

Add to the fun by entering a character-naming drawing and win a chance to have your name printed in a future book by one of these authors! So grab your trench coat and follow the clues to investigate just exactly what this event is all about.

Admission is free.

For more information about this event, please call (510) 577-3971.

When: Saturday, January 16, 2016

Time: 2:00 PM - 4:00 PM

Where: San Leandro Main Library, 300 Estudillo Avenue, San Leandro, CA, 94577

Hayward Shoreline Interpretive Center

4901 Breakwater Avenue
Hayward, CA 94545

www.haywardrec.org/hayshore.html

There's Treasure Everywhere

Sunday, January 17, 1:00pm-2:00pm Kids explore the tiny creatures that live at the shoreline Explore the salt marsh channels and dipnet to find the treasures that lie beneath the surface of the water. Collect plankton samples and view these hidden gems with the help of microscopes. Ages 6+. Fee: \$5 per child.

Shoreline Trash Takers

Sunday, January 24, 12:30pm-2:00pm Kids help remove litter from the shore. Grab your work gloves and your goodwill; the salt marsh needs your help getting rid of the trash that has accumulated since our last clean-up. We will provide the trash bags and some gloves to loan. All ages. Free.

Nature Photography: Exploration and Appreciation

Sunday, January 31, 10:00am-12:00pm Hike and learn nature photography techniques

Nature photography is a great way to engage with the world around us! We'll go over simple techniques for both finding and photographing the flora and fauna of the wetlands during a fun and easy workshop and nature hike. All experience and skill levels are welcome, and any camera (including a smartphone) is fine. Ages 13+. Fee: \$8 per person.

San Leandro's Got Talent!

Join us at the Main Library on Saturday, January 30 for the fourth annual San Leandro's Got Talent: Snow Place Like Home! Be ready for a night of great talent, prizes, and more! Tickets on sale at the Main Library and Marina Community Center now! Show tickets are \$5.00 for students 17 and under, and \$10.00 for adults 18 and over. All proceeds from the show go back to San Leandro teens!

For more information please call 510-577-3971.

When: Saturday, January 30, 2016

Time: 7:00 PM - 10:00 PM

Minions at Manor? Yes! Join us to watch Disney's Minions on Saturday, Jan. 16 at 2:30. Free, no registration or ticket required. Refreshments and fun raffles prizes too! Children under 10 must be accompanied by an adult. Manor Branch Library, San Leandro



2016 Coming of Age Day In Japan

Coming of Age Day (Seijin No Hi) Jan 11 2016 is a rite of passage in every young person's life in Japan. It's the day they celebrate becoming an adult.

Coming of Age Day is a national holiday. Residents who have turned 20 in the previous year are invited to their local city hall for a congratulatory ceremony. It's an auspicious day that also requires a visit to the local shrine.

Women dress in furisode, a type of kimono with long sleeves. Furisode is only worn by adult single women. The furisode is the same idea as the debutante gowns once worn in the West. It's common for furisode to cost around 1 million yen (around 10,000 USD).

Men sometimes wear a male kimono known as a hakama but more often wear western suits.



After the ceremony, families usually have a little party. The focus of the day is photos. If you buy a kimono for a one day event that costs 1 million yen it's important to take lots of photos. After the family events, friends meet at an izakaya to celebrate.

East Bay Girls Athletic League

Game Rules

2015-2016

This sheet must be present at the score table for each league game for everyone to see. The timekeeper is to make this available. League representatives are to remind coaches, managers, timekeepers and scorekeepers of these rules.

RULES REGARDING SCORING AND GOOD SPORTSMANSHIP:

A coach must take action which prevents a team from running up the score during a season basketball game. The leading team's coach has the obligation to implement the following in order to prevent the game from getting too one-sided and to instill within the league's players values of fair play and good sportsmanship:

Substitute in weaker players

No fast breaks

No presses or traps

Play a zone

Play players out of position

Practice running offensive plays

Everyone must refrain from directing any negative comments/trash talking towards players, coaches, officials, or opposing team's fans before, during and after each game. Coaches will be held accountable and responsible for their team, assistant coaches, managers and fans.

If negative comments/trash talking is heard, please direct them to your coach or manager, who shall then notify the referee. The referee has the option to issue a warning or impose a technical foul on the offending player or team.

Mercy Rule: The EBGAL will not impose a game-ending mercy rule, even though there is one-sided scoring. Play will continue until the official game time has expired.

For D-Division: The score clock (game scores only) display will be turned off when the point differential reaches 25 points or more. If the score differential falls to 10 points or less, the score clock will be turned on and the correct game score will be displayed. Score keepers shall continue scorekeeping until the end of the game.

For C-Division: The score clock (game scores) display shall NOT be turned off.

HIGH SCHOOL BOYS' RULES WILL BE USED WITH THE FOLLOWING EXCEPTIONS:

TIME-KEEPING/SCORING

The official scorer is NOT required to wear a black-and-white vertically striped garment as required by High School Boy's rules.

The Home Team will provide a Time keeper.

The Visiting Team will provide a Score keeper.

All Divisions (except for B Division)

8 minute quarters; running time (stop clock on shooting fouls, time outs, and at the referee's discretion). The last two (2) minutes of each half will be stop time. EXCEPTION: If the score exceeds 15 points during the last two minutes of the 4th quarter, running time will continue.

1 minute between quarters. (Single beep 15 seconds before quarter break time is up. Two beeps when time has expired.)

5 minutes between halves. (Single beep 15 seconds before half time break time is up. Two beeps when time has expired.)

1 minute between overtime periods. (Single beep 15 seconds before overtime break is up. Two beeps when time has expired.)

D Division only:

The 1st quarter and 3rd quarter shall be divided into two playing periods of four minutes each to allow for mandatory substitutions under the "all play rule".

B Division only:

Two (2) twenty (20) minute halves running time (stop clock on shooting fouls, time outs, and at the referee's discretion). The last two (2) minutes of each half will be stop time.

TIMEOUTS

Each team is allowed Two (2) one-minute time-outs per half. Unused time-outs do not carry over to the 2nd half. One (1) additional time-out is given for each overtime period. Unused 2nd half time-outs can be carried over through succeeding overtime periods. Overtime periods are considered part of the 2nd half.

FOULS/FREE THROWS

Beginning with the 7th team foul through the 9th team foul, a "one and one" free throw situation will apply. Beginning with the 10th team foul in each half, two (2) free throws will be awarded.

If a **technical foul** is assessed, 2 points will be awarded. No free throws will be taken.

OVERTIME

B and C Divisions:

One (1) three-minute overtime. Stop time with one additional time-out. If the game is still tied at the end of the 1st overtime period, a 2nd three-minute period will begin, however, SUDDEN DEATH will be played. The team scoring the first point or points shall be declared the winner. If no points are scored during the 2nd three-minute overtime period, the game shall be declared a tie.

D Division

One (1) two-minute overtime only. Stop time with one additional time-out. No Sudden Death. If the game remains tied after the two-minute overtime period, the game shall be declared a tie.

ADDITIONAL B AND C DIVISION RULES

C and B Division players are required to play each half. Non-compliance will result in game forfeiture.

ADDITIONAL D DIVISION RULES

1. No backcourt pressure. No full court pressing allowed.
2. Free throw shooter is allowed to cross the free throw line before the ball touches the rim or backboard.
3. "ALL PLAY RULE" Each EBGAL basketball team must play all healthy, uniformed team members in the game until the conclusion of the first playing period", unless an injury or referee's disqualification forces the player's removal from the game. Only players who did not play in the first "playing period" may play in the second "playing period".
EXCEPTION: If a team has fewer than ten (10), healthy, uniformed players in attendance all of its team members who did not play in the first "playing period" must play for the entire second "playing period". No player shall play less than eight (8) minutes on the clock.

FORFEITURE RULES:

1. A team shall begin play with either four (4) or five (5) players on the playing court at the start of the game or the game will be forfeited to the opposing team. If both teams fail to floor at least four (4) players at the start of the game, both teams shall be penalized with forfeiture.
2. A team having an ineligible player shall be penalized with forfeiture.
3. Both teams must be on the court at the assigned time or the game will be awarded to the team present. In the event both teams fail to arrive at the assigned time, both teams shall be penalized with forfeiture.
4. Players arriving after the completion of the first half will be allowed to play in the second half; however, the team is subject to a Technical Foul.

UNIFORM CODE:

1. Long hair is to be tied back. Numbers have to be seen, front and back.
2. Fingernails are to be trimmed.
3. Absolutely no jewelry (barrettes, rings, watches, etc.). Tape on ears is not allowed.
4. Once a game has started, ONLY the current players, coaches and referees are allowed on the court.

SAFETY RULES:

1. While a basketball game is being played, no other player, team, or member of the audience should be shooting baskets, dribbling or playing with a basketball.
2. Stop activities of any non-player in the gyms, i.e., fooling around on the gym floors and bleachers. Coaches and managers should be responsible for policing their organizations and notifying parents of the possible consequences (technical foul may be issued by referee).
3. All organizations should watch for and clean up dangerous situations such as wet floors and litter. The responsibility is shared by everyone in the gym.
4. Coaches and managers should notify all players of certain items on their persons that may cause injuries, i.e., hair pins, earrings, long fingernails, etc.
5. Concussions. If a concussion is suspected, the coach must: 1) remove the athlete from play; 2) inform the athlete's parents or guardians; 3) notify your team's League Representative; and, 4) only allow the athlete to return with permission from a qualified health care professional.

EBYAL 2015-2016 SEASON

Playing Rules for B-C-D Divisions

THESE RULES MUST BE PRESENT AT EACH LEAGUE GAME. IT IS THE TIMEKEEPER'S RESPONSIBILITY TO MAINTAIN THIS SHEET AT THE SCORER'S TABLE.

UNLESS STATED, ALL DIVISIONS WILL ADHERE TO THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS RULES.

GAME TIME

1. Game time durations by division:
 - a. B Division: 9-minute running time quarters. The last 2 minutes of each half is stop time. The 30 second shot clock will not be used.
 - b. C & D Divisions: 8-minute running time quarters. The last 2 minutes of each half is stop time. The 30 second shot clock will not be used.
2. Time will only stop for shooting fouls, time outs and at the referee's discretion, except for the last 2 minutes of each half.
3. 1 minute between quarters.
4. 5 minutes between halves.

TIME OUTS

1. Four 1-minute timeouts per game. One additional 1-minute timeout for each overtime period.
2. Unused timeouts carry over from the regulation period into the overtime period(s).

FOUL SHOTS

1. One-and-one on the seventh team foul of each half.
2. Two shots on the tenth team foul of each half.
3. Shooter is NOT allowed to cross the free throw line when shooting. EXCEPTION: In the D Divisions, the shooter's momentum can cause the player to cross the free throw line without being penalized as long as, in the referee's judgment, no significant rebounding advantage is gained.

OVERTIME

1. B & C Divisions: One 3-minute overtime period. Stop time in the last 2 minutes. If the game is still tied, the second overtime period is "SUDDEN DEATH" (the first team to score wins).
2. D Division: One 3 minute "SUDDEN DEATH" overtime period. Stop time in the last 2 minutes. If neither team scores in the overtime period, the game is declared a tie.

GAME BALL

1. B & C Divisions: 29.5" size ball
2. D-Gold Division: 29.5" size ball
3. D-Silver Division: 28.5" size ball

UNIFORM CODE

1. Team shirts shall be the same solid color front and back. Undershirts, if worn, shall be the same as the uniform color. Shirts must have legal numbers on the front and back. Illegal numbers will draw a technical foul.
2. Team shorts can NOT have pockets or belt loops. Bicycle shorts are illegal. Compression shorts are allowed but must be of single color similar to the predominate color of the team shorts.
3. If there is a conflict in team colors that cannot be resolved between the participating teams, the home team is designated to wear white.
4. Light-up shoes are forbidden in all divisions.

D DIVISION SPECIFIC RULES

All-Play Rule (All D Divisions)

1. All healthy uniformed players must play at least 8 minutes of the game. In the first and third periods, the clock will be stopped at the 4 minute mark. All bench players must check in prior to the 4 minute mark. All bench players must then enter the game. THIS IS NOT A TIME OUT. PLAY IS STOPPED FOR SUBSTITUTION ONLY. This is not an alternating possession situation.
2. No other substitutions are allowed in these periods, unless a player is injured or fouls out. If a team has less than ten players, only a player(s) who played in first half of the first or third period can be removed in the second half of the first or third period. If a team has more than ten players those additional players must get their 8 minutes of playing time in the second and fourth quarters.

Half-Court Press (All D Divisions)

1. Half-Court Press is allowed in all D Divisions. (See below for rules regarding Full-Court Press, which is only allowed in the D-Gold Division with certain caveats.)
2. The offensive team must be allowed to bring the ball across the mid-court line. Once the offensive team gains control in the back court, the defensive team must retreat to the front court without interfering with the team bringing up the ball.
3. While high school rules may state that a team does not technically control the ball while it is being inbounded, EBYAL rules do not allow the defense to make any play in the backcourt and otherwise interfere with the offensive play.
4. Upon witnessing defensive interference, the referee may, at his or her discretion, elect to either (a) stop play and award the offense with an inbounds play or (b) let the offensive action continue. The defense should be warned of their action where practical.

Full-Court Press (D-Gold Division Only)

1. Full-Court Press is not allowed in D-Silver and D-Bronze Divisions.
2. Full-Court Press is allowed in the D-Gold Division with the following caveats:
 - a. Prior to the first weekend in January, Full-Court Press is only allowed in the last 2 minutes of the game.
 - b. Starting on the first weekend in January, Full-Court Press is allowed for the entire game.
 - c. Mercy Rule: If a team is leading by more than 15 points, the leading team may not play a Full-Court Press. A Half-Court Press is still allowed, however.

SPORTSMANSHIP

Technical Fouls

1. Technical fouls will be assessed at the discretion of the referee. Technical fouls will result in an automatic award of two (2) points and possession of the ball to opposing team.
2. Two (2) technical fouls by a player or coach for unsportsmanlike conduct in one season shall result in a two (2) game suspension.
3. Three (3) technical fouls by a player or coach for unsportsmanlike conduct in one season shall result in suspension until reinstated by the EBYAL board.

Spectator Behavior

1. Participating teams and their coaches are responsible for the conduct of their spectators. Spectators must comply with the EBYAL Code of Conduct for spectators. Spectators shall not direct any negative comments or gestures towards players, coaches, officials, and opposing team's fans before, during, and after each game or interfere with the conduct of a game.
2. A warning for violating this rule shall be given to the offending coach by the referee and the other team's coach shall be informed of the reason for the warning. A second violation of this rule shall be a technical foul on the head coach and shall cause the removal of the offending spectator.

Ejections

1. When a referee ejects a player, coach, or spectator from a game for fighting, trash talking or unsportsmanlike conduct, that player, coach, or spectator shall be BARRED FROM ALL FUTURE EBYAL

GAMES UNTIL REINSTATED BY THE EBYAL BOARD. All ejections are to be noted by the referee or scorekeeper on the EBYAL score sheet.

CODE OF CONDUCT

The following statement is to be read by a representative of the home team at every division before the start of each game:

Good afternoon / evening, and thank you for attending today's / tonight's game.

In the spirit of sportsmanship, the EBYAL would like to take this opportunity to remind everyone to please refrain from directing any negative comments towards players, coaches, officials, and opposing team's fans before, during, and after each game.

We appreciate and thank you for your cooperation in supporting the EBYAL.

EBYAL 2015 – 2016 SEASON

Playing Rules for E Divisions

THESE RULES MUST BE PRESENT AT EACH LEAGUE GAME. IT IS THE TIMEKEEPER'S RESPONSIBILITY TO MAINTAIN THIS SHEET AT THE SCORER'S TABLE.

UNLESS STATED, ALL DIVISIONS WILL ADHERE TO THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS RULES.

GAME TIME

1. All Divisions: 8-minute running time quarters. The last 2 minutes of each half is stop time. The 30-second shot clock will not be used.
2. Time will only stop for shooting fouls, time outs and at the referee's discretion, except for the last 2 minutes of each half.
3. 1 minute between quarters.
4. 5 minutes between halves.

TIME OUTS

1. Four 1-minute timeouts per game.

FOUL SHOTS

All Divisions:

1. One-and-one on the seventh team foul of each half.
2. Two shots on the tenth team foul of each half.
3. The shooter's momentum can cause the player to cross the free throw line without being penalized as long as, in the referee's judgment, no significant rebounding advantage is gained.
4. The official free throw line is the bottom of the jump circle. Rebounders positioned closest to the baseline shall line up below the low block (i.e., closer to the baseline). Coaches may have their players shoot from the standard foul line if both coaches agree to do so, but they must inform the officials before the start of the game.

OVERTIME

1. No overtime in the E Division.

GAME BALL

1. All E Divisions use a 28.5" size ball.

UNIFORM CODE

1. Team shirts shall be the same solid color front and back. Undershirts, if worn, shall be the same as the uniform color. Shirts must have legal numbers on the front and back. Illegal numbers will draw a technical foul.
2. Team shorts can NOT have pockets or belt loops. Bicycle shorts are illegal. Compression shorts are allowed but must be of single color similar to the predominate color of the team shorts.
3. If there is a conflict in team colors that cannot be resolved between the participating teams, the home team is designated to wear white.
4. Light-up shoes are forbidden in all divisions.

ALL PLAY RULE

Minimum Playing Time (All E Divisions)

1. All healthy uniformed players must play at least 8 minutes of each game. In the first and third periods, the clock will be stopped at the 4 minute mark. All bench players must check in prior to the 4 minute mark. All bench players must then enter the game. THIS IS NOT A TIME OUT. PLAY IS STOPPED FOR SUBSTITUTION ONLY. This is not an alternating possession situation.
2. No other substitutions are allowed in these periods, unless a player is injured or fouls out. If a team has less than ten players, only a player(s) who played in first half of the first or third period can be removed in the second half of the first or third period. If a team has more than ten players those additional players must get their 8 minutes of playing time in the second and fourth quarters.

DEFENSE RULES

No Full-Court Press Allowed (All E Divisions)

1. Full-Court Press is not allowed in any E Division game.
2. The offensive team must be allowed to bring the ball across the mid-court line. Once the offensive team gains control in the back court, the defensive team must retreat to the front court without interfering with the team bringing up the ball.
3. While high school rules may state that a team does not technically control the ball while it is being inbounded, EBYAL rules do not allow the defense to make any play in the backcourt and otherwise interfere with the offensive play.
4. Upon witnessing defensive interference, the referee may, at his or her discretion, elect to either (a) stop play and award the offense with an inbounds play or (b) let the offensive action continue. The defense should be warned of their action where practical.

Half-Court Press

1. E-Silver & E-Gold Divisions: A Half-Court Press is allowed only in the E-Silver and E-Gold Divisions.
2. E-Bronze Division: A Half-Court Press is not allowed in E-Bronze, and the defense may not interfere with play beyond the 3-point arc. This rule may be waived if both coaches agree to do so.

SPORTSMANSHIP

Technical Fouls

1. Technical fouls will be assessed at the discretion of the referee. Technical fouls will result in an automatic award of two (2) points and possession of the ball to opposing team.
2. Two (2) technical fouls by a player or coach for unsportsmanlike conduct in one season shall result in a two (2) game suspension.
3. Three (3) technical fouls by a player or coach for unsportsmanlike conduct in one season shall result in suspension until reinstated by the EBYAL board.

Spectator Behavior

1. Participating teams and their coaches are responsible for the conduct of their spectators. Spectators must comply with the EBYAL Code of Conduct for spectators. Spectators shall not direct any negative comments or gestures towards players, coaches, officials, and opposing team's fans before, during, and after each game or interfere with the conduct of a game.
2. A warning for violating this rule shall be given to the offending coach by the referee and the other team's coach shall be informed of the reason for the warning. A second violation of this rule shall be a technical foul on the head coach and shall cause the removal of the offending spectator.

Ejections

1. When a referee ejects a player, coach, or spectator from a game for fighting, trash talking or unsportsmanlike conduct, that player, coach, or spectator shall be **BARRED FROM ALL FUTURE EBYAL GAMES UNTIL REINSTATED BY THE EBYAL BOARD**. All ejections are to be noted by the referee or scorekeeper on the EBYAL score sheet.

CODE OF CONDUCT

The following statement is to be read by a representative of the home team at every division before the start of each game:

Good afternoon / evening, and thank you for attending today's / tonight's game.

In the spirit of sportsmanship, the EBYAL would like to take this opportunity to remind everyone to please refrain from directing any negative comments towards players, coaches, officials, and opposing team's fans before, during, and after each game.

We appreciate and thank you for your cooperation in supporting the EBYAL.

East Bay Youth Athletic League

OFFICIAL SCORESHEET Rev. 11/2015

GAME DATE: _____

GYM: _____

Scorekeeper Name: _____

Email/Phone: _____

REFEREES

	Referee #1	Referee #2
Names:		

TEAM & INDIVIDUAL SCORES

	Visiting Team		Home Team	
Division:		Points:		Points:
High Scorer Full Name & Pts:			High Scorer Full Name & Pts:	

TECHNICAL FOULS

Please list team(s), coach/player name(s), reasons for technical foul(s), and any other remarks regarding the incident(s).

NOTES

- Home Team: Sits to the scorekeeper's left and provides the Official Timekeeper. Also must read EBYAL's Code of Conduct before games.
- Visiting Team: Serves as the Official Scorekeeper and must provide the scoresheet and playing rules at the scorer's table. Also responsible for requesting referee names.
- Referee Payments: Each team pays the following before the game starts.
 - E Division: \$14 per team for 1 ref.
 - C & D Divisions: \$28 per team if 2 refs; \$21 per team if 1 ref.
 - B Division: \$30 per team if 2 refs; \$23 per team if 1 ref.
- Reporting:
 - Report **game scores** and **individual high scores** by **Monday, 9:00 pm** via the online form: <http://bit.ly/1MtGVzL>
 - A \$25.00 fee will be charged for late postings.
 - Email EBYAL's Publicity Director at ebyalcores@gmail.com if you have any questions.
- Cleanup: The two teams playing the last game need to put away the chairs and bleachers.

ADDITIONAL REMARKS

Note any problems with the gym, janitors, referees, player sportsmanship, etc. here. Please include your contact information.