



WOMEN'S 4X4

Possible Inconveniences – Be prepared

BLOOD – Keep your team's colour t-shirt in your bag (does not have to be league shirt)
During the league, being scratched accidentally may occur that could draw **blood**. The second you notice or a player or a ref or a staff member sees blood on you, you **must immediately leave the court** and clean it up. We have a first-aid kit (red bag) always available to you on the table. **Wash with soap first** in the changeroom and let the Program Coordinator know you need a band-aid while **compressing the scratched area** with the toilet paper to stop the blood until the band-aid is placed and **then wash your hands again** from any residue of the blood.

If there is blood on your t-shirt – you must immediately take it off and wear your emergency non-league t-shirt to return to play. The shirt **must** be the same colour as your league shirt. If you forget to bring one, you will be charged \$20 for a replacement shirt. *Please note: we have a limited supply of extra t-shirts and therefore we may not have your exact size so be prepared to wear a size larger or smaller than your intended size.*

You cannot return to play unless you have a league shirt or an emergency same colour shirt as your team. This emergency shirt is just for blood – not to be used if you forgot to bring your league shirt.

LEAGUE T-SHIRT – Keep \$20 in your bag

Because this league is our way to raise money for families in need, we only offer new league t-shirts to players joining a new team. Returning players do not get new league t-shirts if they are returning to the same team. This helps us cut costs so we can have more resources towards families in need.

If you forget your league t-shirt **you cannot play**. To ensure this doesn't happen, bring \$20 to purchase a new t-shirt on site so you can play. Just note – we may not have your intended t-shirt size available. It will be left to you to decide to sit out the games or pay for a t-shirt that may not fit you. *Please note: if sitting out because you forgot your league t-shirt results in your team defaulting unbeknown to your entire team, only you will pay the \$20 default fee.* This means if your team was counting on you to be the 4th player but you forgot your league t-shirt and you don't want to pay for a league t-shirt that may not have your intended size, **you will have to sit out and pay a \$20 default penalty fee.** The other players on your team who did not show up because they were expecting you to be the 4th player will not have to pay.

INJURIES- Recruit a team of 8

Injuries are impossible to prevent 100%; therefore it is extremely important to stack your team with 8 players to avoid paying default penalty fees. Again – even if you know your team will default; still show up to get exercise. *If you are injured and can't run – we suggest you still come and just stand on the court and receive passes – give passes and shoot therefore working on your arms as exercise that way you don't have to run up and down the court.*

If your injury is a concussion – we have medical papers that need to be signed off before return-to-play. In the event of a diagnosed concussion that took place at g.a.b, that player will not have to pay a forfeit penalty fee should your team default. If the concussion takes place on week 6 or later, the team cannot recruit another player. However if the concussion took place on week 5 or earlier and that player is deemed unfit to return to play by a medical practitioner, that team can recruit another player within 7 days to the league at a reduced fee (speak with g.a.b Coordinator).

KNOW THAT YOUR REGISTRATION FEE, FORFEIT FEE & FINAL GAME SPECTATOR FEE SUPPORTS OUR YOUTH BY HELPING FAMILIES IN NEED. WE THANK YOU!



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PIERCINGS – Avoid new ones during the season

New insurance rules indicate that placing tape is not preventative injury. Therefore any piercings in the face or ears must be taken out in order to play.

KNEE BRACES – No hard plastic or metal showing

Knee braces must be a FIBA approved where all of the exposed hard material (including plastic, metal or any other hard material) must be covered with soft fabric/material padding to ensure the safety of all players. **Taping over the hard exterior is not permitted.**

TRASH TALKING, INTIMIDATION, FRUSTRATED CHATTER & FIGHTING – You will be ejected

Because this league is our way to raise money for families in need, while giving you an opportunity to exercise, there is no need for trash talking, swearing, displaying aggressive play (throwing elbows, pushing on the back of a player or driving into a player uncontrolled out of frustration) and or talking to either your own teammates or yourself in a frustrated manner. While we all have our own ways to self-regulate our emotions, if you know you are a heighten player that needs to express yourself after being triggered, immediately take yourself out of the game **quietly (no need to announce)** and express your frustrations in the change room so no one else can hear you.

Failure to conduct yourself according to our Sportswoman Policy & follow the 4x4 Rules will result in a technical foul towards you and your team. See 4x4 Rules #14 & #15.

Physical Fight (Assault) – Police will be contacted, report filed, permanent removal

In a serious case of fighting where someone puts their hands on someone is punishable by law and therefore the police will be contacted and a report will be filed whether both parties involved want to press charges or not. This will also lead to an immediate removal from the league indefinitely and all future g.a.b. programs without refunds.

TOBACCO, CANNABIS, ALCOHOL & OTHER NARCOTICS – Not permitted on the property

Because this league's intention is for adults to get physically active in a healthy way, we have a zero tolerance towards attending the games under the influence of drugs. Please do not smell of tobacco, cannabis, and or alcohol when arriving to the gymnasium. If we suspect drugs have been consumed during play (sweating out the alcohol, cannabis or tobacco smell as you run by) you will be asked to leave the premises.

The property we rent is a school which owns the parking lot. Drug activity cannot take place in the parking lot (whether in your car or outside of it), and or in the changeroom. If we are informed of activity taking place on the school property, you will be removed from the league **indefinitely without refunds.**

ILLEGAL PARKING – You will be fined & or towed and possible ejection from the league

We have been operating our not-for-profit organization for over 20 years at this particular school property because we abide by their rules. When we don't abide by the school permit's office rules, they will deny future permits for our use. We don't want that to happen. Park in the designated lot – not by the gym doors, round about or garbage bins. You will be asked to leave our league if caught.

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