



United Men Basketball League

2012 Orientation

Orientation Manual

In this manual, you will find an introduction to the United Men's Basketball League, the UMBL expectations, and other helpful information. The UMBL does not guarantee professional jobs, so please read through the manual carefully; it will help you prepare for "a season of success."

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1. Welcome

Hello and thank you for joining the United Men's Basketball League. We hope to assist you in reaching your personal goals through ministry, community events, and athletic competition. By the grace of GOD and His Son Jesus, we have been given a special opportunity to help others in their daily living by being the positive influence in a needy environment.

Our purpose is to help others realize a simple principle, **Philippians4:13** "For I can do all things through Christ, who strengthens me..." and **Ps84:11** "For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly."

I hope that you will enjoy this season, make new friends, and grow spiritually throughout the year.

God Bless You!

Larry Davis, President

2. Introduction–The United Men's Basketball League

The United Men's Basketball League was founded in August 2009 as a developmental organization to aid male basketball athletes in their goals to become professional players through ministry and competitive play. Together with the WBCBL, our sister league, we have found a way to provide players with top rate competition and exposure to pro scouts and offer spiritual mentorship.

United Men's Basketball League Mission Statement:

The UMBL's mission is to provide highly competitive basketball for men in the United States.

3. UMBL Administrative Directory

Larry Davis, President / Email: info@umbl.org

Larry Davis, Commissioner / Email: Commisioner@umbl.org

Jerell Shearin, National Director / Email: NationalDirector@Uumbl.org

4. Insurance Coverage & Medical Issues

The United Men's Basketball League promotes safe competition, fair play and sportsmanship. It is our hope that each player has a healthy, injury-free experience. We understand that getting sick or injury is sometimes inevitable, but we want to take every precaution to minimize the number and severity of the injuries and ailments that might develop. Help support UMBL goals by adhering to the following policies and putting safety first.

UMBL Policy on Player Insurance and Medical Treatment

The United Men's Basketball League **does not assume financial responsibility, nor does it provide medical coverage or monetary compensation/reimbursement** in the event of accident or injury during practice, competition, or travel.

- Each player is responsible for obtaining his/her own insurance or should expect to pay out-of-pocket expenses related to hospital fees, doctors' fees, ambulatory services, etc., in the event of accident or injury. Insurance coverage through your employer might extend to situations beyond the workplace, though it might also be more limited. Refer to your insurance policy regarding your benefits.
- **For the 2012 season, the UMBL is asking each team to get their own insurance, but for next year the insurance cost will be included in the league registration fee and will be mandatory for all teams.**
- During practices, home games, and road games, first-aid supplies will be available on a limited basis in the case of medical emergencies.
- Medical treatment will only be administered with the consent of the injured player.
- In the event that an injured player cannot give verbal/written consent to receive treatment, such as in the case of unconsciousness, emergency services will be contacted on behalf of the injured player.
- Team or facility staff with first aid training may administer first aid in [the player's] best interest to limit further injury and sustain life.

Reporting Illnesses and Injuries

If a player is hurt, injured or becomes ill during a team activity, they should notify a team and facility staff member **immediately**.

If for any reason, a player is unable to perform athletically, it is their responsibility to report illnesses/injuries to your team staff and provide appropriate medical documentation when available. The Team will honor all doctor's orders limiting or disqualifying athletes from competition and work with players to recuperate.

If, prior to a team activity, you know that your illness or injury will limit or prevent your ability to participate, you should notify the appropriate staff in the following manner:

Whenever possible, it is preferred that players report illnesses and injuries in person.

As a secondary means, you should report illnesses and injuries via telephone.

As a tertiary means, you should have someone deliver a signed and dated, written statement explaining the illness or injury. Please also notify your team of treatments and/or intent to visit a doctor. A doctor's note will be accepted in lieu of a written letter.

As a last resort, have someone else to relay a verbal message of your illness/injury to your team's coach or staff.

Before participating in any UMBL event, each player will sign an acknowledgement statement agreeing to the above listed policies and statements regarding illness, injury, insurance coverage and medical treatment.

Before participating in any UMBL event, each player will sign a waiver releasing the UMBL from financial responsibility related the above listed policies and statements regarding illness, injury, insurance coverage and medical treatment.

5. PLAYER'S AGREEMENT & EXPECTATIONS

Agreement

The underwritten is an agreement and commitment of the undersigned athlete to perform in competition sport play with the following expectations:

Expectations

- Attend all team practices.
- Dress appropriate for each event (No Sagging, nor inappropriate gestures exhibited, etc.)
- Arrive on time for practices, travel departure, and games.
- Call the Head Coach or team Captain in cases of expected absences or tardiness.
- Treat ALL Coaches, Staff, Players, Spectators, and Referees with respect.
- No Profanity in practice or games.
- No use of ANY illegal drugs or illegal substances.
- No consumption of alcoholic beverages, within 24 hours of game day.
- No weapons at any UMBL event.
- No negative comments in public about the UMBL, ANY UMBL team, or staff member.
- Report offensive misconduct or any conduct vital to reputation of athlete or team organization.
- Encourage family, friends, and fans to attend games and events.
- Professional conduct on and off the court (in public).
- Take-Care-Of and be responsible for team property and leased / rented items.
- Compete to the best of your God-given abilities.
- Condition at least 3 times per week, outside of team practice.
- Obtain written approval from regional UMBL Director or Commissioner prior to all media releases/interviews outside of UMBL games and events.

This written agreement is valid for the full term of the UMBL season, from the date of signing this agreement, unless the undersigned athlete breaches the listed "Expectations." In the event of an agreement breach, the athlete's violation and performance will be reviewed by the Head Coach and General Manager and/or the League Director and Commissioner, to determine the appropriate disciplinary actions to be taken. Disciplinary actions range from verbal warning to termination of athlete's position within the team.

During this period, the undersigned athlete is prohibited from playing for any other team which conflicts with their team's UMBL schedule.

Compensation for athlete expenses involving team activities are not guaranteed by the United Men's Basketball League, but may be reimbursed according to the discretion of their team in which they are assigned. In the event of endorsements or a contract offer for a salary or wage paying professional team, the team in which the player is assigned, may sell the athlete's contract with player's consent for a cash value amount. Offers prior to UMBL season must be made known to player's UMBL team, before signing.

6. FORMAT & LEAGUE RULES

The UMBL regular season runs May 1 through July 15

The UMBL Regional Tournaments will be held Jul 21 and 22

The UMBL National Championship Tournament will be held August 4 and 5

(Men NCAA rules apply with few exceptions)

1. Participating teams must have at least 5 players to begin play
2. Team Roster is limited to 15 players.
3. Players are allowed up to 6 fouls before fouling out. (6th foul = foul-out)
4. Each team is allowed 4 fouls in a period:
 - a) 5th team foul = Team penalty and results in 2 shots for each non-shooting foul during that period instead of a throw-in. Teams fouls committed in the overtime period shall be considered as part of the 4th period.
5. 3 on 3 Player Line-up for Free-Throw attempts (Shooter + 2 teammates)
6. Technical Fouls = 2 shots & No change of possession (2 Technical = player ejection)
7. Intentional Fouls: 2 Free-throws & Ball Possession, (2 Intentional = player ejection)
8. Flagrant = 2 shots & ball possession & Automatic ejection from game and facility.
9. Unsportsmanlike conduct (i.e.: Fighting, instigating disruptive behavior, excessive outburst(s), profanity, taunting, & any behavior deemed harmful to a family-friendly environment) = Automatic ejection from game and facility.
10. HAND-CHECKING is not allowed. Players may use non-extended forearm below chest. (NCAA)
11. 4 – 10 Minute Quarters / 2 minutes overtime (Complete Regulation Clock (Not Running))
12. Timeouts are based per half only and CANNOT carry over from prior half, or into Over-time.
13. 2 – 60 and 2 – 30 second timeouts per HALF
14. 1 – 30 sec timeout in Over-Time (OT)
15. Half-Court advances will be allowed within the last 1 minute of each half & Over-Time.
16. Clock will restart upon the dropping of referees arm or when the player touches the ball on pass inbound or ball hits the rim on a free throw attempt.
17. The horn will be used for the following reasons:
 - a) Used when substitution is made
 - b) Used to contact Referee after a Whistle or to stop clock
 - c) Player fouling out (6 fouls)
 - d) Auto at the end of period
 - e) Team fouls limit – Scorekeeper to signal 5 if not displayed on scoreboard.
18. Shot clocks are required for the 2012 season. (24-Second)
19. Teams will have 8 seconds to advance the ball to frontcourt
20. 5 second count ONLY applies when the ball is being inbounded and not when ball is being held.
21. All "Jump Ball" situations are to be jumped at the nearest free-throw line or half-court.
22. Teams may add a player to their roster, only if their roster falls below 7, due to signings or injuries.

6-b. LEAGUE RULES part2

1. Each team is responsible for handing out handbooks to every player.
2. Each team is responsible for printing off League Directory.
3. All teams must submit digital individual headshots of coaches and players.
4. Fee will be imposed if player is added after deadline. \$50 per player (no adding after 7/1)

7. AWARDS & HONORS

UMBL National Champion & Runner-up, Regional Champions, UMBL MVP, Defensive Player of the Year, UMBL Player of the Week, Coach of the Year, UMBL All-Star Team

Notes:

- * The MVP, Defensive Player of the Year, and UMBL Player of the Week are chosen based on season stats.
- * The UMBL All-Star 1st Team will consist of the league top 10 players.
- * The UMBL All-Star 2nd Team will consist of the league top 11 to 20 players
- * The UMBL Coach of the year will be selected by most popular vote.

8. BENEFITS

- * Great Competition
- * International Job Leads
- * Credible and valuable experience for your bio/resume
- * Access to a proven network of professional agents and scouts
- * Worldwide exposure for your team

The United Men's Basketball League offers a very unique opportunity that can be very beneficial for you and your organization.

9. COACHES & STAFF

Staff: Duties may including, but not limited to, Video Recording of games, stats / scorebook keeping, clean up crew, public safety, crowd control, collect general admission, concession sells, marketing, etc.

Coaches: must have prior coaching experience (High School, AAU, College, Professional, or Other)

Code of Ethics for Coaches, and Staff:

- a.) Protect and respect the rights of players, coaches, and officials, regardless of race, color, or creed.
- b.) Respect the rights of others to be treated with respect.
- c.) Dress appropriately for each event (uniform or casual)
- d.) Create an atmosphere, which encourages fair play and strive to improve efficiency within their team.
- e.) Display high standard of behavior.
- f.) Promote a positive image to all.
- g.) Promote and develop the game by sharing knowledge and experience

10. COPYRIGHTS & TRADEMARKS

Photographs, Filming, Apparel

The UMBL holds the rights to record, reproduce, copy, publish, broadcast, and market any UMBL team, player, or event. All publication with the UMBL name or logo must be pre-approved by the UMBL administration. This includes, but not limited to: Flyers, articles, apparel etc. UMBL logo and trademarks are subject to royalties.

11. DISPUTES

The UMBL Advisors, Commissioner, or Director shall settle all disputes. Players must consult with their head coach to discuss league rule interpretation. Only coaches may discuss rule interpretations with referees. The UMBL Administrative Staff will have, in consultation with referees, final say on rules interpretations.

12. FORFEITS & CANCELLATIONS

1. The appropriate game shall be forfeited for use of an ineligible player.
2. Any team that plays a player that is under the influence of Alcohol or illegal drugs
3. 2 forfeits and your team will be disqualified from league participation.

12-b. CANCELLATIONS/(No-Shows)

Unless there is a verifiable act of God, Natural disaster, or a national crisis that directly affects you and your team, Cancellations/No Shows "ARE NOT A OPTION"

If you are think that your team may have difficulty traveling, contact the UMBL immediately **(at least 72 Hours prior to your scheduled game). Call 1-864-962-5527**

Failure to appear for a scheduled UMBL game will result in the following:

You must pay a \$300 fine, within 7 days of the scheduled game, directly to the host team or Your team will be disqualified from league participation

13. HOUSING/HOTEL

A written agreement is required between a player and their team if the team offers housing or other accommodations. The UMBL does not provide housing nor compensate for cost or damages to property. A copy of any such agreement must be provided to the player.

14. OFFICIALS

The staffing of Officials is at the discretion of the hosting team. Three (3) officials are required for all UMBL 2011 regular season games. All issues regarding officials are to be directed to the assigned Director of Officials. Officials are expected to respect the dignity of players & coaches, regardless of race, color or creed. Officials are expected to rule without fear or favor. Officials are required to arrive at least ten (10) minutes prior the scheduled game start time. Officials are subject to pay deductions based on their arrangements with the host team.

15. PLAYER QUALIFICATION

1. Player must be a born male at least 20 years of age.
2. All players must sign a UMBL and Team liability waivers.
3. No remaining NCAA, NAIA or NCCAA (college basketball) eligibility
4. Drug-Free, no illegal drug use.
5. In good health and physical condition to compete at a vigorous level of play.
6. Assigned to a team roster by the third week of the season.
7. Listed on their team's official 15-player roster by game week 4. (Before game)

16. REVENUE-Teams

Teams have the opportunity to generate money from:

1. Tryouts – Team may charge up to \$50 per participant for team tryouts (\$30 recommended)
2. Player Memberships – Teams may charge players up to \$100 without itemizing fees
3. Professional Signings – A percent of players' professional contract, based on team agreement
4. Camps & Clinics - Team may hold Basketball Camps & Clinics
5. Attendance – Team will receive revenue profit from tickets sales
6. Ticket sale – Team will benefit from ticket pre-sold

7. Merchandise – Team apparel and other Team Logo items
8. Team Sponsors – Investors
9. Fundraisers – Raffles, Carwashes, etc
10. Concessions – Large profits can be generated by selling low-cost snacks for a reasonable price

17. SUSPENSION (Range determined by UMBL Regional Committee)

Suspension severity may range from 1 game to remaining season or indefinitely

1. Coach, Player, or Staff that is under the influence of Alcohol or illegal drugs
2. Coach or Player receiving 2 flagrant or technical fouls in the same game
3. Coach, Player, or Staff that throws a punch, object, or kick

18. SPONSORSHIP

It is the teams' responsibility to seek and secure sponsors. The UMBL recommends that teams carefully screen applicants for sponsorship and suggests "Positive Image" Businesses & Corporations, Civic Clubs, fraternal organizations, service clubs, Churches, as typical examples of the broad field from which sponsors should be selected.

*The UMBL forbids advertising and/or sponsorship by any independent organization or individual whose activities may be regarded as detrimental to the UMBL, welfare of humans or animals, and therefore strongly advises meticulous care in the selection of sponsors. *

19. TEAM REQUIREMENTS

1. 2012 UMBL Membership: \$350 for returning teams, \$400 for Military and teams with WBCBL affiliation, \$500 for New teams and \$600 for UMBL Travel teams (Travel teams do not have home locations to host games)
2. Adequate staffing (Manager, Coaches, Trainer, Stat Keeper, Video Crew, etc)
3. Team Name (City + Mascot [example= "Plano Panthers"])
4. Form a team of at least 10 players, ages 18 & up. At least 80% of your players must have college playing experience.
5. Team Uniforms with Reverse-able Jerseys or Home/Away sets (at least High School quality) with numbers on front and back. New uniforms must be ordered through official league vendor.
6. Secure a gym for your team to practice and play
7. Reliable transportation for "away" games
8. Your "Home Gym" location must be at least 10 miles away from pre-existing teams
9. You & Your organization's Commitment

20. TRANSPORTATION

Transportation is not provided by the UMBL, but is the responsibility of each team. Tournament play / Playoffs are also the teams' responsibility. The UMBL does not compensate for cost or damages to property.

21. UNIFORMS

1. You must purchase Uniforms through official league sponsor
2. Teams must have reversible colors or two (2) different color sets of Jerseys
3. Team uniforms must have Official UMBL Basketball Emblems on front Jersey.
4. Identical Team Jerseys with visible and unique numbers on FRONT & BACK.
5. Undergarments must be of the same colors as the uniform jerseys.

6. Uniforms must be at least High School quality.
7. Up to two numbers are allowed on uniforms
8. Penalty - Technical foul for each violation and disqualification from that game.
9. Sponsor's name and/or logo permitted on uniforms in a respectable location.
10. Official UMBL Basketball Emblems will be provided by the UMBL. (Based on availability)
11. Players may only participate if they are dressed in complete team uniforms that meet **ALL** guidelines

22. VIOLATIONS & FINES

Violation of UMBL Basketball's policies or rules may result in team fines, indefinite disqualification of player, coach, team, franchise, and/or legal actions.

22-b. FINES

Team fines may range from: Late Arrival for Games: \$25, Less than 3 required officials: \$50 each, to \$300 Cancellations without 72-hour advanced notice to reschedule.

- **3 refs are required for the 2011 season**
- UMBL game **officials must be registered** with the UMBL Officials Association
- Each team must have a "**Stat person**" for all stats other than points and fouls
- UMBL **Stats Sheets** are the "**Official**" **score books** and must be taken at the score table
- Teams must contact opponent **3 days in advance to confirm** game time and location
- UMBL forms can be downloaded directly from www.UMB�.org **Resource pages**
- Only **Stat Sheets** & **Team Review Forms** are to be faxed to 251-476-5335 (do not fax cover sheet)
- All **Fines** must be paid prior to next game
- **Online Scores and stats** must be posted within 72 hours after each game
- All game music must be "family friendly" (no profanity or explicit content)
- **Pre-game Prayer**: Both teams, coaches, and ref meet at center court for prayer.
- Dress code: all players must be **uniformed in team uniforms**
- Coaches dress code: **Team Polo and Khaki shorts**
- No Show for Games \$600.00. Next time is suspension from the league.
- Less than three Referee \$50.00 per referee that's not there.
- Not playing with League Basketball \$25.00
- No water on the bench for visiting team \$25.00
- Locker room not provided for the visiting team \$25.00
- Fighting \$50.00 per player involved. \$25.00 per player that leaved the bench.
- Failure to update your team game stats within 48 hours after the every game \$ 25.00

- Being late for scheduled game tip-off is \$ 50.00 (Unless both teams have agreed prior to tip-off to adjust tip-off time.)
- All Fines are to be paid before the next game. Failure doing that will have a 10.00 late fee charge on top of that.
- All Fines are to be paid thru the UMBL website

23. HEALTH & FITNESS TIPS

Maintaining proper health and fitness is the key to being able to perform at a high level. Below are a few general tips to keep in mind:

Balanced Diet – Eating a balanced diet is the most essential way to stay healthy. Breakfast is especially important because it will promote successful functioning that usually determines the course for the rest of the day. Be sure to eat 3 meals a day and have moderate snacks in between. When snacking, try to replace chips, candies, and other fatty, sugary snacks with fruits, nuts or granola.

Hydration – Competition will definitely cause the body to lose vital vitamins and minerals. Drink plenty of water and/or sports drink such as *Kul Fuel*® to replenish the body and help it to continue functioning properly. Throughout the day, replace coffee, tea and carbonated drinks with lighter beverages.

Warm-up/Cool-down – Warming up before activity is important to prevent injury. Get ready for workouts by running and or jogging, and stretching arms, legs, and neck and back before participating in any practice or game. Cooling down is also important to help the body process oxygen and prevent injury. Remember to stretch, jog and/or walk after participating in any activity.

Nutrient/Energy supplements – Some athletes choose to take vitamins, energy foods and drinks to support their performance. If you choose to do so, please only use acceptable products. It may be helpful to consult with a doctor or physician to determine which products are right for you.

The United Men's Basketball League does NOT endorse or condone the use of illegal performance enhancing substances by its players, coaches, nor staff.

Sleep/Rest – Adequate sleep and rest are sometimes overlooked as important factors to top performance. Sleep allows the body to recuperate from the rigors of the days and also facilitates other "work" for the body. Lack of sleep and rest hampers the proper flow of oxygen to the brain and causes a host of cognitive deficiencies. Please make every effort to get 8 hours of sleep each night. This is especially imperative when recovering from and injury or illness.

24. Questions & Answers

Your participation in the UMBL will allow your talents and skills to be evaluated by professional basketball scouts and agents. Our network of agents has a proven track record of job placement for dozens of athletes who are currently playing professional basketball.

Of course, there is no guarantee that you will be signed to a professional contract. As a UMBL player in 2011, your chances of going pro are about 1 in 20. In the event that you are offered a professional contract, make sure that you have all of your bases covered. There are numerous basketball scams and

phony basketball camps that can make a genuine opportunity hard to recognize. Do your research on the offering team and the geographical location of that team.

For more information about going pro, check out: www.basketball-overseas.com

Q: Is there any pay involved?

A: Little or None.

The UMBL is not responsible for any promises made by teams. Each team is independently owned, operated and have various team/player agreements.

Q: What does the UMBL offer?

A: Real exposure and top competition.

The UMBL is a league designed to show scouts what you are capable doing in live game situations. You will compete against very talented professional players with a variety of experience.

Q: How do I tryout for a UMBL team?

A: See www.UMB.org for dates & locations of upcoming tryouts.

Q: What if I have a team, how can I put my team in the UMBL?

A: The UMBL offers Open Enrollment until January 31st.

Q: How will I know when a professional team wants to make me an offer?

A: Professional teams and agents will contact your team directly.

(FYI: The UMBL does not handle player contract negotiations.)

Q: What if I have a serious issue with my team's coach(s) or teammate?

A: Immediately contact League Commissioner

25. Conclusion

If you have any questions or concerns, please consult with your team coaches or a member of the UMBL administrative staff. If you have a positive suggestion that can improve the quality of the UMBL, please submit it by email to a member of the UMBL administrative staff.

Once again, thank you for choosing to join the United Men's Basketball League.

Sincerely,

UMBL Staff & Larry Davis, President

25. SIGNATURE SHEET

A. Liability Waiver & Agreement

Part

1.

In consideration of the acceptance for initial workouts and participation with or as a member of the United Men's Basketball League, I do hereby, for ourselves, heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damage which we may have or which may hereafter accrue to us against the United Men's Basketball League and our facilities, owners, and/or any of its teams, the coaches, sponsors, administrators of the playing field, or their respective officers, agents, or representatives, successors, and/or assigns for any and all damages which may be sustained and suffered by us in connection with our said association with or entry, and/or arising out of our traveling to, participating in, and returning from the United Men's Basketball League and our practice facility, events, games, practices or exhibitions conducted.

Part

2.

I agree, by signing this, to follow the rules and bylaws of the United Men's Basketball League and our practice facility. By signing this agreement, the undersigned also authorizes the United Men's Basketball League to distribute the athlete's information to sports agents, talent scouts, and professional teams for possible future contact regarding professional tryouts, professional camps, team visits, or professional play.

On this date, _____(month), _____(day), 20____, I, _____(printed name) agree to abide by the listed terms of the United Men's Basketball League as outlined on this agreement.

Athlete's Signature _____ Date _____

Head Coach/General Manager's Signature: _____ Date _____

League Director/Commissioner's Signature: _____ Date _____