

Men's Basketball League

Waiver and Release

I hereby agree to participate in the JCC Men's Basketball League with the following understanding and conditions:

1. I expressly acknowledge and warrant that the JCC has advised me that there may be medical risks from participation in the basketball league, and I represent and warrant to the JCC that I am physically capable of such participation. I hereby assume any and all risks that may be associated with such participation.
2. I recognize that there are risks of injury or illness inherent in any sports program and I still desire to participate under the expressed agreement and understanding that I hereby waive and release the JCC as well as its officers, agents, directors, employees, and any participating member organizations of the JCC and their officers, agents, directors, or employees from and against any and all claims, costs, liabilities, expenses, or judgments, including attorney fees and court costs arising out of my participation in the JCC Men's Basketball League, including any resulting injury or illness. I further agree to indemnify and hold harmless the JCC and any participating member organization from and against any and all claims.
3. I further represent to the JCC and the participating organizations that I have medical and hospitalization insurance coverage.
4. I hereby execute and deliver this Waiver and Release to induce the JCC to permit me to participate in the JCC Men's Basketball League.

Signature of Participant

Name (Printed)

Date



Men's Basketball League

Code of Conduct of Sportsmanship and Team Play

I hereby agree to participate in the JCC of Central NJ's Men's Basketball League with the following understanding and conditions:

1. No player shall at any time lay a hand upon, shove, strike, or threaten an official, player, or supervisor.
2. No player shall refuse to abide by an official's decision.
3. No player shall be guilty of obscene gestures or objectionable demonstrations of dissent of an official's or a supervisor's decision.
4. No player shall be guilty of using unnecessary rough tactics in the play of the game against the body and person of an opposing player.
5. No player shall be guilty of an abusive verbal attack upon any player, spectator, official, or supervisor.
6. Only the designated team representative (captain) may discuss, in a polite manner, any call or ruling with an official. Only clarifications may be discussed.

Upon violation of any of these specified rules, officials are required to suspend players immediately from further play and report such players to the Program Supervisor.

Signature of Participant

Name (Printed)

Date



Youth Basketball League

SPORTSMANSHIP PLEDGE

This pledge summarizes important elements of the youth sports experience and sets out your commitment to sportsmanship and fair play. Signing it is a condition of your participation in our league.

Important Information about Youth and Sports

Kids participate in sports primarily because it's fun. Adults need to keep it fun. Some adults get too emotional about youth sports because they are too concerned about how their kids are doing, have the mistaken belief that winning is very important, or have a desire for glory through their kids' success. That last one is part of the concept of living through your kids.

Kids need to know that if they're trying their best, they are winners. Parents need to remember that their kids will not be great at everything. Recognizing that, parents can help most by relaxing and enjoying these fleeting years.

Placing too much pressure on kids to perform well creates stress that can detract from their fun and their performance and can affect their self-esteem. Instructions shouted to players are distracting, usually too late, and sometimes inaccurate or in conflict with what the coach is teaching.

My Pledge to Set a Good Example

Whether I am a player or an adult, I will not be critical of players, referees, coaches or spectators. As an adult, I should know that failing to show respect for people who are doing the best they can sets a bad example for our children and can result in expulsion from the site, suspension from future attendance, and even barring a child from playing. If anyone makes an inappropriate comment, I will not make a negative response and risk a confrontation.

As a player, I should control my negative emotions to avoid embarrassing myself, risking ejection, and risking a loss of respect for my team. I should also realize that my behavior influences younger players.

Coaches should remember that encouragement and praise for every child, not just the best athletes, are critically important to their self-esteem and their ability to achieve the most they can.

I recognize that striving to win, rather than winning itself is what is important in life. Striving to win means doing the best you can. Winning too much means that the teams you're playing are weaker.

I recognize that all players must get adequate playing time to improve and gain confidence that helps them do the best they can. I acknowledge that this is more important than winning games. If coaches feel that their team lost simply because a player of lesser ability received appropriate playing time, they did the right thing.

As an adult or player, I acknowledge that making mistakes and losing are part of life. We all suffer setbacks. I pledge that I will be tolerant of the mistakes of players, coaches, referees, and others.

Print: _____

Print: _____

Sign: _____
(Circle one: Player, Parent, Coach, Other)

Sign: _____
(Circle one: Player, Parent, Coach, Other)

Print: _____

Print: _____

Sign: _____
(Circle one: Player, Parent, Coach, Other)

Sign: _____
(Circle one: Player, parent, Coach, Other)

[Note: If a parent is also a coach, that parent should sign as a coach.]

