

# 2024 Valley Region Sports Tournament Format



1. The Citywide Youth Sports Rules shall apply to each sport.
2. All participants must sign in prior to playing in the game. Only rostered players that have been age verified and approved by the Valley Region Sports Board are allowed to sign in and play. NOTE: All players must be registered in their respective parks and played in 50% of the regular season games. Players may only play in the age division in which they played at their respective park.
3. **RULES PROTEST PROCEDURES:** Protests will only be accepted concerning a misinterpretation of the rules. Coaches must notify an official immediately who will then notify a Valley Region Sports Board member. The game will be stopped at that point and the committee will make a final decision. **NO PROTESTS will be heard on official's judgment calls.**
4. **Games time is forfeit time.** There is NO grace period. It is up to each team to allow proper travel time to get to each game venue on time. **NOTE:** Each sport's rules will specify the minimum required to play.
5. There will be no guaranteed warm up time. Teams should arrive early and find an open space to warm up on their own off of the court/field.
6. All games will be played out until there is a winner. Please refer to the rules of each sport for overtime procedures.
7. Teams are divided into pools of 3, 4, or 5 teams. A round-robin format will be played in each pool. a. When moving from round robin to single elimination, the top two teams in each pool advance. b. Tiebreakers scenarios - refer to division game schedule.
8. Coaches and players must stay in the designated coaches/players area as stated in each sport's rules.
9. Parents must remain in the designated area for spectators. Failure to comply may result in removal from the game.
10. It is the responsibility of the coach to know when and where their team plays when advancing to future rounds. Game schedules for all divisions are posted and scores will be posted the following day at <https://www.laparks.org/sports/youthtourn/youth-valley-region>
11. After the conclusion of each game, each team's players, coaches and spectators must make sure that all of their trash is removed from the fields/courts. Please don't leave any water bottles behind!

12. **In basketball**, home teams are listed on the right side of schedule and will wear the lighter color of their jersey. **For all other sports**, a coin toss will take place prior to the start of the game to determine possession and side of play on the field/court as listed in the rules.

13. Mandatory play rule:

**Basketball:** At the start of the first and second half of the game, teams begin with 5 players who must play the first 5 minutes consecutively. At the 15-minute mark of each half, teams must insert all players from the bench into the game. Free substitution is only allowed the last 10 minutes of each half.

**Baseball/Softball:** No player may sit on the bench in consecutive innings. Continuous batting order is used during the entirety of the tournament.

**Soccer:** Each player must play eight (8) consecutive of the first sixteen (16) minutes of each half. Substitutions are not done until the eight (8) minute mark and not allowed again until the sixteen (16) minute mark.

**Volleyball:** A continuous rotation is used throughout the game with all players rotating at each sideout or every five (5) successful serves by one team. Flag Football: Each player must play at least one full quarter of each half on offense or defense. This is predesignated by each coach prior to the game.

14. Only players and coaches are allowed on the fields/courts during the game. There will be no playing on the courts or fields during timeouts or breaks between halves.

15. **IN BASKETBALL:** Undershirts, arm sleeves, knee sleeves, lower leg sleeves and tights are permissible as long as they are a solid color; either black, white, or the predominant color of the uniform. All teammates must wear the same color sleeves/tights, with an exception of knee braces (Note: a knee brace is defined as anything that contains hinges and/or straps or an opening over the knee cap).

**Rule clarification for uniform violations** - 1 technical foul (2 shots) will be assessed per player for any uniform violation. Exception: Only 1 administrative technical foul (2 shots) will be assessed for multiple jersey number violations per team. Technical fouls do not cancel out, both teams will shoot free throws.

**16. Good sportsmanship among spectators, parents, coaches, players, and officials is expected.**

We require that ALL spectators practice supportive and encouraging behavior at all times. Inappropriate conduct and/or negative gestures are not allowed during any part of the game. Examples of such behavior include the following: Taunting the opposing team or their supporters, derogatory comments to the officials/referees, Distracting players with yelling, stomping, and/or banging devices. Usage of noise makers is prohibited. Cheers and chants must be positive in nature and encouraging to their own team, with no reference to the other team allowed. Failure to comply may officially end the game and result in a forfeit loss for the offending team. Any team that forfeits in the first round due to their conduct may be eliminated from an advancing round.

**Sportsmanship is everyone's responsibility! Be a good sport!  
PURSUING VICTORY WITH HONOR - CHARACTER COUNTS**