




TWO RIVERS ACTIVITY CENTER  
**HIGH SCHOOL**

**GIRLS LEAGUE**  
**BASKETBALL**



TRAC will be holding a 9th – 12th grade girls basketball league over the summer. The league will consist of high school players from around the region. Registration closes on May 15th so register online or at the TRAC front desk today. Contact Tyler Falk. at 701-320-5645 with any questions.

Fees: \$250/team

**Wednesdays**

**JUNE 16 - AUGUST 4**

**1 - 4pm**

TRACJAMESTOWN.COM 701-952-8722

TWO RIVERS ACTIVITY CENTER  
**TRAC**

# TWO RIVERS ACTIVITY CENTER

1501 5th St NE  
Jamestown ND 58401  
701-952-8722

trac@jamestownparksandrec.com

## 2021 GIRLS HIGH SCHOOL BASKETBALL LEAGUE

**Dates:** Wednesday's 1:00-4:00pm June 16 - August 4, 2021

**Location:** Two Rivers Activity Center, Jamestown ND

I give my permission for (see below for name of player) to play in the Two Rivers Activity Center High School Girls Basketball League. I understand the league has no responsibility, assumes none and does not carry accident insurance for the benefit of the players. I assume full responsibility for my child's medical expenses and well-being and waive any and all claims against tournament directors, tournament officials, and Two Rivers Activity Center should any injury occur. I give my consent to Two Rivers Activity Center to use photos for marketing.

**Players Name**

Please print clearly

**Guardian Signature**

**Date**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

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## TRAC GIRLS HIGH SCHOOL BASKETBALL LEAGUE REGISTRATION

Team Name \_\_\_\_\_

Team Manager \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Cell # \_\_\_\_\_

Make checks payable to: TRAC  
Send registration to: Two Rivers Activity Center  
1501 5th St NE  
Jamestown ND, 58401

For more information contact Tyler Falk  
701-952-8722  
trac@jamestownparksandrec.com

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## 2021 GIRLS HIGH SCHOOL BASKETBALL LEAGUE RULES

1. Two 20 minute halves/NCAA Rules
2. Two full time outs per Half (no carryovers)
3. Jump Ball – Alternate Possessions
4. Running Clock – Except last two minutes of 2nd half only
5. Five personal fouls
6. Technical Fouls:
  - 1st technical – player sits out 10 minutes
  - 2nd technical – player sits out rest of game and next two games
  - 3rd technical – player is no longer in the league
7. Any team that does not give 24 hour notice of game cancellation must pay \$60.00 referee fee. This fee must be paid before the beginning of the next week's game.
8. Each team will have designated Team Manager who will be in charge of maintaining the roster and communicate with League Supervisor any roster changes or scheduling issues.
9. League Supervisor must approve any roster changes made before change is made. Playing without notifying the supervisor of roster changes will result in a forfeit.
10. No adding players to any roster after the 3rd week. League supervisor must approve any change requested after the third week.

League Supervisor – Tyler Falk (701-320-5645)

11. Teams may start the game with four players but not three.
12. Anyone fighting is automatic ejection from the league.
13. Overtime is five minutes with one timeout per team (no carryover)
14. Numbers are required on all uniforms and must be the same color
15. Profanity is automatic technical foul (out 10 minutes)
16. Allowed to sub on dead ball situations only
17. No hat, caps, or bandanas worn during the game or on the bench
18. In case of a tie (head to head will be the tie breaker)
19. Running clock with the exception of last 2 minutes of 2nd half
20. First bottom space on a free throw is open and you can't use the block
21. No jewelry (to include necklaces)
22. Players must appear in the three regular season games in order to be eligible for the League Tournament
22. Players under the influence must leave the gym and team will forfeit and be removed from the league.