



# BSSC GENERAL LEAGUE RULES

## SPORTSMANSHIP CODE OF CONDUCT

BSSC is an organization that encourages members not to take winning or losing too seriously, and stresses that the social aspects of the league are really more important than a win or a loss. We expect all participants to behave in a sportsmanlike manner, on and off of the field. We strive to ensure that each member “shows that he or she has qualities of fairness, courtesy, and grace in winning and in losing.”

## BSSC WEBSITE

[www.baltssc.com](http://www.baltssc.com) provides all necessary information about the BSSC, such as: Regular, Post & Rainout Schedules, Team Match Ups & Standings, League Rules, Field Maps, Photos, Our Partners, & Weather. The BSSC website also offers a community platform with its Bulletin Board feature and an Overview Calendar for sport signups, charity and social events.

## JOIN OUR BSSC FACEBOOK PAGE

[www.facebook.com/baltssc](http://www.facebook.com/baltssc)



## TEXT SERVICE FOR CANCELLATIONS

It is recommended that every BSSC player sign up for the **FREE** BSSC text service at [www.rainedout.com](http://www.rainedout.com). You will receive a real time cancellation via text from the BSSC when a game is cancelled. This will reduce the need to check your email, the website, or call the rainout hotline because of inclement weather,

## BSSC COED SPORTS OFFERED

Visit Each Sport’s Page for Detailed Information & Sign Up Dates

Volleyball (Winter, Spring, Summer & Fall)	Soccer (Winter)	Cornhole (Winter /Summer)
Kickball (Spring outdoor)	Dodgeball (Fall)	Charity Events (Year Round)
Football (Spring, Summer & Fall)	Wiffleball (Fall)	Orioles, Ravens, Preakness Events
Softball (Spring ,Summer, Fall)	Broomball (Late Fall)	Social Events (Year Round)

## BSSC COED DIVISION DESCRIPTIONS

**Social:** Teams that have *advanced* athletic skills and love to socialize.

**Extreme Social:** Teams that have *intermediate* athletic skills and love to socialize. Sub Leagues of Extreme:

**Tastes Great:** Teams with upper intermediate athletic skills.

**Less Filling:** Teams with lower intermediate athletic skills.

**Super Extreme Social:** Teams that have *basic* athletic skills, but are highly skilled in socializing.

**\*Note:** Super Extreme Social does **NOT** offer postseason games.

## COED PARTICIPATION ELIGIBILITY

- All BSSC participants must be at least **21** years old before the season starts.
- A Division I athlete must wait five years before participating in the BSSC. This restriction does not apply to a non-similar sport (e.g., D I football player may play BSSC softball, but not football.)
- Players who have participated in professional sports are not allowed in the BSSC at any time. This includes leagues that use "Professional" in their name. (e.g., “Professional Women's Tackle League”)
- Players/teams athletic ability may not exceed division definitions listed above (e.g., Social league ability may not play in the Extreme Social or Super X leagues).
- Teams will forfeit all games if these rules are broken or player(s) removed from the league.



### OFFICIAL BSSC BAR SPONSORS

- **Official Sponsors:** We invite and encourage you to join your fellow BSSC members at the official sponsor bars after each game to accrue "Social Points". Miller Lite Beer and our official bar sponsors help to keep the costs of the BSSC affordable to everyone. Bars contribute to our sponsorship program because of the large economic impact members have on their business. Competing bars in the area did not contribute to making the BSSC affordable to its members. Therefore, out of respect to these businesses; on game days, please patronize only those sponsor bars that are supporting you and the BSSC. More importantly, the official sponsor bars are where the entire league goes to grab a cold Miller Lite, meet old friends and make new ones. The names of our sponsor bars are provided on the website, at the beginning of this publication, and on your league shirts.
- **Concerns:** If there is a concern that needs to be addressed at our bar sponsor(s), please contact the BSSC and we will contact the owners directly to resolve the issue.
- **Outside sponsorships:** The BSSC only allows teams to collect funds from businesses that do not conflict with our partners or "official" bar sponsors of the BSSC. The BSSC will not accept funds from companies that are in direct competition with our official sponsors or partners. Teams that are found to be sponsored by a competing bar/restaurant will have all wins removed for their current season record.

### TEAM LEAGUE FEES BREAKDOWN

- The base league fee is \$725 (team of 12 players).  
For each additional player over 12 on your roster, \$65 will be added to your team total.  
Teams will pay the base league fee even if their roster is below 12 players.
- The BSSC league fee includes:
  - BSSC current league T-shirt for each participant, access to the MedStar Sports Medicine network, specials at our official BSSC sponsor bars, BSSC staff (field leaders/officials), field rental for each location, set-up of field equipment where applicable. Participation in charitable/social events, & the opportunity to socialize with every BSSC member in the league.
  - **SPORT SPECIFIC:** Off duty police @ Patterson Park (Softball only), MedStar Sports Medicine athletic trainer located at each venue (Football only), sport koozies (outdoor sports only), helmets & sticks (Broomball only).

### STRESS-FREE WAY FOR COACHES TO COLLECT LEAGUE FEES:

SPLITZEE REIMBURSEMENT LINK - <http://splitzee.com/for/balt-ssc>

- BSSC has partnered with Splitzee, a shared payments company who solves a big problem for you as coaches when collecting payment from your players. Splitzee speeds up the whole process and puts money back in your pocket fast.
- To start, enroll a team and set up a personal fund link to invite teammates to contribute online. You can also communicate with everyone on your team and track everything automatically. Splitzee allows you to enter "off line" payments for players that would like to use a check or cash payment. It makes the whole experience painless for the team and the coach.
- Make life easy for your teammates, as Splitzee's accepts credit cards / Pay Pal from them.
- Track who/ who didn't pay easily, as Splitzee tracks offline payments easily and online payments automatically.
- One-click reminders to the team with no more awkward conversations about money owed. Click a button and send an e-mail reminder to your holdouts. <http://splitzee.com/for/balt-ssc>
- **NOTE:** BSSC procedure for final payment will not change. Balances cannot be forwarded to the BSSC from your Splitzee account. Splitzee can assist you with BSSC payment deadline at tee pick up.



**BSSC NON-REFUND POLICY**

Once the BSSC has entered a coach’s name online for the current season, the \$200 deposit paid at sign-ups is non-refundable. Once tee shirts are ordered, teams are responsible for the total remaining team balance.

• **Current Individual/Team Player**

Once a coach has ordered team T-shirts, the current player(s) /individual league fee is non-refundable.

**Injured Player** (Injury **MUST** be sustained playing a BSSC sport outlined in a BSSC injury report)

A “league fee credit” will be given if a player’s injury precludes them from finishing out the season.

The “league fee credit” will be used for the next BSSC sport that they participate in.



**BSSC SOCIAL POINTS INFORMATION**



**HOW DOES MY TEAM EARN “SOCIAL” POINTS**

Visit any of our current league sponsor bar(s), take your BSSC team photo and post it on the BSSC Facebook Page, it’s really that easy! <https://www.facebook.com/BaltSSC> While you’re there, enjoy cold Miller Lite drafts with your favorite sponsor bar food.

- To ensure credit for your team post, include your **COACH, TEAM NUMBER AND SPORT**.
- Team must have at least 5 players from your current BSSC league team in your photo.
- For each teammate in the photo, you will receive ONE social point for that week. Number of teammates in each photo is crucial because, teams combined “Social” point totals will be used to determine post-season tie-breakers between teams with equal records.
- Photo must be at our sponsor bar with players holding a Miller Lite. Exception: Players job frowns upon you holding a beer. We will still count your photo as a “social point”.
- For those teams that don't make the post-season, we have a prize for you too. We'll be handing out \$50 vouchers to the top “Social” point teams who didn't make the post-season, *regardless* of your team's record. **\*\*The # of vouchers is based on the # of current teams in each league.**

**END OF SEASON “SOCIAL POINT” BAR VOUCHER**

- Teams who have posted 4 or more valid “Social Point” photos will be eligible for a \$50 bar voucher.
- Teams with less than 4 postings, will not receive a “Social Point” voucher.
- Vouchers may be dispersed to eligible teams before the last regular season game and equally between all bar sponsors. This will help to alleviate congestion at the BSSC sponsor bars.

**HOW TO REDEEM BSSC FORFEIT / SOCIAL POINTS BAR VOUCHERS:**

- Patronize the BSSC sponsor bar listed on your team’s voucher, on the days/dates that are printed on them. (e.g., If games are played on Saturday, the vouchers may NOT be used Sunday through Friday)
- Present voucher (which has no cash value) to server/bartender before ordering. Voucher is for “dine in only” to be used for BSSC Miller Lite specials and food. Not valid on carry out orders or used by non-team members.
- PLEASE tip your bartender based on the TOTAL amount of your check. (e.g., Team bar tab is \$45. The remaining \$5.00 cannot be used to tip the bartender – there is no cash value, so the bartender does not get that \$5.00 left over from the voucher. Your tip must be paid separately based on the \$45 bar tab).





## **BSSC FORFEIT FINE INFORMATION**

### **ADVANCED NOTICE TO AVOID A FORFEIT FINE**

- Teams can avoid a forfeit fine by e-mailing the BSSC prior to their regular season game or by following the substitute player(s) rule.
- Coaches must contact the BSSC before **NOON** (weekday or by Friday if game is on the weekend)
- If an "advanced forfeit notice" game is rained out, the game will be made up at a later date.
- Opposing teams will NOT receive a forfeit voucher if the above procedures were followed.

### **ROSTER SUBSTITUTION(S) TO AVOID A FORFEIT (Based on Social Points)**

- Teams will be allowed to choose (2) games during the regular season to use substitute players, IF they are going to forfeit a game. Player(s) must not exceed athletic ability as noted in league descriptions.
- In order for teams to use up to (3) substitutes for a game, a "social points" photo must have been posted the previous week. If a team did not post a photo the previous week, they may NOT use substitute(s) that week.
- Coaches must contact the BSSC before **NOON** (weekday or by Friday if game is on the weekend) that substitute(s) will be used for the upcoming regular season game. Included in the substitute e-mail: Absent current roster player(s) and substitute player(s) name and e-mail address.
- Game time substitutions will not be allowed, as the above procedures must be followed.
- There will be a \$15 "substitute fee" per player (to be paid to BSSC staff at game time) and they must sign the BSSC release form before participating in the game. Substitute players will wear a mesh penny during the game, since they will not have a league shirt.

### **GAME TIME FORFEITS / EXTENSIONS**

- Teams must have the minimum number of players present at game time or a "game time" forfeit will be called by BSSC staff (see exceptions). If the official can visually view players hustling to the field, he will allow them to be added to the minimum.
- There are forfeit extension rules that apply to volleyball, kickball and softball.
- All remaining BSSC sports will give the opposing coach (2) options at game time:  
1- Inform BSSC staff to allow the other team a "5- minute grace period" to extend the start time.  
Note: All games will end on time and grace period will be deducted from game time/ half time.  
2- Inform BSSC staff that they would like to follow the "game time is forfeit time" rule.
- Official "game time forfeit" will not be rescheduled because of inclement weather that day.

### **PLAYING A FORFEITED "FUN" GAME**

- If the BSSC official declares a "game time forfeit", teams will play an officiated "fun game". Regardless of the outcome of the "fun game," the forfeiting team will have a loss recorded and a forfeit fine assessed.

### **GAME TIME FORFEIT REIMBURSEMENT**

- A \$50 fine will be assessed to the team who did not have the minimum # of players at game time.
- The non-forfeiting team will receive a \$50 voucher for one of the sponsor bar(s) the following week.
- If a team is forfeited against in the postseason, no vouchers will be given.

### **GAME TIME FORFEIT FINE WAIVED (Based on Social Points)**

- In order for teams "game time forfeit fine" to be waived, "social points" photo must have been posted the previous week. If a team did not post a photo the previous week, a fine will be assessed.
- The non-forfeiting team will STILL receive a \$50 voucher for one of the sponsor bar(s) the following week, if BSSC is paying the fine.
- If a team is forfeited against in the postseason, no vouchers will be given.

### **PAYING FORFEIT FINES**

- All fines must be paid before your next scheduled game by either cash or check, if applicable.



# BSSC SCHEDULE & POST SEASON INFORMATION

## REGULAR SEASON POINTS AWARDED

Win - 2 points, Tie - 1 point, Loss - 0 points

## REGULAR/POST SEASON SCHEDULE DEVIATIONS/RAIN OUT POLICY

The first priority of the BSSC is to ensure that all teams complete their full regular season schedule and postseason play is not guaranteed in any sport. Therefore, the postseason schedule and the amount of teams involved may have to be reduced or **eliminated** based on any extension of the regular season.

Below are the deviations from the normal postseason schedules if inclement weather or other circumstances dictate such action:

- If there is one rain out or less, the entire posted postseason schedule will be played.
- If there are two rain outs, the number of teams involved in postseason play will be reduced to 50% of the tentative schedule (e.g., if the preseason tentative schedule provided for 32 teams playing in the postseason, this would be reduced to 16 teams).
- If there are three rain outs, the number of teams involved in postseason play will be reduced to 25% of the tentative schedule (e.g., if the preseason tentative schedule provided for 32 teams playing in the postseason, this would be reduced to 8 teams).
- If there are four or more rain outs, a decision will be made whether to play an abbreviated postseason schedule or eliminate all postseason play.

## MAKE UP DATES/REFUNDS FOR SHORTENED SEASON

- Make up for games regular/post season games, may be scheduled for days of the week outside of that sport's regularly scheduled days. These games can be played on Friday or the weekend. The BSSC will e-mail the league/individual teams ASAP, to allow players to make adjustments to their schedules.
- Neither refunds nor pro-rated refunds will be given if the regular OR post season is shortened due to inclement weather or by actions taken by the Baltimore City Department of Recreation and Parks.

## POST SEASON GAME SCHEDULE

- Postseason games will start immediately after the completion of the regular season (including any make up games).
- The BSSC will strive to have the same percentage of post season teams in each eligible division.
- If your team is going to forfeit a post season game, please contact the BSSC ASAP. This will allow BSSC to place another team in your slot.

## POST SEASON SEEDING

A seeding ONLY schedule will be found on the Post Season link online by week # 6. However, team numbers will not be entered until ALL regular season games are completed.

- In the spirit of the BSSC, "Social Points" eliminates the issue of teams needing to focus on beating another team by a certain amount of runs or points, strength of schedule, head to head competition, etc.
- "Social Points" will be used to help the BSSC to seed teams in the postseason, IF a tie-breaker is needed.  
**Example:** Five teams are 8-0; the team with the highest # of "Social" point will be seeded # 1 and the least will be seeded # 5. If teams have equal "social points" a coin flip will determine seeding.
- The BSSC will NOT reseed the post season schedule after each round. The lower seed will assume the higher seeds post season schedule. (e.g., Seed #32 upsets seed #1 in the first round. Seed #32 now becomes the #1 seed and will follow the #1 seed's postseason schedule.)

## DIVISION ADVANCEMENT POLICY (RETURNING TEAMS)

The number of teams that will advance to the next higher division is based on regular season/post season results from the prior season. This format helps balance out the caliber of teams in all BSSC sports divisions.

**\*The two teams that played in the championship game will move up to the next higher division.**



## **BSSC FIELD INFORMATION**

### **“BEVERAGE” RESTRICTIONS**

The City of Baltimore prohibits both possession and/or consumption of any alcoholic beverage on city property. Players will be responsible for any citations given by Baltimore City Police Department. NO alcoholic beverages are allowed in any indoor venue or in the parking lot.

### **AFTER GAME TIME LIMITS**

- **INDOOR VENUE:** Teams must leave indoor venue in a timely manner following the completion of their game.
- Teams will receive one warning from staff and will receive a loss for current and proceeding week’s games if time limit warnings are ignored.

## **BSSC GENERAL GAME RULES**

### **PLAYER ID CHECK**

- All players must show a valid photo ID to BSSC staff upon request at any time during the season. Player(s) who refuse/are not in possession of their valid photo ID are prohibited from participating.
- BSSC staff will require a roster check form to be filled out by the entire team and player(s) photo taken.
- An ID check will occur BEFORE the start of all postseason games. If a player is NOT on the post season roster, the team will forfeit their game.

### **COED PLAYER PARTICIPATION**

- Each BSSC player must sign their team waiver/roster before participating in their first game. Any player whose athletic ability exceeds division definitions may be removed from the league (e.g., a player with “Social” division ability playing in “Super Extreme”).
- If the BSSC determines that more than one player on a team should be in a higher league, the BSSC has the option to forfeit all future games for that team (no refund).

### **PREGNANCY RULE**

- For the safety of both mother and baby, pregnant women are not permitted to play in any BSSC sport. Even though the BSSC is a non-contact league, accidents do occur. This does not prohibit a pregnant woman from managing a team. If this rule is ignored and a pregnant player is caught playing, that player will be suspended from play for the season and no refunds will be given.

### **PLAYING ON MORE THAN ONE TEAM DURING THE SEASON**

Because the BSSC is a social league, players may want to play for more than one team during the season.

- Players will pay (2) league fees for that sport and sign each teams rosters
- Players cannot exceed the athletic ability league descriptions on either team. Ex. A player in the Social league, cannot play in the Super-X league.

### **ILLEGAL PLAYER**

The BSSC considers using an illegal player in a regular or postseason game, to be unsportsmanlike conduct.

#### **Illegal Players are defined as:**

- A player who’s coach did not register them as a substitute player, yet played in a regular season game. Substitutes are not allowed in Post Season play.
- A player who has broken the age or division one (DI) requirements.
- Once a player has been removed from the roster using the drop/add procedure, they are NOT eligible for league play for the remainder of the season.

#### **Illegal Players Penalties:**

- The coach and illegal player(s) will be suspended for the remainder of the season and all wins will be removed.
- Penalized teams may participate in their remaining regular season games though wins will not be recorded.



### GAME UNIFORMS (T-SHIRTS)

Current season T-shirts are a players uniform and must be worn to participate in a game. If circumstances dictate that a player(s) does not have their current league tee, they may play in the game by following these procedures:

- Show proper ID to prove they are on the roster (staff will take photo of ID) and sign BSSC roster check form. There is a limit to (1) game per player and BSSC will record this occurrence for reference.
- Players who are found swapping shirts must:
  1. Both players must show proper ID to prove they are on the roster and sign BSSC roster check form
- **POSTSEASON** - All players must wear their current season T-shirt to participate in the postseason. There are NO exceptions of this rule for Post Season play.

### GAME FOOTWEAR

- In order to participate in the BSSC, members must wear appropriate athletic footwear during the game.
- Inappropriate footwear such as: Metal spikes, dress shoes, sandals, "Five Fingers" toe shoes, flip flops, bare feet, socks, etc., are not allowed in the BSSC leagues.  
\*Cornhole is exempt from above rule with exception of bare feet /socks.

### COLD WEATHER GEAR

- Players must wear their current BSSC sport T-shirt **OVER** their cold weather gear.

### FIELD/GAME EQUIPMENT

- BSSC will provide all necessary equipment for each court, field or diamond (cones, bases, nets, etc.). Players must provide all their own equipment to play the game (gloves, bats, broomball pads, etc.) unless otherwise noted in the BSSC GAME RULES.

## PLAYER INJURIES

### INJURY PROCEDURE

- In the event of a game related OR pre-existing injury, the player will be removed from the activity and his/her condition assessed by either a BSSC staff member or MedStar certified athletic trainer before resuming participation. If the injury or condition is determined to be of significant seriousness making their return to the game/activity unsafe for themselves and/or others, then he/she shall be withheld from further participation pending greater medical intervention.  
**NOTE:** Any player with a pre-existing injury (i.e. fracture/broken bone, torn muscle/tendon) requiring a cast, brace or other protective splint device will be ineligible to participate until cleared in writing by a physician. Furthermore, if cleared to resume play with a cast, brace or splint device, then such device must be sufficiently padded as to protect others from harm/injury. Finally, if witnessed or determined that the device is being used intentionally as a weapon to cause harm to others, then the player will be removed from the league.

### GAME CLOCK FOR INJURIES

In the spirit of the BSSC, the number one concern is the care of an injured BSSC player and not the game itself. A player will only be moved off of the field/court and play resumed once the player is stable enough to be removed from the field.

- **Indoor Venue:** If there is more than one game being played using the same game clock, the clock will NOT stop for the injury. The game will resume once the player is stable enough to be removed from the court, using the score at the time of the injury. If the care of the injured player extends past the allotted game time, the score will be recorded from the time of injury. Time that was used to adequately take care of the injury will not be added to compensate for the loss of game time.

### BLOOD RULE

- If an injury results in a bleeding/non-bleeding open wound, the player must immediately be removed from the playing area to receive medical attention. They may re-enter the game **ONLY** after the wound is bandaged and bleeding has stopped.



## MEDSTAR SPORTS MEDICINE SPONSORSHIP

The BSSC is the **ONLY** sports & social league in MARYLAND to have an affiliation with MedStar Sports Medicine.

Although ALL BSSC sports are non-contact, as with all physical activities, people may occasionally sustain an injury. Should this occur, the BSSC has entered into an agreement with MedStar Sports Medicine to provide prompt medical care (for its members) at any one of the four Baltimore-area MedStar hospitals. These hospitals include: Franklin Square, Good Samaritan, Harbor and Union Memorial.

### **What is MedStar Sports Medicine and how can it help you as a member of the BSSC?**

- Should an injury occur, you will receive a MedStar Sports Medicine identification card provided by a BSSC Staff member.
- Your affiliation with the BSSC helps to get you "fast tracked" through the Emergency Department **ONLY** at the above participating MedStar hospitals.
- MedStar Sports Medicine is ***NOT*** an insurance company, so it will not pay for any medical claims. Simply present your MedStar Sports Medicine ID card to the Emergency Room registrar (or tell the registration staff person you are a member of the BSSC) and their staff of sports medicine specialists will help to get you back in the game again!
- This ID card does ***NOT*** provide insurance coverage nor will BSSC be liable for any medical expenses.
- If you waived medical attention at the field but later you feel the need to be seen by a professional, please contact the BSSC so they may refer you to MedStar Sports Medicine or if you have a question regarding the services provided to BSSC members by MedStar Sports Medicine, call Jen Pritchett, 410-772-6516, during regular business hours.

### **BSSC MEMBER COMMENTS**

According to BSSC members in the past, **MedStar Sports Medicine** can be very helpful if you suffer an on-field injury.

.....Hi Mike, Thanks for checking in - I'm all set! I lucked out - it was just a dislocation so I should be good in 1-2 weeks vs. 6 - so happy! Your BSSC staff was great - couldn't have asked for better and when we got to Union Memorial, they already knew I was coming and we only waited a couple of minutes before we were brought right back. We were in and out (x-rays, re-setting and all) in under 2 hours. Can't really beat that for an ER visit! Thanks again for checking in - I should be back on the field in a couple of weeks. :) Thanks! Andrea

.....Good Morning Mike, I am just following up with you about my torn ACL. I had the surgery to repair my ACL on July 11th, so today is exactly 3 weeks out. I am up walking and my rehab is progressing faster than my therapist has ever seen, I am able to balance myself completely on the repaired knee, I have full mobility back and my strength is coming back. I have to thank you for referring me to Med Star, Dr. Tepper was able to get me in right away knowing that I am a competitive bodybuilder and perform the operation shortly after my first visit. As with any operation, the recovery has a lot to do with the Dr. and how they perform the actual operation, and Dr. Tepper did a fantastic job. For that I am forever grateful.

Thanks Mike! Chris

Mike,

.....Thanks for following up. The shoulder is still sore, but I am wearing a sling for a week and then following up with a specialist recommended by the doctor I saw in the ER at Union Memorial.

Your staff was very attentive and addressed all my needs in a prompt manner. The trainer even called the ER ahead of time to let them know I was coming to see if they could get me on faster because I was in so much pain. They did and I was seen in 10 minutes.

Thanks again and I hope my recovery time is quick.

Stephanie