**WELCOME TO HEROES OPEN RUN**

Open Runs is another opportunity for the ladies to get together to hoop outside of league play. This is where everyone gets on the court and teams are picked on-site. It's a fun, friendly environment and a precursor to the league. Here you can check out the pace of the league and also meet a lot of women that play.

If you are a new player, this is your chance to potentially meet captains and get placed on a team.

**Please contact**

**Jen Gonzales**

**361-443-3754**

**To RSVP**

**OPEN GYM RULES**

**Captains:**

* Shoot for captains and the first 2 to make it are the captains for the first game (pending attendance there may be more than 2 captains; one captain for each group) and each captain gets to pick their players for their team

**Teams:**

* For all inclusion purposes, the next 5 players to rotate in to play the next game have to include players that did NOTget to play in the previous game
* Teams rotating in are able to pick up players from the winning team as long as everyone who hasn’t played yet is picked up

**Games:**

* Winners stay on for NO MOREthan 2 games back to back
* There will be a 2-minute MAXbreak in between each game if needed for water, rest, and/or to switch teams in and out
* The next team needs to be ready to go and if that specific team is NOTready to play after the 2-minute break, then the team who has next will jump on ORthe same game will be run back
* The first team to 7 OR close to 7 in 7-minutes wins
* Whenever a tie occurs the first team to score wins

**Scorekeeper:**

* A player that’s NOTcurrently playing will be designated as scorekeeper to keep track of the score of the game that’s being played (Scorekeeper will rotate each game)
* In the event that there are not enough players to have a designated scorekeeper that is NOTplaying in the current game, then the CAPTAINS will keep track of their OWN individual team’s score

**OPEN GYM PAYMENTS**

* Open gym events will be posted in the GroupMe chat as soon as the specific location has been determined (e.g. Hoop City, Atlas, etc.)
* When rsvping for the open gym event, you MUST pay your $5 minimum fee to reserve your open gym spot BEFORE the day and time of the scheduled open gym
* If you DO NOT rsvp AND pay your $5 minimum fee to hold your spot by the designated due date, then you will NOT be able to attend that particular week’s open gym event
* If any additional fees are needed then you will HAVE to pay the remainder at the open gym
* If you DO NOT pay the remainder of your portion of the additional open gym fee, when applicable, BEFORE leaving the gym then you will NOT be able to attend ANY further open gyms until ALL fees have been paid
* In the event that ANY open gyms are canceled at the last minute then you have the option to either get your open gym fee refunded back to you OR transferred over to the next available open gym

\*\* the forms of payments are listed below:

1. Cash App: $HERoesLeague
2. Venmo: @HERoesWOmensBball
3. Zelle: Jen 361-443-3754
4. Cash is accepted as well but is the least preferred method for tracking purposes

