

Basketball Rules (Winter Trial League)

Basketball is the latest addition to the CVSSC family of sports leagues. While this Winter Trial League will help us form our standard rules and operations going forward, we do have some general game play and specific rules to get us started. As a CVSSC League, it remains self-refereed, is co-ed and operates based on an emphasis on sportsmanship and creating a safe and fun league for all. Please excuse the lack of formatting of our typical rule books and review these league guidelines before your first game. If the rules do not cover a specific situation in the game, please work together and use good judgment.

Sportsmanship: Play with good sportsmanship, good judgement and the spirit of the game in mind. We're all here to have fun and dealing with overly physical or unsportsmanlike play from the few just drains the fun out of things for the many. Spirit scores (sportsmanship ratings for opponents) will be tabulated to help us keep track.

General Game Play:

- 1) **Time Slots and ending the game:** Each time slot is 60 minutes with at the Base Gym. This should allow for approximately 5 minutes of warm-up plus a short half time if and when teams want one. The gym scoreboard will count down the time remaining in the game, with a buzzer to end the game. (This is the first time using this system, so coordinators will have access to a whistle to signify the end of the game if needed.)
- 2) **Half-time:** Not currently mandatory. If one team wants a half time, then both teams take a half. Teams are also able to play through the full time slot if they prefer. Please decide this before the game and at what agreed upon time to take the half. The first stoppage after that time will be half time. The default is that teams switch sides at half if there is a half time, but teams can agree to stay where they are.
- 3) **Mercy Rule:** The mercy rule is in effect and the score freezes if a score differential of 30 points is reached. Teams are encouraged to play for fun the rest of the way.
- 4) **Game Starts:** Rock Paper Scissors decides first possession. Winning team takes possession at half and a pass to a teammate starts the game. If there is a half-time, possession switches to the other team to start the second half. There is no tip-off.
- 5) **Checking The Ball:** An offensive player must 'check' the ball with the defender to restart play after a foul call or play violation (double dribble, travel, etc..).
- 6) **Re-Starts:** Ball needs to be properly inbounded after a score or out-of-bounds play. After a foul, ball is checked in at the sidelines after a foul call.
- 7) **Full Court Press:** Allowed if score is within 10 points. Only half court defence when differential exceeds 10 points.
- 8) **Defence:** Defend with your feet, not your hands on your opponent. You can establish yourself defensively with your forearm in the post, but avoid pushing and physical battles. Play is on the

ball, not the body. All defence is man-to-man style. The defensive player should not appear to be playing 'safety' and guarding anyone other than their check to clog the paint.

- 9) **Scoring:** Both two point and three point shots count for their proper point total. Teams will be responsible for having their extra players keep score on the provided scoreboards.
- 10) **Substitutions:** All subbing is done out of the team's defensive end at the bench. It can be done at any break in play, or on the fly when the subbing player's team is bringing up the ball on offence. The player you're subbing in for should be near sidelines before entering play.
- 11) **Shot Clock:** This is just a general guideline to keep play moving, but possessing team should be attempting a shot within 30 seconds and advance the ball out of their backcourt within 10 seconds. Keep the play moving.
- 12) **Co-Ed Factor:** Teams must have at least one lady on the court at all times, but can play with more. We'll be looking for feedback on whether that minimum should be 2 in the future, or stay at 1.

Fouls: As a reminder, there are no referees, so fouls are decided on and tabulated by the players involved in them – in a system similar to both ultimate Frisbee and the Kerrisdale Basketball League in Vancouver. There are no shooting fouls in order to cut down on any issues recording the fouls and the time spent setting them up each time.

- 1) **Fouls:** Only players involved in the play can call a foul and discuss the foul. The foul is only recorded if there is agreement between the two players involved. That player being fouled may "contest" the foul, in which case the foul is not recorded. Communication should be objective and about the play and not get personal. It's a quick communication over yes I agree on the foul or no I don't. Possession only changes on the play (such as offence to defence) when both players involved in the play agree a foul occurred. Otherwise, offence keeps the ball, the play is checked back in from the boundary and play is simply re-started. Let's keep play moving. Uncontested fouls occurring during or after a scoring play count and should be recorded.
- 2) **Recording Fouls:** When both players involved in the play agree a foul has occurred, please signal to the scoring table. The coordinator, in conjunction with the team subs on the sidelines, will need to record the foul on a sheet of paper to keep track of total team fouls.
- 3) **Playing for the Foul:** Please do not drive the basket looking to initiate contact for a foul. Playing into contact just adds confusion and higher possibility of injury to the game. By all means go for it when the lane is clear.
- 4) **In the Bonus:** A total of 10 team fouls per game are allowed until teams get into the bonus situation. Every second foul after that (12, 14, 16, 18, etc...) is worth an automatic additional point, plus retention of the ball.
- 5) **Intentional Fouls:** Players can be automatically removed from the game, and potentially the league, for playing overly physical, violent, or for poor sportsmanship that is affecting the game negatively.

League-Specific Rules:

- 1) **Guys Can't Jump to Block Ladies:** If a guy leaves his feet to block a lady's shot, it's goaltending and auto basket. Fine to stay planted and use your hands/reach.
- 2) **5 In The Key:** While the offence is in possession of the ball, a player may not remain consistently in the key for more than 5 seconds. The count restarts when a shot is attempted or a player completely exits the key. This is a slight variation on the 3 second rule.
- 3) **Held Balls:** Tied or jump balls will be awarded to the defence (the team whose half the play is in).
- 4) **Over and Back at Centre Court:** This rule is in effect.
- 5) **Dunking:** No dunking. The nets cost too much to have one broken.
- 6) **Injuries:** Game stops when there is an injury. Safety and fun trump all.
- 7) **Time Outs:** No time outs.