



COMOX VALLEY
SPORTS & SOCIAL CLUB

BASKETBALL LEAGUE RULES

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SECTION 1 – SPORTSMANSHIP + SPIRIT SCORES

Sportsmanship and the CVSSC:

The CVSSC endeavours to make all games as safe and fun as possible, emphasizing the 'Spirit of the Game' no matter the sport or level of play. All players are expected to play with an overriding emphasis on sportsmanship, fair play and a fun-first approach. Players, or teams, that do not play by these values may face league discipline, including suspension or expulsion from the leagues.

Spirit Scores Explained:

To help ensure that teams adopt a sportsmanlike manner in games, the CVSSC collects post-game sportsmanship ratings known as 'spirit scores' from team captains in most leagues. In these 'spirit scores,' team captains are grading their opponents on a 0-5 scale on how fair, sportsmanlike and fun they were to play. These scores are kept private until the end of the regular season, but are used for the following purposes: (1) The first tie-breaker in the standings, thereby rewarding the more sportsmanlike team in the event of a tie; (2) Identifying whether a team may need to be addressed in regards to their behaviour, rules knowledge, or for safety concerns during the season; (3) Putting together an objective, peer-sourced review of each team to help support any decisions by the league to reward the most sportsmanlike teams in the CVSSC and/or discipline the least sportsmanlike teams. For reference, a spirit score of '5' has evolved to become a standard, decent game. Teams can give a lower rating to their opponent if there were any issues, with a score of 2 or below generally initiating a follow-up. As of 2021, captains can also give up to two bonus points (up to a 7 out of 5), to help single out the most fun and sportsmanlike teams for recognition.

Reporting Scores and Spirit Scores:

Captains can report the spirit score and game score to the CVSSC coordinator after the game, where possible. If there is no CVSSC representative, or that rep is unavailable, please send the information to Scott Petersen (Director, CVSSC) at scott@comoxvalleysports.ca within 24 hours of your game. If you do not report these scores within 24 hours, whatever game score is submitted will be used by default and the opponent will receive an automatic 5 for spirit score.

Reporting Sportsmanship Concerns:

Captains are encouraged to communicate with each other before games, and

during stoppages in play, if any issues need to be resolved. If not sufficiently resolved by the opposing team, please contact the CVSSC coordinator at an appropriate time for help, when possible. If you deem the issue requires further action, please send a summary of the incident to the league at the email address above.

SECTION 2 – WEATHER + CANCELLATION POLICY

Indoor Sports Weather Policy:

The CVSSC is unlikely to cancel indoor games due to weather conditions, unless they result in the facility being closed or otherwise inaccessible.

Teams will be contacted via the 'cancellation call' protocol below when that is the case.

Outdoor Sports Weather Policy:

The CVSSC will cancel and re-schedule games when it's believed the weather or field conditions may compromise safety or playing experience. However, since field space and available game nights are at a premium, players should expect to play through some wind/rain during an outdoor sports season for most sports.

- **Weekday Sports** – The initial decision on whether to play or cancel the games will take place by 4 p.m. on game nights. Unless notified of a cancellation via the 'cancellation call' protocol below, please proceed to your game as scheduled. The field coordinator and team captains can consult with each other on whether to delay the start time and/or cancel the games if the weather or field conditions have worsened.
- **Weekend Sports** – Unless otherwise notified before game time via the 'cancellation call' procedures below, teams should show up to the field for their game times regardless of weather. A call on whether to postpone start time, play or cancel, will be made by the team captains (in conjunction with the coordinator, when applicable).

Cancellation Call:

When games are cancelled, the CVSSC will notify its players via the following methods:

- **Facebook Posting** – When games are cancelled, a notice will be posted on the CVSSC Facebook Page at www.facebook.com/ComoxValleySports/ for all players to see. Typically, weather cancellations will be posted around 4 p.m.

- **Captains Email** – Once games have been cancelled (weather, gym closure, field closure, etc...), the CVSSC will send out an email to team captains and singles teams. This is typically only possible if the decision is received/made by 4 p.m.
- **Coordinator Phone/Text** – When cancellations are last-minute or that decision is reached at the field/ beach courts, we will attempt to contact team captains and singles via phone call or text. Beach volleyball is a bit more weather dependant than most sports and more likely to have the info delivered this route.

SECTION 3 – EQUIPMENT, SET-UP + CLEAN-UP

Equipment:

CVSSC Equipment: The CVSSC provides a selection of basketballs, scoreboards and inflation equipment that will either be available in the storage room of the gym (such as at the Base gym) or brought to the gym by a coordinator.

Players' Equipment: Bring a pair of non-marking, clean indoor shoes to change into. Bring extra basketballs for warm-up.

Gym Set-Up:

- The CVSSC will typically be allowed into the gym about 15 minutes prior to the first game's start time to set up. But entry into the gym can change due to a variety of factors. Please be patient and ask the coordinator or facility caretaker before entering the gym, if there is something else going on in the gym.
- Moving benches and ensuring the playing surface is clean and clear of obstacles or debris and safe for playing are the main focus. Please take note of the proper set-up and be sure to help as often as possible when in the early slot.
- Please don't use any equipment left out by the facility that we don't already have permission to use.

Gym Clean-Up:

- At the end of the evening, please help put everything back in storage. Many helping hands help make it easier and faster.

- Clean up after yourselves and your teammates after your game to ensure there is not garbage, water bottles, clothing or gear left behind.

*The CVSSC is not responsible for personal items before, during or after games. Please clean up after yourselves and teammates before leaving and certainly check with the both the CVSSC and the facility's lost and found for anything left behind, including: water bottles, clothing, equipment, keys, wallets and more.

SECTION 4 – ROSTERS, SUBS + DEFAULTS

Rosters:

- There is no maximum number of players that can be on a roster, but teams are advised to include all players they expect will play on their roster when registering. Most basketball rosters will have 10-12 players. All players must have signed the new online waiver at least once since 2021: <https://comoxvalleysports.ca/waiver/>.
- Teams can bring in additional players that are not on their roster during the season as long as those players are of similar ability to those they are replacing and signed the online waiver (link above).
- In the spirit of sportsmanship, players are expected to have played with the team during the regular season to be able to play with them in the playoffs.
- In the playoffs, teams that are playing for a chance at first place (typically the top 4 teams) can only field players that have played at least 1 regular season game for them. Teams outside the top 4 may bring in subs via the usual sub rules.
- Individual teams rosters (for players that signed up without a team) and league information will be emailed out at least 48 hours before first scheduled game.

Subs:

- Lists of available subs can be found via links on the home page and on each sport's league page. Give subs as much advance notice as possible and text/phone for best results.

- Players can get their names and info on the subs list by filling out the online form at: <https://comoxvalleysports.ca/sub-list-signup/>. To edit your entry, or remove yourself, simply fill out the form again with the same name and contact info and re-submit your entry. It will update your preferences.
- Teams may also contact Scott at the CVSSC for a list of potential suitable options at scott@comoxvalleysports.ca.
- Teams may bring in subs when they are short players.
- In the spirit of sportsmanship, teams are expected to bring in subs of a similar skill level to those missing. Bringing in 'ringers' for games is heavily discouraged.
- Team captains are advised to run any subs past their opponents before the game, for their approval. This is designed to give a team a say in which player(s) they get to play and avoid the possibility of a ringer swinging the game result.
- Teams may borrow player(s) from another team (such as a team in a previous time slot), as long as said player(s) are needed to make a game happen, and meet the subbing requirements (similar skill level of player replacing, and agreed upon by opposing team).

Defaults:

- If a team is unable to field the minimum number of players (3 players, any gender) within 15 minutes of the scheduled game time, the result will go down as a default win for the opponent.
- Any team that defaults more than once in a season can face further league discipline, including potentially being removed from the league.
- Because the leagues are about playing, and having fun, an opponent may waive their right to a default victory before the game and choose to play. They may even loan players to make it happen. But both teams must agree before the game whether the result will count in the standings. That decision cannot be reversed after the fact.

*If a game is a default, please split up players and play for fun. The idea is to have as good a time as possible each time out. Ask the coordinator for ideas or help to make it work if you need it.

SECTION 5 – MATCH PLAY + FORMAT

Game Format:

- Game times are noted in the schedule online and are generally a 60-minute time slot. Please arrive early to change, warm up and stretch before taking over the floor for your time slot and start your games promptly.
- Games will finish as soon as the time slot is complete, the buzzer goes, or the coordinator blows the whistle. The team with the higher score will be awarded the win. There are ties in the regular season.
- **Playoff OT Procedure:** In playoffs, the end time will be moved ahead by 5 minutes to allow for a tie-breaker scenario. The coordinator will put the remaining time on the score clock for a quick OT period.
- Halftimes are not mandatory, but if one team wants one then both teams will take one. Pick an agreed upon time and the first stoppage after that time will be halftime.
- Games are played 5-on-5, with at least one being female on the court at all times.
- If a team has no female player, they play with one less player.
- Players can rotate off the court for subs, but at least one female must remain on the court at all times – or play with one less player.
- All games are self-officiated, with players calling their own fouls. Team captains are responsible for making sure their teams know/follow the rules, make the correct calls, and should always address any issue(s) with the other team's captain first, and then the CVSSC coordinator if further help is needed.
- **Mercy Rule:** A mercy rule kicks in if a score differential of 30 points is reached (ie. 62-32 or 75-45). If this happens, the score freezes and teams are encouraged to play for fun the rest of the way. There is no advantage in the standings wo winning beyond a 30-point differential.

SECTION 6 – GENERAL RULES

Starting the Game:

- During warm-up, team captains should meet to discuss any issues, decide who gets first ball with a game of RPS (rock, paper, scissors)

and get their game started promptly. If there is a halftime, first possession of the second half flips to the other team. In some gyms, there may be a competitive advantage of being on one side. If one team wants to switch ends at half to negate that advantage, then the two teams will switch ends to even things out.

- The game starts with the first possession at half. A pass to a teammate starts play. There is no tip-off.
 - Before starting the game, both teams should make sure the playing surface is free of any garbage, bags, water bottles, clothing or other obstacles that could affect play and/or safety.
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Re-Starting Play:

- To put an 'out of bounds' ball back into play, possession is given to the team that did not touch it last before it went out of bounds. Play restarts with a pass from the area where the ball left the field of play.
 - After a score, the ball needs to be properly inbounded from behind the baseline to re-start play.
 - After a foul, the ball needs to be checked in by the opponent before restarting play. It can be checked in at the top of the key in the offensive half. No need to check the ball in the defensive half.
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General Game Play Rules and Guidelines:

- **Offence:** Three point baskets are in play. Otherwise, it's two points for other shots from the floor during play and also two points for a foul shot (only one foul shot given on a shooting foul and dead ball after).
- **Scorekeeping:** Teams are in charge of flipping their own scores on the sidelines.
- **Over and Back at Centre Court:** This rule is in effect.
- **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.
- **Dunking:** No dunking or hanging from the rims allowed.

- **Shot Clock:** There is no specific shot clock, but the possessing team should be attempting a shot within 30 seconds and advance the ball out of their back court within 10 seconds. Keep the play moving.
- **Time Outs:** No time outs.
- **Defence:** Defend with your feet, not your hands on your opponent. Establish yourself defensively with your forearm in the post, but avoid pushing and physical battles. Play is on the ball, not the body.
- **Man-to-Man vs. Zone:** 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. For example, if your check is out past the three point line, you should be outside the key.
- **Blocking:** Guys cannot leave their feet and jump to block ladies. This is considered goaltending and an automatic basket. It's ok to stay with your feet planted and use your hands/reach.
- **Full Court Press:** Allowed if score is within 10 points. Only half court defence is allowed when the differential exceeds 10 points.
- **Held Balls:** Tied or jump balls will be awarded to the defence (the team whose half the play is in).
- **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 team's player is bringing up the ball on offence. The player you're subbing on for should be close to the bench sidelines when subbing on.

Violations, Fouls and Penalties:

All games are self-refereed and players are expected to call their own fouls, know how to enforce the penalties, and play with the proper focus on having a fun, safe game with both their teammates and opponents. Captains are responsible for making sure their players know and follow the rules, and are playing in a safe and fun manner.

- **Fouls:** There is no individual player or team foul count. However, a low spirit score should be expected if a player/team rack up a number of fouls in the game or uses the tactic to waste time. Further league discipline could follow where warranted.

- **Violations and Non-Shooting Fouls:** These rule infractions result in a turnover and the ball being checked in by the opposing team. These violations include: traveling, double dribble, over-and-back, kicking the ball, 5-in-the-key, the 10-second rule (to bring the ball up past mid court), a foul of an offensive player when they're not in the act of shooting, etc... The ball is checked in at the top of the key in the offensive zone.
- **Shooting Fouls:** These rule infractions result in a single shot from the free throw line for two points. There is no 'and-1' situation. Regardless of score or miss, it results in a dead ball brought back into play from behind the baseline by the defence. Shooting fouls occur when a defensive player fouls an offensive player in the act of shooting.
- **Final Two Minutes:** All defensive fouls are shooting fouls in the final two minutes of play. Players should set up quickly to take the shot from the free throw line. It's a dead ball that needs inbounding after.
- **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. Make the play to score.
- **Reckless/Overly Physical Play:** Any player being overly physical or unsafe in a game should be asked to leave the game and reported to the coordinator for further discipline. Everyone has their moment(s), but putting other players' safety at risk is unnecessary.
- **Rough Play and Verbal Abuse:** Physical contact unrelated to game action and verbal abuse runs in direct opposition to what these leagues are about and can be met with ejection, suspension and expulsion from all CVSSC leagues.

Team Communications: (a) Team captains are advised to keep in touch with each other throughout the game if there are any issues that pop up, and make any changes as necessary. It is important that these communications be kept civil, with the idea of 'fixing' any problems and not placing blame. If needed, the next step is to involve the coordinator; (b) Teams should refrain from yelling at each other for any reason, and if anything needs clarified, work together to pause the game action and sort it out; (c) If a game is going very well, let the opponent know how much fun you're having. Basketball is a fast, amazing sport, with so much great stuff happening constantly, and everyone loves to hear good things.

Sportsmanship and 'Funnest' Teams: Play to have fun. Each game should be a good time for everyone involved on both teams. And if you play a team that was above-and-beyond terrific to play against, please let the coordinator and/or CVSSC management know.

SECTION 7 – SCHEDULES, SCORES, STANDINGS + PLAYOFFS

Schedules:

Schedules will be posted online and accessible via each team's Team Page and the 'Schedule' link on each sport homepage online at least 48 hours before the first game, with team captains and singles registrants all notified via email. Each subsequent schedule update will follow the same protocol. Please double-check your schedule online before each game and notify the CVSSC of any issues or discrepancies at scott@comoxvalleysports.ca.

Scores:

Game Scores should be submitted to the CVSSC coordinator by both teams at the end of the game. If a CVSSC rep is not available, both teams should email the info to scott@comoxvalleysports.ca within 24 hours. If only one team submits a score, that score will be used in updating the standings.

Standings:

The Standings Page of the CVSSC will be updated on a weekly basis and can be viewed online at: www.comoxvalleysports.ca/league-standings.php. Players can click their team name to review game scores, while the standings page also has filters to allow players the ability to search the results for various seasons and years.

- **Final standings** – Are determined by number of points (two for a win; one for a tie; zero for a loss).
- **Tie-breakers** – (1) Spirit points totals (in all leagues that collect spirit points); (2) Most wins; (3) Points differential; (4) Head-to-head result; (5) Coin flip or RPS.

Playoffs:

Playoffs will be scheduled to take up anywhere from 1-3 weeks of the

scheduled season. All teams make the playoffs, but typically only the top 4-8 seeds have a shot at finishing in first place to allow for closer games and hopefully allow for as much fun as possible. Playoff matches will be set by the CVSSC based on the standings at the end of the regular season and teams will be notified via the 'schedule' protocols listed above.

*The CVSSC reserves the right to alter the schedule and adjust match-ups, tiers, and tweak the final standings in order to make sure everyone is playing at the level most suitable to them, and to maximize safety and fun.

SECTION 8 – WAIVERS, FIELDS + FACILITIES

Waivers:

All players must have signed an online waiver, which outlines the CVSSC's liability and sportsmanship policies (among other things), before playing a game: <https://comoxvalleysports.ca/waiver/>. Players need only sign a CVSSC waiver once since 2021 to be allowed to play, regardless of the number of sports or seasons they are participating in. Captains must make sure any new players and subs have signed a waiver before playing.

Fields and Facilities:

The CVSSC rents playing fields and facilities from various providers throughout the Comox Valley. Please be exceptionally respectful of each location, whether indoors or outdoors, to ensure the CVSSC can continue booking many of the best fields and facilities available and offer these recreational sports leagues. Here are some important things expected from our players:

- **Smoking/Drinking:** Follow proper facility/field protocols on smoking. Unless otherwise specified, the CVSSC establishments are alcohol free.
- **Garbage:** Clean up before leaving – including water bottles.
- **Damages:** You will be held responsible for any damages you cause. Be respectful of the facilities and fields we rent.
- **Footwear:** Bring clean, non-marking shoes for indoors. No metal cleats allowed for outdoors.
- **Changing and Warm-Up:** Arrive 15 minutes early to get changed and warm up while ensuring your warm-up doesn't affect games in

progress, and for indoor sports, please don't block the hallways or play in the halls. It is disruptive and can cause damage.

Alcohol Policy:

The CVSSC rents public facilities for all its leagues and tournaments. Unless otherwise stated, these facilities are unlicensed. As such, possession and consumption of alcohol during CVSSC league games and tournaments (unless in a licensed area) is not legal and prohibited.

Sponsor Bars:

If players would like to socialize over some food or drink, the CVSSC sets up Sponsor Bar deals at various locations. Check out the details online at: <http://www.comoxvalleysports.ca/sponsors.php>.