

BASKETBALL

League Rules



CONTENTS

1. COVID-19 RULE ADJUSTMENTS	3
2. GAMES COORDINATORS	3
ROLES OF THE GC.....	3
GC NO-SHOWS OR ABSENCES	3
3. COURT REQUIREMENTS	4
4. DEFAULT MINIMUMS & SCORES	4
5. FORMAT & EQUIPMENT	4
GAME FORMAT	4
SCORING	4
EQUIPMENT	5
6. GAME PLAY	5
STARTING & RE-STARTING PLAY.....	5
START OF PLAY.....	5
SUBSTITUTIONS	5
THROW-INS.....	5
CHECKING THE BALL	5
VIOLATIONS & FOULS	6
VIOLATIONS	6
FOULS.....	7
PENALTIES.....	8
PENALTIES AND PLAYERS ON THE FLOOR.....	8



1. COVID-19 RULE ADJUSTMENTS

- No Jump balls to start a game/2nd half. Each team will start a half with the ball.

2. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the CSSC to facilitate games. **The GC is not a trained referee.** Players are expected to respect the GC, their opponents and the rules of the sport.

ROLES OF THE GC

- **Facility Liaison**
 - Act as the onsite contact, set-up and take-down required equipment
- **Game Facilitator and Mediator**
 - Start and end the game on time
 - Host pre-game and half-time meetings
 - Call violations and fouls that are missed by players, enforce the rules of the sport
 - Ensure both teams are abiding by the Sportsmanship policy, mediate disputes
- **Player Liaison**
 - Represent the CSSC and act as a link between the players and the league
- **Game Reporter**
 - Record and announce the score throughout the game, report back to the CSSC
 - Collect a sportsmanship rating at the end of the game from each team

GC NO-SHOWS OR ABSENCES

Although the CSSC strives to have a GC present and on-time for all games, there could be rare instances where a GC is unexpectedly late or does not show up to their shift. If this occurs;

- Work with the facility manager or caretaker to find the required equipment
- Start, play, and end the game as scheduled
- Ensure that the facility is left tidy and unharmed
- Email the score and sportsmanship ratings to info@calgarysportsclub.com



3. COURT REQUIREMENTS

League	Total # of Players Required on the Court	Minimum # of Females Required on the Court	Maximum # of Males Allowed on the Court
Standard	5	2	3
Premium	5	2	3

The CSSC welcomes people of all gender identity or expression. Minimum female requirements are inclusive of anyone who identifies as a female (i.e. players who identify themselves as M and X will not count towards female minimums).

4. DEFAULT MINIMUMS & SCORES

League	Minimum Players to Avoid Default	Default Score
Standard	4 (1 Female)	0-30
Premium	4 (1 Female)	0-30

5. FORMAT & EQUIPMENT

GAME FORMAT

- Player should arrive 15 minutes prior to the scheduled game time
- Teams will play one 60-minute game per night:
 - 5-minute warm-up
 - 5-minute half-time
 - 25-minute halves
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - Halves are shortened to 23-minutes to allow for the possibility of an overtime period
 - An overtime period will be played, beginning with a tip-off at centre court
 - The first team to score 4 points, or the team who has the lead at the end of the overtime period, is the winner

SCORING

- Mercy is called and the score freezes if a team gains a 30-point lead
 - 3-point baskets are counted
 - Free throws are worth 1 point each
- **Premium Leagues:**
 - A traditional team foul count and bonus system is in play each half



EQUIPMENT

- Players must wear clean, non-marking, indoor shoes
- Players should bring a light and dark shirt to each game
- The Games Coordinator will provide the game basketball

6. GAME PLAY

STARTING & RE-STARTING PLAY

START OF PLAY

- The GC will start the game with a tip-off at centre court
- Teams will always switch ends at half-time
- To start the second-half, the team who lost the opening tip-off gets possession of the ball and will do a throw-in from the half-court line

SUBSTITUTIONS

- Substitutions can be made on the fly during play or when play has stopped
 - When subbing, players must enter from the same area of the court as the exiting player

THROW-INS

- Are used to re-start play after any stoppage
- Players have a maximum of five seconds to release the ball, or the play results in a turn-over
- On a half-court throw-in, the offensive team can throw-in to either the front or back court
- **Guidelines for where on the floor throw-ins will occur:**
 - If the ball goes out of bounds, throw-in from the spot the ball crossed the boundary line
 - After a basket, the defending team will throw-in from the baseline
 - After any violation or foul, the throw-in will occur from the side-line
 - Anywhere between the free-throw line and the half-court line is permitted
 - After any other stoppage, the throw-in will occur from half-court

CHECKING THE BALL

- An offensive player must 'check' the ball with the defender in the following scenarios:
 - Before a throw-in, after any foul or free-throw
 - Before a throw-in, after the defensive team caused the ball to go out of bounds
 - Before a throw-in, after the defensive team committed a violation in their own zone



VIOLATIONS & FOULS

VIOLATIONS

Violations are intentional or unintentional rule infractions. Players are expected to call violations committed by themselves or their team. If an obvious violation is missed, the opposing team can call the infraction. The GC will also call, confirm, or deny a violation against a player or team.

- If the GC confirms a call, the violating team will lose possession and a throw-in will occur
- If the GC disagrees with a call, the violating team will retain possession and a throw-in will occur

TRAVELING

- Taking more than two steps without dribbling while in control of the ball
- **Incorrect Pivot:** Lifting the pivot foot off the floor or changing pivot points prior to passing the ball or dribbling
 - **Possession of the ball on the ground:** the first point of contact from the player gaining possession is deemed the pivot point and the above pivot rule applies

OVER-AND-BACK

- Passing or dribbling the ball into the back-court after it has completely crossed the half-court line
 - A player can cross back over the half-court line without possession of the ball, and not be called for over-and-back

DOUBLE DRIBBLE

- Beginning a second dribble after voluntarily ending the first dribble

GOALTENDING

- Interfering with the ball while it is on its way to the basket and it is:
 - In a downward flight
 - Entirely above the rim and has a possibility of entering the basket

KICKING THE BALL

- Intentionally kicking the ball with any part of the leg or foot
 - Unintentionally touching the ball with the leg or foot is not a violation

10 SECOND RULE

- If the offensive team does not move the ball from the back court to the front court within 10 seconds of gaining possession

5 IN THE KEY:

- A modified '3 in the Key' rule is in effect in all divisions and can only be called by the GC
- While the offense is in possession of the ball, a player may not remain stationary in the key for more than 5 seconds
 - Any part of the offensive player in the key is considered 'in the key'
- The count restarts when a shot is attempted or when a player completely exits the key



BACK-COURT PRESS

- A back-court press is when one or more defenders cross the half-court line, putting pressure on the offensive players in their back court
- A back-court press is not permitted if the pressing team has a lead of 10 or more points at the time

DELAY OF GAME

- When a player or team intentionally throws or holds the ball out of bounds, or impedes the play from re-starting in anyway

FOULS

Fouls are non-malicious infractions that occur during gameplay. Players are expected to call their own fouls. If a GC or opponent has to repeatedly call fouls against a team, low spirit ratings should be expected.

- **If a player is fouled and their opponent does not call it, they are allowed to make the call**
 - If the GC agrees with the call, the foul will stand
 - If the GC disagrees with the player's call, a throw-in will be awarded to the team who had possession at the time of the foul
- **Standard Leagues:**
 - There is no player or team foul count
- **Premium Leagues:**
 - Follows FIBA regulations
 - A team is permitted a count of **7 fouls** per half before additional penalties are issued
 - When an 8th team foul is committed, the opposing team will go into **'Bonus'**
 - On defensive fouls after entering bonus, the player fouled will be awarded **2** free-throws

SHOOTING FOULS

- When a defensive player fouls an offensive player in the act of shooting:
 - If the basket goes in, it counts, and **one** additional free-throw is awarded
 - The ball is live off the rebound if the free-throw is not made
 - The **defending** team will gain possession of the ball if the free-throw is made
- If the basket does not go in; free-throw(s) will be awarded
 - The player who was fouled takes **two or three** shots worth **1 point** each, depending on where the foul occurred
 - The ball is not live after the first free-throw
 - The defending team receives possession if the last free-throw is made
 - The ball is live off the rebound if the last free-throw is not made

DEFENSIVE INTERFERENCE

- Occurs when a defender:
 - Uses their hands to grab, push or interfere with an offensive player
 - Bump up against an opponent or straddles the legs of an opponent who has the ball raised for an attempted pass or shot
 - Jumps into the path of a moving opponent (**Blocking**)
 - They must have both feet planted on the ground before an opponent reaches their position on the court
 - Descends from a rebound attempt and makes contact with an opponent



OFFENSIVE INTERFERENCE

- Occurs when an offensive player:
 - Uses their hands to grab, push or interfere with a defender
 - Commits a moving screen
 - While dribbling, runs into an opponent who is stationed squarely in front of them, with both feet on the ground (**Charging**)
 - Descends from a rebound attempt and makes contact with an opponent

PENALTIES

Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. Penalties can be called on a player's first foul (intentional or malicious) or can result from repeated fouls by the same player.

- **Warning:**
 - Given for minor offences or first-time occurrences
- **Major Penalty:**
 - Given for major offences or repeated minor offences
 - Result in the player sitting off for **five minutes**
 - The team is not short-handed
- **Game Misconduct:**
 - Given for malicious or major offences
 - Results in the player being ejected from the game
 - The team is not short-handed
- Once a penalty is called, the opposing team will receive free throw(s) to be taken by the player who was specifically affected by the opposing team's penalty
 - If no specific player was affected, any player can take the free throw(s)

DUNKING: Not permitted in CSSC leagues

RECKLESS PLAY: Intentional body contact, elbowing, threatening behavior, etc

UNSPORTSMANLIKE CONDUCT: Swearing, throwing equipment, delay of game, making calls from the bench, etc

DISRESPECTING THE GC: Verbal abuse, challenging calls, etc

PENALTIES AND PLAYERS ON THE FLOOR

- Anytime a female or male player receives a **major penalty**, they must serve the entire penalty
 - This includes if the penalty will cause the team to fall below the female/player minimum
 - If the team does not have replacements for the player serving the penalty, then the team will have to play short-handed
 - A team can be forced to play a maximum of two players short due to major penalties
 - If a team is unable to field 3 players due to major penalties, they will forfeit the game

