



ADULT BASKETBALL LEAGUE RULES

1. SPIRIT OF THE LEAGUE

BGCKL Adult Sports leagues are meant to be an environment for participants of all skill levels to enjoy the value of healthy living in a social gathering through sport. It is expected that all participants enter each game in the proper frame of mind to participate for the enjoyment of the game and recreation.

2. BGCKL STAFF

BGCKL Staff are there to assist in providing a positive experience for all league participants working to ensure a proper level of sportsmanship among all players. The roles of a BGCKL Staff include the following:

- Providing customer service to all adult sports participants
- Promoting other Adult Sports programs to participants
- Are responsible for the time keeping of all games
- Managing the time of all games and making any adjustments to times as needed
- Recording and reporting all scores from games
- Ensuring facilities are set-up and ready for adult sports programs
- Have an understanding of the league rules
- Assisting with the understanding of all league rules. Leagues are self-officiated; the BGCKL Staff is **not** a trained referee and therefore will not referee or make calls during the game
- Providing First Aid assistance when required

3. OFFICIALS

Most BGCKL Adult Sports Leagues are self-officiated and players are expected to make their own calls to ensure sportsmanship like play of the league.

4. WEATHER

Program cancellations due to inclement weather will be posted on BOB FM and social media.

5. WAIVER FORM

All participants are required to complete a waiver form before participating in any adult sports league.

6. ROSTERS & SUBS

Upon completion of registration BGCKL Staff will draft players into teams (Level of Play will be considered in composition of teams) and will communicate teams to all players by email. Players may request to be on the same team with up to 1 other player and we will do our best to accommodate.

7. SCHEDULES

BGCKL Staff works hard to develop an equitable schedule for all participants; ensuring each team has an average equal number of games and a fair distribution of time slots. All schedules will be sent to players and posted on BGCKL website a **minimum** of 1 week prior to start of the season; schedules are subject to change. BGCKL staff will give notice of changes as soon as possible.

8. GAME TIMES (TUESDAYS @ 7:00 pm or 8:00 pm)

All teams are expected to have enough players to meet the minimum numbers at the start of the game time.

- Teams are required to have a minimum of **4 players** to avoid a forfeit.
- Any team not meeting the minimum number of players **10 minutes** past the official start of game time will be subject to a forfeit.
- A team may lend players to their opponent; however, they must determine if the game will be a forfeit or an official game prior to playing.
- The forfeit score will be recorded as 30-0.

9. LEAGUE SPECIFIC RULES

GAME TIMES

- Players should arrive 10 minutes prior to the scheduled start time of their game. They will receive this time to warm-up for their game.
- All Players will receive a total floor time of 60 minutes. The clock will begin at the scheduled start time of the game. Players are expected to begin their game on time, beginning late will not result in extra time added to the end of the game unless otherwise noted by the BGCKL Staff.
- Games will be a total of **50 minutes** in length with **two 24 minute halves and a 2 minute intermission**.
- In regular season games may end in a tie, there will be no overtime.
- The clock will continue to run during the game, there will be no extra time unless noted by the BGCKL Staff.
- All games will end with a whistle blast/horn from the BGCKL Staff; the team in possession of the ball at the time of the whistle will receive the remainder of the possession. Once they have taken a final shot or lost possession the game will end. Games cannot end on a defensive foul; team with possession of the ball will receive another shot if a defensive foul occurs during their final shot (This rule only in effect if using manual scorekeeping if score clock not working).

GAME EXPECTATIONS

- Prior to the start of the game captains are encouraged to meet to discuss any issues and determine who will begin with possession of the ball. During this meeting captains are encouraged to clarify any misunderstanding of rules.
- If there is an issue that cannot be resolved by the team captains they are expected to request the assistance of the BGCKL Staff to mediate the conflict. The BGCKL Staff decision will be final and all players are expected to accept it.

PLAYER EXPECTATIONS

- Players are expected to have control of their emotions and body during game play; higher levels of aggression **will not be tolerated**.
- All players must wear some type of court shoe (basketball, tennis, jogging, etc.). A player is not allowed to play in street shoes, socks, or bare feet.
- All players wearing knee braces that contain plastic, metal, or bolts/screws - must have a cover.

- Jewelry is **NOT** to be worn by any participant during a game. The only exception is wedding bands, studs and medical bracelets.

START & RE-STARTING OF PLAY

- Prior to the game captains will meet and determine which team will begin with the ball. This should be determined by a coin toss/rock paper scissor. The ball will be thrown in from mid-court.
- In the result of a jump ball, players are expected to call jump ball. A possession arrow will be used and possession will go to the team that has the possession arrow.
- In the second half, the team who did not start with possession of the ball at the beginning of the game will receive possession from half.
- Throw-ins: Will be used to re-start any stoppage in play.
- When the ball goes out of bounds it will be inbounded from that point.
- When a foul or violation occurs, the ball will be taken out on the nearest sideline for a throw-in.
- When inbounding in the offensive zone the team must “check” the ball at top of the key with the defensive team before starting play.
- Teams will have 5 seconds to inbound the ball. Holding the ball for longer than 5 seconds will result in delay of game and a change of possession. If you feel a team is taking longer than the allotted 5 seconds you are expected to count out 5 seconds (ie. 1-1000, 2-1000...) before a delay of game can be called.

GENERAL PLAY GUIDELINES

Points:

- Two (2) points will be awarded for baskets scored inside the black 3 point line.
- Three (3) points will be awarded for baskets scored outside the black 3 point line.

8-Second Rules:

- Teams are expected to move the ball from their backcourt to the offensive zone in 8 seconds. A delay of game will result in a change of possession.
- If your opponent is taking longer than 8 seconds you are expected to count out 8 seconds (1-1000, 2-1000...) before a delay of game can be called.

3 in the Key:

- The standard ‘3 in the key’ rule will be used in BGCKL leagues. It is considered poor sportsmanship for an offensive player to remain in the key for long periods of time.

Substitutions:

- Substitutions during the game will be allowed on the fly as the player/team chooses to and during dead ball situations.
- The player leaving the game **MUST** leave at the same point on the sidelines as the entering player.

Time-Outs:

- One time out will be allowed for each team during the game which is 1 minute long.
- A player may request a time-out when the ball is in their control, at the disposal of a player on his/her team or when the ball is dead.

Fall Back at 20:

- When a team is leading by 20 or more points they may not back court press.
- This rule is to encourage good sportsmanship behavior.

Dunking:

There will be no dunking in BGCKL Leagues. Should a player dunk the basket will not count and a change of possession will occur.

VIOLATIONS AND FOULS

All players are expected to know the BGCKL Basketball rules and call their own fouls and violations during the game. Players should not wait for their opponent or expect others will call their infractions during a game. **The player who commits the foul/violation should call the foul/violation.** However, Defensive and Offensive players and team members can call fouls/violations. If the teams and captains cannot come to an agreement on a foul/violation, possession of the ball will be awarded based on the possession arrow. This is a recreation league and players are expected to show respect towards their opponent and make calls within the 'spirit of league' as outlined.

Violations:

A violation is a play in basketball that does not result in a free throw; however they do result in loss of possession. A player or team are expected to call their own violations.

List of Violation Examples:

Traveling – Taking more than two steps while in control of the ball without dribbling. Additionally, an incorrect pivot; such as, moving your pivot foot, changing the foot you have started to pivot on originally.

Double Dribble – Once a player has stopped dribbling the ball they must pass or shoot the ball, beginning to dribble again will be considered a double dribble.

Over and Back – Once an offensive player has crossed over the centre line completely (both feet have crossed) with the ball they may not go back over into their zone. The ball may not be passed back into their zone either unless touch by their opponent first. Not called in BGCKL due to short length of gym.

Kick Ball – Players may not intentionally use any part of their legs to touch the ball.

8-Second Rule – Please see above for a description.

Fouls:

- A foul is considered to be impeding the progress of your opponent during the play of the game and can occur by either an offensive or defensive player.
- The team fouled on non-shooting fouls will receive possession of the ball at the nearest sideline for throw-in or at top of the key for a check ball with the defensive team before starting play.
- A player fouled while shooting will receive two foul shots, which will be taken at half or at the end of the game. If the player makes the shot, no free throws will be awarded.
- If a team is fouled 3 times on non-shooting fouls in one offensive set, they will receive an automatic basket and possession will go to the defensive team.

List of Foul Examples:

- **Illegal Pick** – Making personal contact while you are moving which impedes the progress of an opponent with or without the ball.
- **Reaching In** – Hitting the wrist, forearm or body of an opponent while attempting to get the ball.
- **Charging** – Player with the ball moving their body or the ball into an opponent whose position is already established.
- **Holding** – Contact with your opponent which inhibits their free of movement.
- **Pushing and Pulling** – Using an opposing player's shirt/jersey for leverage during play; unnecessary roughness when gaining floor position.

Unsportsmanlike Foul: Player contact foul, which is not a legitimate attempt to directly play the ball within the spirit and intent of the rules. Unsportsmanlike foul will result in automatic 2 pts awarded to the non-offending team and possession of the ball. A player committing an unsportsmanlike foul may also receive a game misconduct, and additional suspension may be assessed based on video review of infraction by League Convenor and Manager of Community Services.

RULES CHANGED/REVISED:

- The Organizers have the right to make changes to the rules and will communicate them to the Team Captains & all players.