

# BASKETBALL

## League Rules



## CONTENTS

<b>1. COVID-19 RULE AMENDMENTS</b> .....	3
<b>2. Facilities</b> .....	5
<b>3. Games Coordinators</b> .....	5
Roles of the GC .....	5
GC No-Shows or Absences.....	6
<b>4. Sportsmanship</b> .....	6
Zero Tolerance Policy .....	6
Sportsmanship Ratings .....	6
Reporting Sportsmanship Concerns .....	7
<b>5. Rosters</b> .....	7
<b>6. Subs</b> .....	8
<b>7. Defaults</b> .....	9
What is a Default? .....	9
What Happens When a Team Defaults? .....	9
<b>8. League Specific Rules</b> .....	9
Game Format.....	9
Scoring .....	10
Equipment .....	10
<b>9. General Playing Guidelines</b> .....	10

## 1. COVID-19 RULE AMENDMENTS

### GENERAL HEALTH AND SAFETY GUIDELINES

Following government and Alberta Health recommendations, players need to understand and follow these guidelines:

- Please complete the screening checklist provided with your registration. If you answer “yes” to any of those questions, please do not participate. The checklist includes items such as coughing, fever, shortness of breath, and travel outside of Canada.
- Players should wash hands prior to heading out to the gym and bring their own sanitizer.
  - Thoroughly wash your hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
  - Handwashing as soon as possible after the games is highly recommended.
  - We will be providing our coordinators with sanitization and cleaning materials to ensure that equipment is cleaned thoroughly before, during, and after games.
- It is highly recommended that players wear a cloth face mask that covers the nose and mouth when not playing; including arriving, departing, and subbing.
- We encourage teams to avoid bringing spectators to their facility. If you bring children, please do not leave them unattended while playing.
- In the lead up to the game, maintain the appropriate 6-foot social distance between teammates and opponents that are not a part of your household or personal cohort.
- Pre-game captains’ meetings & handshakes have been eliminated.
  - Captains will receive a pre-game reminder via email prior to the game.
  - If captains choose to meet with the GC, please maintain 6-feet between yourselves.
  - At the end of the game, teams can verbally acknowledge “good game” to your opponent.
- Please arrive 15 minutes maximum before scheduled game time. There will be absolutely no congregating at facilities or parking areas before and after your game.
- During game play, teams will not change sides of the court to avoid unnecessary contact.
- Handshakes, high fives, or any other physical contact is not permitted.
- Teams must ensure they limit shared equipment and ensure frequent sanitization between use. Please make sure you are wiping down equipment between each player with the appropriate sanitization tools.
- Teams must spread out along the benches unless they are members of the same household.
- Players must cover their mouth and nose with the pit of their elbow when coughing or sneezing.
- Players must not share water bottles, or food items.
- Leave nothing on site; take all belongings and garbage with you.
- Teams and/or players who do not adhere to the suggestions put forth by league organizers risk being refused to participate. It is imperative that all participants conduct themselves in a respectful and sportsmanlike manner.

## GENERAL HEALTH AND SAFETY GUIDELINES

- Roster caps
  - Alberta Health has introduced a 50-person cohort “mini-league” restriction. With this in mind all divisions will be made of 4-6 teams, and teams will have 8 to 12-person roster cap.
- Warm-up
  - Warming-up muscles and stretching is important to avoid injury, but they should be done individually or paired with your own team maintaining a minimum of 6 feet distance between players.
  - It is recommended that players wash/sanitize hands after the warm-up prior to game start.
- Facilities
  - Some of our gymnasiums may be limited for size. Please try to maintain 6 feet between each player on a bench if possible.
- Equipment
  - Your coordinator will be supplied with cleaning wipes and will clean the balls between each game.
  - There will be no tip off. The first team listed on the schedule will begin with the ball for the first half, and the second team listed will begin with the ball for the second half.

## 2. FACILITIES

The ESSC rents all indoor facilities and gymnasiums from private facilities or the City of Edmonton Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol and drugs are strictly prohibited inside any facility and in the parking lots
- Facility Operators and Caretakers should be treated with respect
- Hallways are off limits at schools; do not wander around the facility
- Players are expected to clean up after themselves
- Players must wear clean, non-marking shoes
- Players are responsible for any deliberate property damage within a facility
- The doors to a public school are unlocked 15 minutes prior to the permit start time; if players arrive early, they should wait outside
  - Some facilities will keep the doors locked throughout the night as a safety precaution for the Caretaker.
  - **Doors should never be propped open**
- When the permit time is up, players must leave the building promptly

**Facility Complaint Policy: Any player who causes the ESSC to receive an official complaint regarding a facility is subject to a \$100 fine and possible suspension or ejection from the League.**

## 3. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the ESSC 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 ESSC 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 ESSC
- Collect a sportsmanship rating at the end of the game from each team

#### GC NO-SHOWS OR ABSENCES

Although the ESSC 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@Edmontonsportsclub.com](mailto:info@Edmontonsportsclub.com)

#### 4. SPORTSMANSHIP

**The ESSC encourages a fun-first, winning-second attitude in all leagues. All players are expected to abide by the ESSC sportsmanship policies, including:**

- Controlling emotions and actions at all times
- Treating the facility, equipment, staff, other players, and coordinators with courtesy and respect
- Avoiding retaliation under any circumstance
- Providing feedback in a constructive manner to the GC and being open to feedback from the GC

#### ZERO TOLERANCE POLICY

The ESSC requires Games Coordinators to remove players from a game if they are involved with any of the following acts:

- Swearing directly at another player or the Games Coordinator.
- Displaying disrespectful or threatening behavior.
- Intentionally pushing, shoving or making physical contact with another player.
- Making comments to instigate an altercation with another player.

If a player is ejected from a game they must vacate the facility immediately. The offending player will be subject to further follow-up from the ESSC, including possible suspension/expulsion from the League.

#### SPORTSMANSHIP RATINGS

- Spirit points are handed out by opposing team and the Games Coordinator at the conclusion of every game

- **Recreational Division** – Spirit points are added to a team’s points earned from wins and ties, factoring into a team’s total points
- **Recreational Plus / Intermediate Division** – Spirit points do not factor into a team’s total points; however, they are used as the first tie-breaker in the standings
- Each team will be given three sportsmanship ratings per game:
  - Two ratings from the Games Coordinator:
    - **Accountability** – how responsible the other team was with regards to rules and calling their own fouls (+1, 0, -1)
    - **Spirit** – overall attitude and fun-first mentality of the team (+1, 0, -1)
  - A single rating from the opponent, combining the above two categories (+1, 0, -1)

Rating	Explanation
(+1)	The team was a lot of fun and made a genuine attempt to call their own fouls
(0)	The team was okay. There are two scenarios: (1) they were average in both fun and accountability; (2) they were strong in one area but weak in the other
(-1)	The team was too intense or aggressive, generally did not follow the rules or call their own infractions/penalties, and showed a low-level of ownership

- Teams can receive a maximum of +3 or -3 spirit points in any given game

#### REPORTING SPORTSMANSHIP CONCERNS

- If at the end of the game a team has an unresolved concern with respect to the other team’s sportsmanship, report the details of the issue to the ESSC using the online complaint form
- **If a team submits a sportsmanship rating of -1 for their opponent, the team is required to fill out a formal complaint form online by 5:00pm the day after their game, or the rating will be changed to a ‘0’**
- The ESSC reserves the right to change a rating if the GC believes a rating is not warranted and/or an appropriate representation of a team's play

## 5. ROSTERS

League	Ideal Roster Size (F) = Female	Total # of Players Required on the Court	Total # of Females Required on the Court
Standard	10 – 11 (4 F)	5	2

The ESSC 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).

## 6. SUBS

For all ESSC Leagues, players are responsible for finding their own subs, it is not the ESSC's responsibility to find and/or provide subs for teams.

### WHO CAN SUB?

- Anyone 18 years of age or older

### REQUESTING A SUB

Recruiting a sub can be done in one of two ways:

1. ESSC Subs List: 'Request a Sub' online through your MyESSC account to access players who have voluntarily signed up as subs
2. Team Invites: Invite a player not on the subs list to the online team roster, through the MyESSC account function (e.g. friends, family, co-workers, etc)

### SUB POLICIES FOR REGULAR SEASON

- Subs should be of a similar skill level to the player that they are replacing. Bringing out ringers could result in follow-up action from the ESSC
- All subs must know the rules, understand the level of play, and abide by all ESSC policies
- In cases where there are multiple ESSC games occurring in a row at a facility, a team can borrow players from the previous game only to increase their roster to the required number of players on the court/field

### SUB POLICIES FOR PLAYOFFS

- Teams that have qualified for a shot at the championship can only bring in subs who have played at least one regular season game with the team
- All teams who are not playing for the championship can bring in subs regardless of how many games they have played with the team
- Prior to the first playoff game, teams must have all players who are playing in the playoff game(s) displayed as part of the confirmed roster in MYESSC, otherwise they could receive an automatic loss and will not be eligible for the championship



## 7. DEFAULTS

### WHAT IS A DEFAULT?

A default occurs when, at the scheduled game start time, or at any time during the game, a team has fewer than the minimum number of required players. If a team chooses to leave early and quit the game for any reason, including a lack of players, the team will also be subject to the default rules.

The chart below outlines the minimum players required for each specific league in order to not default:

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

### WHAT HAPPENS WHEN A TEAM DEFAULTS?

- When a default occurs, the opposing captain must choose one of the following options:
  - Enforce the default fee and mercy score
  - Waive the default fee and enforce the mercy score
  - Waive the default fee and play a regular game, not enforcing the mercy score
- In all above scenarios, the team being defaulted against is responsible for stating to the GC and Team Captain of the defaulting team, which option they have chosen prior to the playing of any fun games

In the case of a default, teams are encouraged to use the time slot to play a fun game; however, the playing of a fun game does not alter the results of scenario a) or scenario b) above

## 8. LEAGUE SPECIFIC RULES

### 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:**
  - 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
- **Recreational/Recreational Plus Leagues:**
  - 3-point baskets are counted
  - Free throws are worth 1 point each
  - A traditional count of fouls against individual players or teams is not kept

---

## 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

## 9. GENERAL PLAYING GUIDELINES

### 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
  - Not touching the rim

### 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
- **Recreational/Recreational Plus / Intermediate Division:** 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. Players repeating fouls in a game are subject to penalties or game ejections from the GC.

- **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

### SHOOTING FOULS

- **Standard Leagues:**
  - **Recreational/Recreational Plus Division:** 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 **defending** team will gain possession of the ball if the free-throw is made
      - The ball is live off the rebound if the free-throw does not go in
    - 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 goes in
      - The ball is live off the rebound if the last free-throw does not go in

### 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 a free throw 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

### DUNKING:

- Not permitted in ESSC 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 & 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