

BASKETBALL

Tournament Rules



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1. FACILITIES AND EQUIPMENT

The Sport & Social Club (SSC) rents all indoor facilities and gymnasiums from private facilities or the City Recreation Department. As tenants, players must respect the standards and rules of each facility:

- Alcohol is strictly forbidden inside facilities or in parking lots.
- Caretakers must always be treated with respect.
- Doors should never be propped open.
- The Games Coordinator(s) will provide all necessary equipment for game play.
- Players must wear clean, non-marking running shoes. All players must bring an extra set of shoes to change into once they arrive in the facility.
- Players may choose to wear protective equipment such as knee pads. It will be up to the Games Coordinator's discretion to determine which protective equipment is allowed.

Facility Complaint Policy: Any player who causes the SSC to receive an official complaint regarding a facility is subject to a \$100 fine and possible suspension from the tournament and leagues.

2. GAMES COORDINATORS

A Games Coordinator (GC) is a part time employee hired by the SSC 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 SSC and act as a link between the players and the league.
- **Game Reporter:**
 - Record and announce the score throughout the game.

3. SPORTSMANSHIP

The SSC encourages a 'fun-first, winning-second' attitude in all tournaments. All players are expected to abide by the SSC 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

SSC Staff (including Games/Event/Beach Volleyball Coordinators) reserve the right to remove players immediately from a facility and/or league, tournament, or event if they are involved with any of the following acts toward a coordinator, facility staff, player, or spectator:

- Using racial, ethnic, homophobic, fatphobic, gendered, transphobic, sexist, sexual, disability or other slurs
- Swearing directly at another person
- Intentionally pushing, shoving, or making physical contact with another person
- Instigating and/or retaliating in an altercation
- Displaying disrespectful or threatening behavior

If a player is ejected due to unsportsmanlike play, they must vacate the facility immediately, inclusive of the parking lot.

In addition to being dismissed from the game, the player(s) or team may be removed from the tournament with no refund and future league suspensions may be issued.

REPORTING SPORTSMANSHIP CONCERNS

- If during the game there is a concern with the other team, the issue should be addressed respectfully with the opposing team captain at the appropriate time (during play on the sidelines or breaks in the game).
- If the issue still seems unresolved at the end of the game, captains should further discuss the issue with the SSC staff and opposing team captain.

EXPECTATIONS OF PLAYERS

- Basketball can be an intense and physical sport however, SSC basketball must be a fun, non-threatening environment.
- Players should promote fun and safety throughout the game:
 - Let the GC know if you are enjoying an opponent, congratulate your opponent on fun and fair play throughout the game.
 - Teams are expected to cheer for their opponents at the end of a game. It is also encouraged to give an additional cheer for the GC and thank them.
- Players that are concerned about a player on the opposing team are required to talk to their team captain so he/she can address the issue with the GC at the appropriate time.
- Players are expected to act in a respectful manner if approached by a GC or an opposing team captain regarding their style of play and to make any requested changes.
- At any time, the GC may request your name or a name of someone on your team to record on the game report sheet. Providing a false name to the GC is a serious offence and will result in suspension from the SSC.

4. ROSTERS

Format	Total # of Players Required on the Court	Total # of Female Players Required on the Court	Total # of Male Players Allowed on the Court
Standard (5 on 5)	5	2	3

The SSC welcomes people of all gender identity or expression. Minimum female player 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 player minimums).

- All players on the roster must have accepted their MySSC invite prior to the tournament.
- When competing in semi-finals and finals, all players on the court must have played at least 1 game with the team during the round robin.
- The minimum number of players required in order to avoid a default is 4, including at least 1 female player.

5. TOURNAMENT SPECIFIC RULES

GAME FORMAT

ROUND ROBIN

- Game times will include a warm-up and half-time.
- Ties are allowed in round robin games.

PLAYOFFS

- Game times will include a warm-up, half-time and, if needed, a 5-minute overtime.
- If time is called and there is a tie, there will be a 5-minute overtime played.
 - The first team to 4-points wins the game, or the team who has the lead at the end of the overtime period, is the winner.

SUBSTITUTIONS

- Can be made on the fly during play or when play has stopped (E.g. the ball has gone out of bounds or violation has been committed).
- When subbing, players must enter at the same area where the other player exits.
- If a player comes onto the floor several steps before their team mate reaches the bench or touches the ball before the person he/she is replacing is off the court, the GC should stop the play and re-start with a throw-in by the team that did not have too many players on the court.

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.

- A traditional count of fouls against individual players or teams is not kept.

GAME PLAY

STARTING AND RESTARTING PLAY

- The GC will start the game at center court with a tip off.
- Teams will change ends after each half.
- To start the second half, the team who lost the tip-off will get possession of the ball at the half-court line and will do a throw-in.
- **Throw-ins:**
 - Are used to re-start play after any stoppage.
 - On every throw-in, the player has a limit of 5-seconds to release the ball.
 - On any throw-in from the half-court line, the offensive team can throw-in to either the front or back court.
 - Guidelines for where to do throw-ins:
 - The defending team will throw-in from the baseline after a basket is scored.
 - If the ball goes out of bounds, the throw-in occurs from that point.
 - After any violations, non-shooting or shooting foul, the throw-in may occur on the sideline anywhere between the free-throw line (extended) and the half-court line.
 - **Checking the ball:**
 - The offensive player standing with the ball out of bounds will hand the ball to the nearest defensive player and say the word “check” as the defensive player gives it back to start play.
 - Will occur before a throw-in after any foul or free-throw.
 - Will occur if the defensive team causes the ball to go out of bounds or commits a violation in their own defensive zone.

VIOLATIONS AND FOULS

- Players are expected to know the SSC basketball rules and to call their own violations and fouls, whenever possible. They should not wait for the GC or their opponent to call it. If they are not calling their own fouls, they can expect their opponent or the GC to start making calls and to receive low sportsmanship ratings from the GC.
- If a player is fouled and their opponent does not call it, they are allowed to make the call. This procedure must follow these guidelines:
 - If the GC agrees with the call, the violation/foul will stand and a throw-in or free-throw will take place as applicable.
 - If the GC disagrees with the player’s call, then a throw-in will be awarded to the team who has possession at the time of the foul.
- Games often become overly intense when players are not calling violations and fouls. At this point, it is the responsibility of the GC to talk to the players and start enforcing calls.
- It is the responsibility of the team captain and/or the more experienced players on each team to ensure that their teammates understand when to call violations and fouls.
- Violations in SSC basketball are infractions of the rules that result in a loss of possession.
 - If a player commits a violation, that player or their teammates are expected to call it.
 - The opponent and GC may also call a violation.
- **List of Violations:**

- *Travelling*: Taking more than two steps while in control of the ball without dribbling.
 - Incorrect Pivot: A player must have a consistent point of contact that remains planted on the court while holding the ball. If the player lifts their pivot point or changes their pivot point and they have not passed the ball or started dribbling, this would be incorrect and considered travelling.
 - Possession of the Ball on the Ground: If a player gains possession of the ball while seated or lying on the ground, the first point of contact is considered their pivot point. They must not remove that pivot from the court, or this will be considered travelling.
- *Over and Back*: Once an offensive player has crossed the half-court line completely with the ball (two feet are over the half-court line), the ball cannot be passed or dribbled back into the back-court.
- *Back-Court Press*: One or more defenders would cross the half-court line and pick-up an offensive player. One or more defenders would be putting pressure on the offensive players in their opposition's back court.
 - In the Recreational Division, a back-court press is not permitted.
 - In the Recreational Plus and Intermediate Divisions, a back-court press is allowed except when a team is leading by 10-points or more.
- *Double Dribbling*: Dribbling the ball, stopping without changing possession or shooting, and then dribbling again.
- *3-in-the-Key*: A modified '3-in-the-Key' rule is in effect in all SSC divisions and will be enforced as follows:
 - Only the GC can call this violation.
 - The '3 in the Key' rule is in effect for the entire time the offense has the ball.
 - It is considered poor sportsmanship for offensive players not to be aware of this rule.
 - It is considered poor sportsmanship for defensive players to call this violation during play.
 - A 5-second limit will be in effect to help avoid constant violations, stoppages in play, or disagreements.
 - Any part of the offensive player in the key (one foot, both feet, or just a heel) is considered 'in the key'.
 - The count restarts when a shot is attempted. (E.g. a player who rebounds their own missed shot is allowed to be in the key for an extended period or time, as long as they attempt their next shot within 5-seconds).
- *Goaltending*: When a player touches the ball while a shot attempt is above the level of the rim and on a downward flight to the basket.
- *Kicking the Ball*: Players can not intentionally kick the ball with any part of their leg or foot. To come unintentionally into contact with or touch the ball with any part of 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 on any play, within 10-seconds of gaining possession.
- Fouls in SSC basketball are assumed to be non-malicious infractions that occur during normal play in a game. Any actions that appear to be intentionally threatening or dangerous will result in penalties or ejections (see below).
- The GC does not keep a traditional count of fouls against individual players or teams. Therefore, each player and team has a responsibility to self-manage their actions.
- Players repeating fouls in a game are subject to penalties or game ejections from the GC.

- A free-throw results from a foul when defensive interference occurs while the offensive player is in the act of shooting. It will also occur if there are any flagrant fouls resulting in a major penalty (see below).
- **Shooting and Fouls:**
 - If an offensive player fouls a defensive player during a shot and the basket goes in, the basket does not count.
 - 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.
 - All players must abide by the same guidelines, regardless of their size, gender or position.
- **List of Fouls:**
 - *Defensive Interference* – A defensive player may not:
 - Use their hands to grab, push, reach across, or obviously interfere with a ball carrier via physical contact.
 - Bump up against an opponent or straddle the legs of an opponent who has the ball raised for an attempted pass or shot.
 - Jump into the path of a moving opponent – they must have both feet planted on the ground before an opponent reaches their position on the court.
 - A player descending from a rebound attempt and making contact with an opponent with their elbows or other body parts.
 - *Offensive Interference:*
 - A player descending from a lay-up or rebound attempt and making contact with a defensive player with their elbows or other body parts.
 - *Charging:* A player who is dribbling the ball and runs into an opponent who is stationed squarely in front of them, with both feet on the ground.
 - *Moving Screen:* Any pick-play where the offensive player without the ball is still moving as they make contact with a defensive player.
 - *Holding:* Players may not use an arm or hand to impede another player.

PENALTIES AND EJECTIONS

- Penalties temporarily or permanently remove players from the game who are contributing to an intense, unsportsmanlike or dangerous environment. While fouls and resulting free-throws are intended to discourage rough or unsportsmanlike play, it is sometimes more effective to remove players from the game. Penalties can be called on a player's first foul if it is deemed to be malicious. Any player who repeats fouls in the same game is also subject to penalties.

- Penalties are categorized as a warning, major penalty or game misconduct.
 - A warning will be given prior to further action being taken, only if the offense was minor and a first-time occurrence.
 - Major penalties result in the player sitting off for 5-minutes and the team is not shorthanded.
 - Game misconducts result in the offending player being ejected from the gym and the player will be subject to further suspension. The team is not permitted to play shorthanded.
- Once a penalty has been called, the GC will stop play and announce to the players why the play was stopped and who got the penalty, along with the associated behavior that caused it. Before play once again resumes, 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, the team captain will select a player from their team, currently on the court, to take the free-throw.
- **List of Penalties:**
 - *Dunking:* Not permitted because of potential damage to facilities.
 - The first incident results in a major penalty, and the basket does not count.
 - *Unsportsmanlike Play:* Not tolerated in the SSC basketball and encompasses playing in an overly aggressive or intense manner, or showing a lack of respect to anyone at a game. The following items may cause a team to lose sportsmanship points from their opponent or the GC, and will result in an initial warning or a major penalty, depending on the severity of the infraction:
 - Showing displeasure at a play by: throwing equipment in a non-threatening manner, kicking the ball or swearing out loud (not directed at another person).
 - Players attempting to make calls during a game from the bench.
 - Faking being fouled: a player pretending to be fouled.
 - Contacting an opponent in a non-threatening manner where it appears to be intentional: for example, two players gaining position on the ball and one player pushes against their opponent with their back, hip, shoulder or arm – it is clear that they are not trying to hurt their opponent but they are physically moving them away from the ball. Any more aggressive action will be subject to a game misconduct.
 - A second offense from the same player will result in a game misconduct.
 - *Threatening Behavior Towards an Opponent:* A serious offense in SSC basketball and will result in a game misconduct and automatic further suspension upon review by the Club. Threatening behavior towards an opponent includes:
 - Aggressive reaction to a play: Throwing equipment in a threatening manner or verbally responding in a way that is inappropriate and compromises a fun and safe playing environment.
 - Verbally threatening an opponent: This includes swearing or yelling directly at an opponent or verbally challenging them to a confrontation.
 - Physically threatening an opponent: Kicking, tripping, pushing or checking an opponent with a clear intent to injure or start an altercation.
 - Being involved in a physical altercation that includes pushing, punching, slapping, wrestling or any other physical misconduct.
 - *Disrespecting a GC:* The SSC GCs are valuable assets to the sports programs and without them there would be no Basketball tournaments. As with all other SSC participants, GCs should be treated with respect. Players may disagree with the way a GC is calling their game, but must refrain from challenging a GC during a game. Disrespecting the GC includes:

- Challenging calls: Any player that disagrees with a call and tries to make the GC change their call. Once a GC has made a call, the play will resume with no further discussion.
 - Players on the sidelines discussing the GC in a negative manner.
 - Players questioning the integrity of the GC: All GCs are trained in the same manner and do not favor one team over another.
 - Swearing at a GC: This will result in an automatic game misconduct.
 - Physically threatening or confronting a GC: This will result in a game misconduct and automatic further suspension upon review by the Club.
 - Ignoring a GC as they are giving feedback or having a discussion: These conversations can happen before, after or during a game.
 - A player's first offense will result in a major penalty or a game misconduct depending on the severity of the actions. An automatic review will be done by the Club and further action may be taken.
- **Penalties and Players on the Floor:**
 - Anytime a female or male player receives a major penalty, they will serve it on the bench even if this will make the team short-handed. If the team only has one female playing and gets a major penalty, then the team will play 5-minutes with no females on the floor.
 - A team can be forced to play two players short due to major penalties.

6. REPORTING AND STANDINGS

After each game/match, both captains must ensure that the scores are written on the appropriate standings print-outs provided by the SSC. Teams that do not report scores will receive a zero for that game/match.

HOW TEAMS ARE RANKED

At the end of the round robin, teams will be ranked based on the criteria below:

1. Matches won + spirit points are derived from 2 points for a win, 1 point for a tie and 0 points for a loss. Actual spirit points are then added to your points for wins, ties and losses to result in your total points (Games Coordinators will award a 1, 0 or -1 to each team following the match).
2. Differential of points scored vs. points allowed.
3. Results in the match versus the team you are tied with (if applicable).
4. Rock, paper, scissors.

7. WEATHER

The SSC does not cancel any indoor games due to inclement weather. The only time that games would be cancelled is if the facility is closed. Teams would be contacted in that scenario.