

PARKLAND COMMUNITY BASKETBALL LEAGUE (PCBL) RULES 2017-2018

Community basketball exists to provide a healthy and wholesome experience for the youth of our community, to teach them teamwork and individual skills, to provide enjoyment and appreciation of the game, to teach good sportsmanship and respect for officials, other players, and the facilities in which we play.

While it is tempting to cut the younger children some slack, it was decided by the executive to enable them to begin learning rules and skills “the right way the first time” rather than allow and encourage them to develop bad habits only to have to relearn them.

A referee’s job is to make judgement calls based on a certain set of rules. Referees are naturally more lenient with the younger, inexperienced children but generally speaking, the intent is to start them off on the right foot. If there are ever any questions or concerns, you may contact the President of the league.(Gina Bennett) The web site is www.parklandbasketball.ca, phone number is 780-960-3414, email parklandbasketball@gmail.com

PLAYER REGISTRATION

*The PCBL shall be divided into the following birth year/age categories:

Mites

Kids born in 2009-2010

Mini

Kids born in 2007-2008

Bantam

Kids born in 2005-2006

Midget

Kids born in 2003-2004

Juvenile

Kids born in 2000, 2001,2002

*Any deviation, for whatsoever reason, from the above categories must have the approval from the executive of the PCBL.

***No player shall be allowed to play in both PCBL and any Club Ball team simultaneously. The player must choose one or the other, but not both.**

FIBA RULES

For complete FIBA rules go to <http://www.fiba.com/downloads/Rules/2008/OfficialBasketballRules2008.pdf>

COACHING BOX

*Begins 5 meters from the division line and continues to the end line.

UNIFORMS

*Jerseys must be tucked in.

*Prior to the commencement of the game the referees will check that players are not wearing jewellery and/or watches with the exception of religious medals which must be taped inside the player’s clothing. Fingernails must be trimmed.

*Uniforms are to consist of numbered tops supplied by PCBL or similar tops with numbers on the front and back. Uniforms are not to be altered in any way. All players are to wear gym-shorts (no cut-offs, pockets, or belt loops).

INJURED PLAYER

*If the injured player is able to continue playing immediately (within 15 seconds) play shall continue without penalty or sanction.

*If the injured player recovers or any player with an open wound recovers during a time-out called by either team in that stopped clock period, that player may continue to play.

*If bench personnel come on the court when a player is injured, that player must be replaced for one click of the clock, whether or not he/she receives treatment.

However in this circumstance, if a time-out is called and the player is ready to play at the end of the time-out, he/she may do so.

TEAM ROSTER/MINOR OFFICIALS

The peewee and mini teams will play 4 on 4.

*A full team roster must be submitted prior to game time.

*All players who are at the game must be listed on the game sheet IN NUMERICAL ORDER.

*Each team must have 1 captain and 1 alternate captain. One of these will represent the team and may address the referee.

*Each team must supply a minor official (scorekeeper or a timekeeper) for each game. Minor officials should be adults.

*Each team must have at least 5 players dressed and listed on the game sheet five minutes prior to the start of the game. There may be a technical foul charged for non-compliance. Any team failing to provide at least 5 players ready to play five minutes after the scheduled start will forfeit the game.

However, the game may still be played if both coaches are willing to share players.

*Score will not be kept at the entry level – Pee Wee. Game sheets will be used to track violations and referees.

COACHES

*Only the Head Coach may stand during the game.

*Either the Head Coach or Assistant Coach may approach the scorer's table to request a time-out.

PLAYING TIME

*Pee Wee, Mini and Bantam games shall be divided into 10 segments:

Two halves will have 5 segments of 5 minutes running time, with a 5 minute half-time between the halves.

*Midget and Juvenile games shall have 4 quarters of 12 minutes each, with a 2 minute interval between 1st and 2nd period, and 3rd and 4th period.

*Half time interval for all levels will be 5 minutes.

*The clock will be stopped in the last 2 min. of games and any OT period at all levels for:

All time outs

Injuries

Foul shots

Made baskets

*Overtime/Tie games: Tie games are ended with a shootout during regular season and playoffs. Each coach will choose 5 players starting with the players that were on the bench at the end of the game, the visiting team's 5 shooters will shoot first followed by the home team's 5 shooters. If the game is still tied at the end of the first shootout the coaches will choose another 5 making sure every player has taken a shot before giving one player a second shot. Overtime is only done in tournaments, not regular season games.

*If the game will exceed the allotted time the refs should reduce the length of the half-time and then cut a segment from the peewee/mini/bantam games or shorten the last quarter of midget/juvenile games if necessary.

DUNKING and EQUIPMENT

*Dunking is not permitted.

*Basket heights will be lowered to 8 feet for Pee Wee and Mini levels only.

*Basketball size for Pee Wee and Mini is 5.

*Basketball size for Bantam is 6

*Basketball size for Midget and Juvenile is 7

BEGINNING OF THE GAME

*The game always starts with a jump ball and that will be the only jump ball.

*The 2nd, 3rd, 4th, and OT periods will begin with AP (alternate possession)

*However, if an infraction occurs between periods, the infraction is sanctioned to begin the next period without the AP arrow being affected.

Example: the penalty for a technical foul in any interval except for the pre-game interval is 2 shots and possession at the division line to start the next quarter – the team that was to have the throw-in due to the AP process will have the next throw-in.

*No game may be played by a team which is not accompanied by a coach, manager, or responsible person who will be responsible for the conduct of all members of the team.

HOME TEAM/TEAM CONDUCT

*Home team has their bench to the left of the scorer's tables as the teams face the bench.

*Teams shoot opposite their bench in the first half.

However, if both coaches agree, they may interchange benches and/or baskets – this may constitute them not necessarily shooting opposite their bench in the first half.

*In overtime, teams shoot in the same direction as the second half.

*The occupants of a team's bench will be limited to the coaches and managers, one other non-player and the registered members of the team.

*Each team must clean up their respective benches and vicinity at the end of the game.

*Players must remain in their respective players' bench area during the game except at half time or with the permission from the referee. A technical foul may be assessed for a violation.

*The team that is listed first on the schedule will be the 'Home Team'.

STATUS OF THE BALL

The ball is LIVE when

*It is legally tapped during a jump ball.

*It is at the disposal of a free thrower.

*It is at the disposal of a thrower-in.

The ball is DEAD when

*It is in flight on a try for a goal and either the whistle blows, or the game clock sounds for the end of period, or the shot clock sounds, and the ball is blocked on its upward flight

Examples:

*Shot – buzzer – blocked ball – ball is dead (if the ball goes in the score cannot count because the ball is dead)

*Shot – block – buzzer or whistle – ball goes in. It counts!

*If the ball has hit the rim on a shot and bounces above it with a chance of going in – then the whistle sounds or the game clock signals the end of a period. If a player touches the ball at this point, it is basketball interference and the basket counts.

LODGED BALL

*A throw-in from out of bounds lodges in the basket/backboard – this is a jump ball – AP process.

Both of these throw-ins are on the endline.

TEAM CONTROL

*Begins when a player of that team gains control of the ball.

PLAYER IN THE ACT OF SHOOTING

*Both feet must be down on the floor before the act has ended.

THROW-INS

*On a cancelled basket or cancelled free throw, the throw in will be taken at the free throw line extended.

*The thrower-in may move laterally 1 meter and only in one direction. They can however, back up as far as he/she wants to.

TIME OUTS

- *Called to the scorer's table by the Head or Assistant Coach (officials should not call a time out if it does not come through the table)
- *1 time out per overtime period.
- *1 minute in duration with the buzzer at 50 seconds. Time outs may not be shortened.
- *A time out shall be granted to either team when the clock is stopped and the ball is dead.
- *If you have been scored upon, your team may request a time out – this request must be made before the ball is at the disposal of the thrower-in, out of bounds, after the basket.
- *Teams may not have a time out between free throws.
- *A time out shall not be permitted to the scoring team when the clock is stopped in the last 2 minutes of the game, unless an official interrupts the game (this interruption probably happening due to the team being scored upon asking for substitutes) Once this happens, the scoring team may have subs and also have a time out.
- ***NEW!** After a last successful free throw, either team may request a time out before the ball is at the disposal of the thrower-in, out of bounds.
- ***NEW!** In the last 2 minutes of the 4th quarter or OT period if the non-scoring team calls a time out after a field goal, or if the non-scoring team calls a time out when “that team” will receive a throw in, in the back court, the throw in after the time out will be at the division line opposite the scorers table.
- *Each team will have 1 time out allocated to them per quarter. Unused time outs do not carry forward.

Substitutions:

- *Substitutions are to be made for Pee Wee, Mini and Bantam as follows:
A team dressing 10 players shall platoon (alternate) 2 units of 5 players each time segment. For Peewee and Mini Teams- A team dressing 8 players shall platoon 2 units of 4 players each.
A team dressing 9 (8,7 or 6) players shall sub in all 4(3,2, or 1) bench players at the end of each segment. The coach shall determine which player(s) will be double-shifted. The coach may not ‘single out’ the same player(s) for double-shifts. The league philosophy is equal time for all players
The only time that substitutions are allowed during the 5 minute shift, would be in the event of injury.
- *Substitutions are made for Midget and Juvenile as follows:
Every coach must make a strong effort to ensure that players receive close to equal amounts of playing time.
- *Unlimited subs on any violation.
- *Non-scoring team may initiate subs after a field goal in the last 2 minutes of the game; if they do, the scoring team may have subs as well.
- *Either team may sub after a last successful free throw provided the request is on time (before the ball is at the disposal of the thrower-in).
- *No subs between free throws.
- *No subs once the thrower-in has the ball out of bounds for a throw in or the free thrower has the ball at his/her disposal.
- *Once the sub is in, he/she must stay in for a click of the clock and the player who was replaced must stay out for one click of the clock.
- *Any player who has fouled out must be replaced in 30 seconds.
- *During a time out, any substitute must simply report to the scorekeeper.

TRAVELING

- *Falling to the floor with the ball is NOT travelling.
- *Getting up or taking advantage (sliding or rolling) on the floor IS traveling.
- *If the ball is blocked in the hands of the airborne shooter or passer and he/she comes to the floor without having lost control of the ball – this IS traveling – NOT a jump ball!
- *Carrying/Palming the ball is called when a player dribbles the ball too far to the side of the ball or under the ball and the ball comes to a rest.
- *Double Dribble is called when dribbling the ball with both hands at the same time or picking up the dribble and then dribbling again.

CLOSELY GUARDED

*5 seconds anywhere on the court – actively guarding the player holding the ball, within a distance of 1 meter is loss of possession.

8 SECONDS BACK COURT

*Starts on control or possession of the ball in the court.

*Remember the center line is part of the backcourt.

*If the ball goes out of bounds and the same team will retain in the back court, or there is a jump ball and the same team retains possession in the back court, or a double foul – the team with the ball out of bounds only has what is remaining on the 8 second count to get the ball into the front court!

*3 second violation “3 in the key” is when an offensive player remains in the key for more than 3 consecutive seconds.

For Pee Wee levels this is not called as a violation but reminders are given.

For Mini levels this is called after a generous 3 seconds.

BACKCOURT VIOLATION

*Once a team establishes team control in the front court (1 point of contact), that team may not return the ball to the back court.

*If they are the last to touch the ball in the front court once team control is established, and they are the first to touch the ball in the back court, they have violated.

The resulting throw-in is at the spot nearest the violation, and the throw in must stay in the back court.

*When the player with the ball has any part of his/her body or ball in the front court (past the division line), he/she is in the front court and has established team control in the front court.

*On a throw-in, players may not throw the ball from out of bounds in the front court into the back court – the ball must stay in the front court.

The defensive player who leaps from his front court and makes a good defensive play by intercepting the ball and lands in his back court is over-and-back as he/she established team control in the front court. (If the player is smart and tips it to the back court, it would not be a violation).

GOAL TENDING/3 POINT SHOTS

*A player may not touch the ball once it hits the backboard on a shot above the level of the ring.

*The 3 point line will be played at all levels in the league where it is marked.

BASKET INTERFERENCE

*If the ball is ON the ring, the players may not touch the basket or the backboard.

*Players may touch the ball when it is on the ring.

*Not permitted to reach up through the basket and touch the ball.

*If the ball is within the basket, defensive players may not touch the ball or the basket (this does not apply to offensive players as they would only be putting themselves at a disadvantage).

*Players may not vibrate the ring or board when the ball has a chance of entering the basket – either when the ball is on the way to the basket or after the ball has struck the basket. This is not a technical foul – just simply count the basket.

*Players may play the ball after the ball has hit the rim on a shot, EXCEPT after an official blows the whistle or the game cock signals the end of the period – no one may touch the ball in these 2 cases if there is the possibility that the ball may enter the basket.

PERSONAL FOULS

*Defined as a player’s contact with an opponent, whether the ball is alive or dead during a period of play.

*It does not matter whether the clock is running or not – any contact foul is personal and could be unsportsmanlike (intentional) if severe enough.

*Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

*Charging is an offensive foul committed when a player pushes or runs over a defensive player who has established position.

*Personal – when a player holds, pushes, charges, trips or impedes the progress of an opponent by an extended arm or arms, shoulder, hip, knee or chest.

*Reaching over the back – a player may not extend an arm across the body of an opponent in possession of the ball in order to steal the ball. Nor can a player reach from behind and lean into an opponent in possession of the ball in order to get a rebound.

DOUBLE FOULS

*When opponents commit fouls against each other at approximately the same time – no free throws.

*If a team was in control, that team would get the ball back.

*If this happens during a score, the non scoring team would receive the ball.

UNSPORTSMANLIKE/FLAGRANT FOUL

*Is an intentional foul with the penalty being 2 shots and possession of the ball at the division line.

*If this foul happens in the act of shooting, and the shot is not successful, the reward is 2 (or3) shots and possession at the division line.

*If the shot is successful – 1 free throw and the ball at the division line.

*2 unsportsmanlike fouls = disqualification.

*Flagrant foul – violent contact with an opponent and includes hitting kicking and punching.

*Intentional foul – physical contact with an opponent with no reasonable attempt to steal the ball. This is a judgement call for the referees.

*Any team personnel who is assessed a flagrant foul will receive an automatic 1 game suspension (next scheduled league game). The suspension may be increased by the PCBL.

DISQUALIFYING FOUL

*Player is disqualified if they have 2 unsportsmanlike fouls.

*1 disqualifying foul = disqualified.

*Coach is disqualified with 2 technical fouls directly to him; also disqualified as a result of 3 technical fouls to bench personnel.

TECHNICAL FOUL

*Technical fouls result in a 2 free throw penalty plus possession of the ball to the non offending team at the center court. Except: if the foul happens before the first quarter of the game – it will still start with a jump ball.

*Technical fouls against players count towards the player's 5 personals and the team's foul leading to bonus.

*If the foul is by a player during an interval, that foul will count toward the bonus in the next quarter.

*Technical fouls on bench personnel are charged to the Coach and do not count toward the bonus in the next quarter.

*Technical – can be committed by a coach or a player. It involves the 'manners' of the game. This includes foul language, obscenity, obscene gestures and arguing

*All technical fouls must be marked on the game sheet noting the time of the infraction.

New- The details of all Technical fouls and intentional fouls, and incidents of disrespect by spectators must be recorded on the back of the score sheet. These will be reviewed and may result in action by the disciplinary committee.

FIGHTING/DISCIPLINE

*Only Head Coach and Assistant are permitted to leave the bench during a fight to help restore order; if they do help restore order, they would not be disqualified.

*Any other bench personnel that leave the bench during an altercation shall be disqualified.

*Regardless of how many personnel that leave the bench, only 1 Technical foul would be charged to that particular team.

*If members of both teams are disqualified under this rule, the officials are to treat it like it is a double foul.

*Rules dealing with player safety and good order are especially important and must be complied with prior, during and after games. Violations of any rules may result in a warning, a technical foul, or a game suspension at the discretion of the referee.

*Any person failing to show respect towards a referee will be asked to leave the gymnasium – this includes team officials, coaches, players, spectators, and PCBL representatives. Non-compliance will result in forfeiture of the game by the team associated with the individual.

*Any players, coach, or team official guilty of fighting, kicking, or using profane language before, during or after a game may be subject to a suspension of one or more games.

*Any incidents involving a player/coach/official shall be recorded on the back of the score sheet by the official and reported to the PCBL executive within 24 hours of the occurrence.

5 FOULS ON A PLAYER

*the player is disqualified and must be substituted within 30 sec.

*No warning buzzer. At 10 seconds, the official should get the sub to the table; the team does not have the full 30 seconds.

BONUS

*2 shots are awarded on the 5th team foul of each quarter.

SPECIAL SITUATIONS FOR CANCELING FOULS

*Within the same stopped clock period after an infraction, and then other fouls are called – the process is to cancel all sanctions of equal penalty and double foul sanctions.

*A team may lose the possession they were entitled to because of the additional fouls.

*Once the ball is alive for the first free throw, that penalty can no longer be used to cancel any other penalty.

FREE THROWS

***NEW- There will be no free throws at the peewee or mini level. Shooting fouls will result in 1 point being awarded to the opposing team and possession of the ball. Non- shooting fouls will be recorded but no point will be given.**

*5 seconds to shoot the ball.

*There are only 3 lane spaces on each side.

*Players along the lane may only occupy the spaces to which they are entitled.

*Lane spaces are 1 meter in depth.

*Players are not entitled to be in the neutral zone (block).

*Lane spaces do not need to be filled.

*On a successful free throw, only a violation by the free thrower is penalized – all other violations would be ignored.

*If a team mate of the free thrower, or the free thrower violates on a missed free throw, the defensive team takes the ball out of bounds on the violation at the free throw line extended.

***Foul line distances may be altered for Bantams by moving 3 feet closer to the basket.**

*The narrow key where marked will be used by all categories.

*Free throw shots are unhindered shots at the basket from the designated free throw line. This is awarded to a player when an opposing player has committed a personal foul while the offensive player is in the act of shooting; a technical, flagrant or intentional foul is committed. This results in 2 free throw shots.

*If the player is fouled and the shot goes in, there is only one free throw.

CORRECTABLE ERRORS

*Must be corrected in the same time line as NCAA - that is, before the ball becomes live twice.

- *Failing to award free throws – and there has been no change of possession after the throw-in, and the error is noticed, shoot the free throws and play from the rebound, just as you would in regular free throws.
- *Not awarding merited free throws – and the team gets a throw-in instead and scores, the error is disregarded. If the other team scores, the officials may correct the error if within the time guidelines.
- *Unmerited free throws or the wrong player attempting a free throw – cancel the free throws and resume the game as follows:

If the game clock has NOT started, the ball is awarded to the team whose free throws were cancelled for a throw-in.

If the clock has started after the error and: the team in control of the ball (or entitled to the ball) at the time the error is discovered is the same team that was in control of the ball at the time at the time the error occurred or neither team is in control of the ball when the error is discovered, the ball shall be awarded to the team entitled to the throw-in at the time of the error.

If the game clock has started and: at the time the error is discovered, the team in control of the ball (or entitled to the ball) is the opponent of the team that was in control of the ball at the time of the error, a jump ball situation occurs. AP process.

If the clock has started and: at the time the error is discovered, a foul penalty involving a free throw has been called, the free throws shall be administered and the ball shall be awarded for a throw-in to the team that was in control of the ball at the time the error occurred.

DEFENCE/FULL COURT PRESS

***Zone defence is allowed at the JUVENILE LEVEL ONLY in PCBL**

- *Pee Wee and Mini players may not play defence in their front court. Only back court defence is legal.
- *Bantam players may not play defence in their front court until after the Christmas break. After Christmas, a team may play defence in the front court unless they have a lead of ten points or more.
- *Midget and Juvenile teams may play defence in the front court throughout the season unless they have a lead of fifteen points or more.

The referee will stop the play for violation and warn offending coach and player(s). A technical foul will be assessed for continued violation.

CODE OF CONDUCT

- *Children look up to coaches and they expect them to be the resident experts of the game. The teaching of skills and the imparting of knowledge go hand-in-hand with setting a good example when dealing with referees and other coaches.
- *Part of what makes an excellent coach is passion. Passion can be used to drive players to heights they might not otherwise attain. The flipside of passion can sometimes lead to sayings and doings that confuse and rattle the children. Before you allow yourself to get too excited about what you perceive to be a bad call, for example, ask yourself this question: “Will it matter tomorrow?” Always remember, the children are watching.
- *Generally speaking, the only responsibility that parents have is to cheer and otherwise support their children before, during and after the game. Volunteering is always appreciated and needed.
- *The coaches are responsible for coaching, the referees are responsible for officiating, and the players are responsible for paying attention, playing with heart, working alongside their team mates, developing their skills, remembering their shoes, jerseys and water bottlesetc. The players have an awful lot on their plates – it’s unfair to ask them to listen to their parents, the coaches and the referees, especially when sometimes the messages are not the same. Leave the coaching to the coaches and the officiating to the referees.
- *There will be no smoking by any person at any time in any school. The only beverage allowed in the gym is water (hot coffee has been spilled on people by errant basketballs in the past).
- *Spectators are not allowed on the same side of the gymnasium as the player’s benches except where facilities require spectator seating behind the players benches.