



2023 Basketball League Rules



RA BASKETBALL LEAGUE RULES

The RA Basketball League is organized, administered and governed by the Constitution and By-Laws of the Recreation Association of the Public Service of Canada. All Members, participants, guests and staff are required to adhere to the policies of the Association including, but not limited to the Privacy Policy, the Workplace Violence and Harassment Policy, The Smoking & Tobacco Use on RA Property Policy and Accessibility Policy.

This document outlines the Regulations for the operation of the RA Basketball League.

The Rules & Guidelines are intended to provide our members an opportunity to play in a safe and respectful environment. Many of the rules and guidelines are operational in nature designed specifically to protect the interests of the members and the Association.

We also use and abide by the philosophy and Codes of Conduct found below, and on our website, and all players are expected to do so, as well.

The RA encourages and promotes Member participation within the guidelines of the rules and their intent. Stay fit, stay active, have fun!

Athletes Code of Ethics • I will play the game with a spirit of good sportsmanship. • I will conduct myself in an honorable manner both on and off the field. • I will never knowingly break a rule, but if I do, I will divulge the breach. • I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, team mates or officials. • I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner. • I will humbly accept any penalty that the governing body at any level of the game deems appropriate; if I am found in violation of the code of ethics or rules of the game.

Fair Play • Fair Play begins with the strict observance of the written rules; however, in most cases, Fair Play involves something more than even unfailing observance of the written rules. The observance of the spirit of the rules whether written or unwritten, is important. • Fair Play results from measuring up to one's own moral standards while engaged in competition. • Fair Play is consistent demonstration of respect for team mates and opponents, whether they are winning or losing. • Fair Play is consistent demonstration of respect for officials, an acceptance of their decisions and a steadfast spirit of collaboration with them. • Sportsmanship behavior should be demonstrated both on and off the field. This includes modesty in victory and composure in defeat. R

A - LEAGUE MANAGEMENT

The RA Basketball League may operate under the International Basketball Federation {FIBA} Rule Book except where specified herein. ABSOLUTE DISCRETION - The RABL Management reserves the right to exercise absolute discretion over all league-related decisions. While the RABL rules and guidelines will be used as a guideline, the League Management reserves the right to implement any decisions it feels are in the best interest of the league.

1. The League Management shall consist of the following: Director of Recreation, Sports and Fitness Service, Senior Manager League Operations, Manager League Operations, Coordinator League Operations, Head Statistician, the Referee-in-Chief.
2. The application and interpretation of the rules and regulations is the sole responsibility of the League Management.
3. These rules & guidelines establish administrative and operational conduct of the RA Basketball League and shall supersede any of those in the FIBA rule book.
4. The RA League Management reserves the right to implement judgements and decisions relative to the Basketball league which are not, or may not be covered in the League Rules & Guidelines / or House Rules.
5. The League Management has the right to refuse or admit, or remove, any player/person entrance into the league who has demonstrated aggressive or intimidating play, and who represents a safety concern to other participants, officials, staff etc.
6. Game officials, referees, statisticians, or RA staff, can be recognized as suitable to submit evidence regarding league matters, if required.

1 GENERAL

- a) The Mission of the RA Basketball League coincides with the Mission Statement of the RA Centre <https://www.racentre.com/about-us/> We strive to provide organized League games in Competitive, Intermediate, Recreational and/or Beginner levels of play.
- b) The league is intended as an adult program. Minimum age for entry is 18 years of age. Players under this age looking to play will be reviewed and status determined by League Management
- c) Games will be played inside of the Dome Gym located on the West End of the RA property unless otherwise specified
- d) Games that are cancelled or postponed due to unforeseen circumstances may be made up at a later date. Any rescheduling may include playing multiple games a night; a different night; or later in the season. Depending on a number of factors, games may not be rescheduled
- e) The season may consist of some or all of the following; draft; tryout, exhibition games; regular season games; and playoffs
- f) Games will begin no earlier than 6:00pm with the last games starting as late as 10:00 pm.
- g) Each match will have a running time of fifty-minutes (Including warmup time)
- h) If a game cannot be completed within the time allotted the score at the end time will be used as the final score
- i) ***COVID RULE* Team captains are to ensure that all players playing in game are entered onto game sheet.**
- j) For all matches, the team captain or designate will be available for consultation with the opposing captain or designate to mediate game calls or dispute.
- k) League players are asked not to set up nets or other league requirements. If nets are not set up, please contact Member Services ASAP at 613-733-5100, ext.361 or 360
- l) Each team and all players are required to conduct themselves according to the RA Code of Conduct and Ethics on and off the court. These can be found on our website at: <https://www.racentre.com/about-us/>

2. PLAYER/TEAM REGISTRATION

- a. All players must complete in full the RA Player Registration form. The link is as follows: www.racentre.com/ra-sportsleagues-registration
- b. ALL players must be registered by the start of the 3rd regular season game
- c. Any player who is not registered will not be permitted to play unless they have checked in with the timekeeper
- d. Teams are formed from individual registration and/or Team-entry based on needs
- e. Teams will consist of eight (8) players.
- f. Teams will be made up by one of the following three (3) options:
 - ❖ League will randomly assign players to teams
 - ❖ Captains will be selected and will make up teams
 - ❖ Full teams may be entered
- g. Players/Teams not remitting payments for the entry fees on the required dates on the league contracts will be suspended from playing games until payments are received.
- h. **Spares from other RA teams are permitted to play on other teams.** Spares must be registered on the web site and have completed the player form prior to participating in each game. Players must have played a minimum three (3) regular season games to be eligible for the playoffs

3. GAME PROCEDURES

- a. ***COVID RULE* Teams will be required to sanitize their hands and the ball before stepping onto the court. Hand sanitizer will be available inside of the gym.**
- b. ***COVID RULE* Players are asked not to arrive more than 15 minutes prior to game time. Upon completion of game, players are asked to leave the gymnasium immediately**
- c. ***COVID Rule* Players are to wear masks while sitting on the bench.**
- d. Teams are allowed to dress a maximum of eight (8) players for all league games.
- e. A team will be given ten (10) minutes to field the minimum number of players. Any team failing to field the minimum of four (4) players after ten minutes will be forced to default the match. The clock in the gym will be the used for the official time / or the referee's time. The grace time is part of the playing time and not additional time.
- f. If clock in gym is not displayed, then the earlier of time of the game officials' watches will be used. A forfeit/default score will be recorded as 15-0.
- g. Games will be played using two (2) 20-minute running time halves with stop-time in the last 2-minutes of each half.
- h. Each team will receive one (1) 30-second time-out per half. Time-outs must be called from the bench
- i. Shot clocks will not be used. Should the pace of play deem a need for a shot-clock, this decision will be made by League Management. This can be implemented mid-game if necessary.
- j. Teams may be asked to play multiple games in a day.
- k. ***COVID RULE* Teams will remain on their own side of the gym for the duration of the game.**
- l. ***COVID RULE* After each game teams WILL NOT shake hands.**

- m. *COVID RULE* There will be no jump ball at the start of the game. Home team will start with ball at their baseline. For the second half, visiting team will begin with the ball at their baseline.**
- n. The league may use on-court and/or off-court officials at our discretion. If only off-court (scorekeeper/timekeeper) is used, they will be allowed to call fouls. If on-court officials are used there may be one (1) or two (2) assigned per game
- o. Officials cannot be registered league players
- p. Calls made by the officials cannot be disputed. Players arguing calls may be ejected from the game. Further discipline may be handed down, as well.
- q. Unsportsmanlike Conduct by players towards any game official (on court or off), other players, League Management or the RA will not be tolerated. Displays of such actions will result in player being ejected from the game and/or suspended. Such examples of this include, but are not limited to, the following:
- ❖ Abusive or harassing language or comments; obscene gestures
 - ❖ Destruction of Property
 - ❖ Smoking
 - ❖ Attempted Verbal or Physical Intimidation; or Fighting
 - ❖ Two Technical Fouls in One Game
- r. League discipline can include suspension or outright dismissal from the league
- s. The following violations may result in a technical foul.
- ❖ Obscene Language
 - ❖ Illegal Substitution
 - ❖ Deliberate Delay of Game
 - ❖ Throwing The Ball Away
 - ❖ Kicking The Ball Away
 - ❖ Flagrant Shooting of the Ball After the Whistle
 - ❖ Refusal to Hand the Ball to The Official in a Timely Manner
- t. Should a call made by the official be deemed egregious, League Management may review it further
- u. There will be no on-the-fly substitutions. Players looking to enter the game must report to the scorekeeper. Substitutions can be made at the following times:
- ❖ Free Throws
 - ❖ Jump Balls
 - ❖ Time Outs
 - ❖ Dead Balls
- v. No dunking will be permitted at any time. Any player doing such actions will be immediately removed from the game. Further discipline may also be handed down.
- w. Once a team receives seven (7) fouls in a half, the opposite team will be in the bonus. Each foul after the 7th will result in foul shots being taken.
- x. Any individual player receiving five (5) fouls in a single game will be ejected from the game.
- y. Any individual player receiving twelve (12) fouls in a season may be suspended one (1) game.
- z. Any individual player receiving eighteen (18) fouls in a season may be suspended two (2) games

4. TIE-BREAKERS

- a. The following tiebreakers will be used if TWO teams are tied in points at the end of the Regular Season:
 - ❖ a) Head to Head Results
 - ❖ b) Most wins
 - ❖ c) Least losses
 - ❖ d) record vs 1st place team (if 1st place team not involved)
 - ❖ e) The highest ratio of Points-For divided by Points-For plus Points-Against $[PF / (PF + PA)]$ up to the 5th decimal

- b. The following tiebreakers will be used if THREE OR MORE teams are tied at the end of the Regular Season (Just games involving tied teams). Once a team is eliminated from this, we will revert back to above tiebreaking format:
 - ❖ a) Best winning % between the teams involved
 - ❖ b) Most wins
 - ❖ c) record vs 1st place team (if 1st place team not involved)
 - ❖ d) The highest ratio of Points for divided by Points for plus Points against $[PF / (PF + PA)]$ (up to the 5th decimal)
 - ❖ Note: If a further tiebreaker is still required after the above, a flip of the coin will decide the winner.

5. PLAYOFFS

- a. The playoff format will be communicated to each captain/player by League Management. League Management may adopt any playoff format it deems appropriate
- b. Each team may qualify for the playoffs, receiving a minimum of one (1) playoff game
- c. Teams must be prepared to play multiple games in a night for playoffs
- d. Playoff games will be played as single elimination.
- e. Spares ARE NOT allowed for playoff games. Teams using ineligible players will forfeit the game in question. Players must have played a minimum three (3) regular season games to be eligible for the playoffs.

6. PROTESTS

- a. All protest appeals must be submitted verbally or in writing (email or letter) by noon the next business day **AND** in writing to the League Management within 24 hours of the incident, and must be accompanied by a \$150.00 deposit which will be refunded should the protest appeal be upheld. If the protest deals with player eligibility the \$150.00 deposit will cover the protest of 2 players. The protest will be adjudicated by the

League Management. A written reply of the decision of the protest appeal will be made within one week of the submission.

- b. In the event a protest review or decision cannot be made prior to the next league/Playoff game, the League Management reserves the right to determine the playing status of any individual who may be involved in a protest.
- c. Team personnel who conduct themselves in an unsportsmanlike manner on or off the court while on RA premises shall be subject to disciplinary action up to and including player suspension by the League Management.
- d. Any League participant who verbally abuses another participant, spectator, or League Official will receive a suspension. Abuse can be defined as using profane or vulgar language; derogatory, inappropriate words or obscene gestures; intimidation, etc. Depending on the severity of the incident, further suspension or expulsion from the League may occur.
- e. An immediate and indefinite suspension of all league privileges shall be levied to any League participant who physically abuses/contacts/ or threatens to physically abuse another participant, spectator, League Official, or staff. Depending on the severity of the incident, the length of suspension will range from three games to indefinite expulsion from the League.
- f. Any suspension handed out will be communicated via email to the team captain within 48 hours of the incident.
- g. The RA reserves the right to implement disciplinary actions if/when required.

7. SOCIAL MEDIA

- a. Please be aware, for promotional purposes, the RA Centre may be taking pictures/videos of league games. By registering for the RA league, you are authorizing your consent to use in publication or other media events. These include, but are not limited to, Facebook, Twitter, Instagram, website, etc.
- b. The RA Centre will / may use any names on such posts. Self-identification is allowed and encouraged. Should such an occurrence happen where someone is identified wrongfully, the post will be edited and/or removed.
- c. If a player does not want their picture captured, please reach out to League Management