

West Island Outdoor Basketball League



Rules & By Laws 2010

Definition:

All rules and by laws below apply to the (WIOBL) only.

All documentation used must be the type approved by the (WIOBL)

All approved documentation must be used for the administration and participation in all (WIOBL) games.

Failure to comply will result in suspensions or defaulted games.

The words coach or assistant coach may be replaced by captain or assistant captain.

- 1) The league will begin the season with an evaluation weekend and a three (3) week exhibition tournament. The purpose being to balance the teams as closely as possible.
- 2) At the end of the evaluation weekend all levels will select the teams in the following manner. Each level of convener with his/her coaches; through a rotation method shall make up the teams, choose the best first ending with the beginner.
Each level convener shall make every effort;
 - a) To see that all teams are leveled to equal strength
 - b) To keep players travelling together (car pool) on the same team.
 - c) To place those players with special needs with a coach with compassion and understanding of the disability.If it is found that the convener is having problems with the above the VP will intervene and help the convener to achieve these goals.
- 3) The league will end the season with a playoff tournament format. That format will be based on the season standings. In the case of a tie the team with the least number point against will determine the order.
- 4) Each team should have two coaches a Head coach and an Assistant Coach and also delegate a person to be team Manager if possible.
- 5) If a coach can't attend their game, they shall notify his/her convenor or VP of the league well in advance or as soon as possible so that a

replacement can be found and the team is not without a coach. They should have written confirmation that this was done. Coaches not adhering to this rule will be dismissed from this league. Adult league is exempt from this rule

- 6) All players participating in WIOBL game must be wearing the T-shirts and shorts provided by the WIOBL. Adult league must have their game shirt. Any player not wearing the uniform will give up 2 points at the beginning of the game. No-one will play this season unless he or she is registered in WIOBL and will not be issued a uniform. The cut-off date for registration will be after the third game. Players on the waiting list are considered registered.
- 7) There shall be 30 minute (Adults & Senior levels 15 minutes.) practice prior to all games. All games will start on time and will end automatically by the scheduled ending time. The team that is ahead, determined by the running score on the score sheet shall be declared the winner. A tie at the end of a game is quite acceptable. There will be no overtime periods. 3 points for a win, 1 point for a loss, and 2 points for a tie, except for playoff games
- 8) A three (3) minute rest will be allowed at half time. (Adults & Senior Levels 5 min's). If there is doubt the game can be completed on time, the half time may be reduced to one (1) minute and/or the last shift of the fourth quarter will be played "running time".
- 9) All games consist of four (4) quarters. Each quarter consists of three (3) shifts, at three (3 1/2) minutes (Adults & Senior levels (4) min.) each, all running time. There will be stop time in the last shift of the fourth (4) quarter time permitting. In the playoffs stop time will prevail in the last shift. Alternating possession is employed in lieu of a jump ball.
- 10) Each team is allowed two (2) - 30 second time outs per half (one in each quarter or two in the same quarter). They are not, however, to be accumulated from one half to the next. During the time outs the time clock will be stopped.

- 11) The coaches or captains will fill out the WIOBL score sheet ready for use by the scheduled starting time. At the end of the first shift, the coach shall cross out the names of all players not present on the bench and ready to play. Any player not ready to play by the starting of the second shift will not be allowed to play in that game. Adult League has up to halftime. All coaches and captains are required to fill out a WIOBL shift sheet for the number of players on their team by the beginning of the first shift and follow it. If asked they will have to produce them in case of controversy. Players will check in at the beginning of each shift except for the last shift of the fourth quarter. The coach should encourage the male players to pass the ball to female players involving them as equal members of the team.
- 12) All coaches and captains must observe the participation rules set forward by the executive board. These rules provide participation by all players, but leave enough room for reward of good effort and consequence for indifference or negative behavior for playing in last shift of the game.
- 13) The coaches, scorekeeper, timekeeper and the referees must sign the score sheet immediately after the game, ensuring sure there are no discrepancies in the score sheet. Signatures must be legible
- 14) If there were any problems during the game, the referee is the authority and is in charge of the game. If the coach has a complaint he/she must indicate on the front of the score sheet and write a complaint on the back of the white copy of the score sheet before leaving the court and he/she must sign the score sheet. If this is not done, it is too late to do so after the game has finished and the referees have left the court.
- 15) The Referee and Scorekeeper are responsible to put the white copy of the score sheet in an envelope in the leagues box provided at each park.
- 16) All coaches are responsible for the conduct of the spectators, their equipment and the enforcement of all league rules and regulations. If any spectator gets out of hand the referee shall stop the game and ask the coaches to ask the spectator to refrain from continuing or be asked to leave the court area. If they refuse the referee will stop the game and the score at that time will be final.

- 17) Only two team coaches are allowed at the players bench during the game and only one designated coach while the game is in play can give instruction to his/her players on the court. If both coaches are giving instructions during the play of the game it is considered a team technical foul and opposing team will be given 2 free uncontested shots.
- 18) On game day each team will consist of the registered head coach, one assistant coach and those players on the team. Participating teams are to remain at their benches and only the officials and authorized personnel shall be permitted at the scorer's table. Spectators, friends, siblings, children of coaches, or coaches and players from other levels [except for callups] are not permitted at the players bench and must remain on the opposite side of the court. All coaches and/or assistant coaches and convenors are expected to enforce this rule.
- 19) If it rains hard enough to make it unsafe on the court, the game is less than half played it shall be rescheduled. Games on Fridays or Saturdays will be held on Sunday or the Sunday of the following week. Games held during weeknights will be held within that week or the following week weather permitting. The web site will provide the reschedule dates and time. www.wiobl.com
- 20) Where a registered coach is absent he/she may be replaced for that game with another coach or authorized personnel.
- 21) **Call-ups;**
Call up list to be completed prior to end of June
Each Convener is required to supply list 5 players that are rated "AA" or "A" at his/her level from each team to be passed on to the convener of the level above. The Convener also will contact the parents and inform them that their child is on a call up list and obtain permission. (By Email if possible or in writing).
- 22) All Coaches or assistant coaches are responsible to get as many players out for each game. If for any reason a player should quit, the coach is to notify his convener. The Convener then to notify the Registrar and cc the V.P.
The Registrar will remove the name from the active registry list and replace the player with the next one on the waiting list (If any) then notifies the convener. The Convener will then notify the coach giving

him/her all pertinent information on the new player. The Coach will notify the player game date, time and place.

23) During the season and because of vacations etc, if the coach is short players for his game, the coach will in advance of the scheduled game contact call-ups from a predetermined list of the best players from one level below and should keep his convener informed. This will avoid a defaulted game. All players called up on the bench must play. Call-up players would only be able to play one additional game per weekend to the one he or she is already scheduled to play at his or her level.

Note:

- No call-ups will be permitted in games after the beginning of August (i.e., during play-offs).

24) A defaulted game

When there are less than 50% of registered players on a team. Where there's an odd number of players on a team such as 13 the 50% will be based on the next lower number (12) players. 10 registered players will be the minimum that any team can have, and less than 50% will count as a defaulted game, a score of 20-0 will be marked on the score sheet. All defaulted games will still be played with existing players or players from other teams of the same level or less. (If available). A coach must inform his or her convener prior to a scheduled game that he or she will be short of players for that game. The Adult level requires a minimum of 5 players before defaulting.

25) This rule applies to players, coaches and assistants:

- Foul language, spitting, arguing with or taunting the officials, coaches or players, or illegal use of the body causing bodily injury is considered a technical foul.
- Player (within the same game) receives two personal technical fouls will be confined to the bench, resulting in an automatic one (1) **game** suspension. If he/she continues and is ejected from the game it will result in at least a one more game suspension.
- Coaches and assistant coaches receive two personal technical fouls, must leave the court and cannot coach for the remainder of that game. The coach/assistant coach will receive a one (1) game suspension. This can be changed, increased or overruled by the Vice President if necessary.

- Game suspension for ejection could be increased if the Vice President deems it necessary. The Vice President will then advise the convener and coach within forty eight (48) hours - of the increased sanctions. If the coach wishes to appeal this decision, he must file a written report to the president, not later than two (2) day after the ruling. The president will then convene the disciplinary appeal board for sanctions.
 - Technical fouls concerning the rules of the game will not constitute ejection or game suspension but will allow the opposing team two uncontested free shots from the free throw line.
- 26) It is the responsibility of the coach to report an incident to the convener and fill out the required report. The convener is responsible for bringing it to the attention of the Vice President, and will then be passed on to the President.
- 27) All Coaches, Captains and players must observe the leagues Code of Conduct.
- 28) If there is a three point line on the court then three point shots will count irregardless of the level.

The cooperation of all coaches, assistant coaches, and convenors is necessary to assure our members of a fair organization and equal opportunity to develop their skills.

Remember

Winning is important – but its not everything

The

West Island Outdoor Basketball objective is to teach the game of Basketball & sportsmanship

and

our goals are to have fun and improve one's self-esteem

Additional Rules & WIOBL Basketball

Definitions

1/ 30-second rule;

Basic 30 second rule has been waived. (No shot clock)

Addendum;

No single player of the attacking team may control the ball in the opponent's half of the court for more than 10 seconds after gaining possession of the ball. He then must shoot or pass the ball. If not, the ball will be given to the opposing team to shoot in from the side line.

2/ 10-second rule;

When the team has the ball in its own half of the court, it has 10 seconds to move the ball into the opponent's half.

3/ 5-second rule;

Player must make a throw-in within 5 seconds.

4/ 3-5 second rule;

Novice and Junior

The attacking player is not permitted to stand in the opponent's restricted (key) area for not longer than 5 seconds.

Midget, Senior and Adult

The attacking player is not permitted to stand in the opponent's restricted (key) area for not longer than 3 seconds.

5/ Bonus:

Two free throws shall be awarded to the opposing team for each common foul committed by a players of the team beginning with that team's 5th foul in a quarter .
Players foul is counted as a team foul to obtain the required fouls reaching bonus.

Playoffs: Team fouls from the last quarter will be carried over into overtime if overtime occurs.

Personal foul

An infringement of the rules that involve offence or defense body contact with an opponent.

Technical foul

When a player or coach is penalized for using foul language, or an act to intent to injure, or arguing with the referee. If a player or coach receives three (2) technical fouls, he/she will be ejected from the game. (See Rules & By Laws par. #25)

Disqualifying foul

An unsportsmanlike foul on another player, such as physically fighting. The player will be automatically ejected from the game, and must be replaced by another player.

Two and Five foul rule

A player who commits five (5) personal fouls or (2) technical will be ejected from the game, and must be replaced by another player.

Exception.

Where a team is playing and only has five (5) players and one or more players with personal fouls are fouled out he/she will continue to play but for each additional foul the opposing will be allowed two (2) unopposed shots.

Violation

A rule infringement that is not considered a foul. The main violations are, illegal dribble; traveling; football, spending more than three or five seconds (depending on level) in the restricted area (key), being responsible for the ball going out of bounds. Penalty- The ball shall be awarded to the opponents for a throw in at the out of bounds closest to the infraction.

Player out of bounds

A Player is out of bounds if he or she touches a boundary line or the area outside the line

Ball out of bounds

The ball is out of bounds when a player with the ball, or the ball itself, touches a boundary line or the area outside the line. A ball in the air is not out of bounds until it touches the court on the outside of the line.

Goal-tending rule

Used mostly where players have the capability

A player is not permitted to touch the ball when it is on its downward flight toward the basket. A defender may not touch the ball when it is in the baskets.

Back court violation

Once a team has moved the ball from their half of the court (the backcourt) to opposing team's half (the frontcourt), they may not move the ball over the half-court line back into their own half.

Hanging from hoop violation

Hanging from the hoop at any time (pre-game during the game or half time) is not permitted and is considered a technical foul

Defensive Play

- 1) Zone defense must be used at Novice, Junior, and Midget levels. If this is not observed the referees will call a team technical.
- 2) Senior and Adult level can play either Zone or Man to Man.
- 3) At Novice the half court rule will prevail throughout the entire game.
- 4) At Junior the half court rule will prevail except for the last quarter a full court press is permitted at the coach's discretion. If the score differential is ten (10) points or more, the half court rule will apply to the team with most points. (Cannot press until the point spread is less than ten (10) points).
- 5) At Midget, Senior and Adult full court press will be permitted at the coach's discretion, except when the score difference is ten (10) points or more, then the half court rule will apply to the team with most points. (Cannot press until the point spread is less than ten (10) points).
- 6) Five Players cannot gather at the center court area and wait for the offence player to cross half court. When this happens the referee will stop the play and automatically give offensive players a throw in on the opponent's side of the court.
- 7) Two or more defensive players may cover an opponent who is making a drive at the hoop.

Disallowed Baskets

Examples of disallowed baskets are as follows:

- 1/ When the whistle blows before the shooter releases the ball.
- 2/ When the shooting team steps into key prior to the release of the free throw. Or when the shooter crosses the free throw line prior to the ball hitting the rim.
- 3/ Offensive fouls.
- 4/ When the ball touches anything out of play.
- 5/ When there are too many players on the court.

Free Throws

- 1) For all shooting fouls, players receive 2 free throws.
- 2) If the player is fouled while shooting from the 3 point area then he will receive 3 free throws.
- 3) If the players shoots the ball and is fouled and makes the basket. Then he/she receives one free shot.
- 4) Players must shoot from behind the free throw line.
- 5) The free throw line for Novice and Mini will be two feet closer to the hoop than standard

- 6) Fouls shooters cannot cross the line until the ball has hit the rim or backboard. This includes players who leave their feet while taking free throws.
- 7) Rebounding players may step into the key once the shooter has released the ball. If a defensive player enters the key before the shooter releases the ball, the shooter gets another chance (provided the first shot was missed)
- 8) If a player on the shooting team enters the key before the ball has been released, the basket is disallowed. If this occurs on the second shot, the defensive team gains possession of the ball on the sideline.
- 9) If the shooter misses the rim and backboard on the first shot, the shooter gets a second shot. If they miss on their second attempt, the defensive team takes possession of the ball on the sideline.

Additional Rules:

- 1) The West Island Outdoor Basketball will train all those interested in keeping score
- 2) The West Island Outdoor Basketball keeps the standings of each team.
- 3) Any player that is fouled out or injured during the shift and has to be replaced by another player that player will not be charged with that shift.

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