

NEWMARKET BASKETBALL CLUB MEN'S LEAGUE



LEAGUE RULES



General Game Rules: Mostly FIBA

- Each HALF will be 28 minutes running time.
- Last 2 minutes of game clock stops on whistle or made basket. Clock starts when ball inbounded (FIBA 49.2) .
- Two 1-minute time outs per game. May be called while the game is in progress (don't have to wait for a dead ball).
- Halftime can be 1-5 minutes depending upon game progress to stay within gym permit time constraints. Teams/Refs can use judgement.
- DOUBLE BONUS on 8th team foul. **NEW for 2025-6>** In the last 2 minutes of the game, if a team has fewer than 6 fouls, the next foul committed moves it to 6.
- Play wide key. On free throws enter key on the release (FIBA 43.2.4).
- Clock stops for timeouts, technical fouls, injury where the player cannot leave the floor quickly under his own power, or general confusion.
- When the game clock shows 2:00 or less in the second half and in overtime, following a time-out taken by the team that is entitled to possession of the ball from its backcourt, that team has the right to decide whether the game shall be resumed with a throw-in from the throw-in line in the team's frontcourt or from the team's backcourt at the place nearest to where the game was stopped (FIBA 17.2.4).
- A time-out shall NOT be permitted to the scoring team when the game clock shows 2:00 or less in the second half and in overtime following a successful field goal unless an official has interrupted the game (FIBA 18.2.8).

Overtime:

- If the score is tied at end of regulation, play **OVERTIME of 3 MINUTES**.
- Clock stops similar to regulation time in last 2 minutes.
- **1 timeout per team in overtime** (no carryover timeouts from regulation time).
- If tied after 3 minutes the game ends in a tie.
- **PLAYOFFS:** If tied at the end of 3 minutes, repeat until a winner is determined.
 - 1 timeout per team in each overtime (no carryover timeouts)

of Players per team:

- If a team has 4 players at game time it may pick up a 1 from another team.
 - Game counts as regular game, otherwise it is a forfeit
 - Captains can decide if they want to play 4 on 4 with one team having subs, or loan players to the other team to even the numbers, but the team with only 4 players still forfeits
- If both teams have only 4 players at game time, the game goes as 4 on 4 if refs permit it.
 - Any fewer = no game, but players may use the gym for calisthenics or layup practice

- If another player arrives while a 4 on 4 game is in progress, he must wait until there is at least 5 players per team BEFORE he enters the game unless he replaces an injured player or the opposing Captain agrees to allow that player's team to have a sub
- A 6th or even 7th man may be picked up by any team who feels it requires subs for health or competitive reasons – the opposing team Captain, or designate, must agree.
 - This applies even to a team that has already picked up a 5th player from another team at the start of the game.
- Any 6th player picked up must stop playing if a roster player from that team arrives during the course of the game. He must sub out at the next whistle once the roster player comes to the score table to enter the game. Similar procedure for any 5th player picked up if a second roster player shows up.
- **In all cases above, team Captains or designates (if a Captain isn't there, pick someone) can use judgement and common sense to have a competitive game as long as the refs are in agreement.**
- **PLAYOFFS:** Must have at least 5 roster players or forfeit 1-0. Picking up a 6th man from another team is NOT allowed unless that team wants to forfeit because it has no chance of winning without picking up an impact player.
 - TBD if both teams have fewer than 5 players at the start of the game (has never happened)
- If a team has more than 5 PLAYERS for any game, EACH PLAYER must leave the floor at least once per half - TAKE A FAIR BREAK! Failure to do so will result in that team **FORFEITING** the game. There may also be sanctions levied against the player(s) who do not leave the floor.
 - Scorekeepers are expected to take note and advise a team if someone hasn't sat – this rule is not meant to surprise a team at the end, but to encourage reasonable playing time for everyone
- Miss more than ½ the league games, you may have to miss the playoffs and be put on the waiting list for future seasons. Players must appeal to the Executive in order to play in a playoff game under this rule.
- Trade deadline after first round robin at start of season (or later if injury/circumstances dictate).
 - League Executive will entertain trade requests from team Captains and make final decisions in the interests of competitive balance

Jerseys:

- Players are expected to wear a numbered jersey provided by the league for the current season.
- For each player not wearing an official jersey, the team Captain (or designate) will report it to the score table prior to the start of the game.
 - 2 free throws will be awarded prior to the **START** of regulation time for each unofficial jersey worn
- **EXCEPTIONS**
 - Extra player(s) picked up by a team are expected to have an official reversible jersey so no exception
 - If jersey sizing is an issue, a player may wear a similarly coloured jersey. Efforts should be made to add a digit using tape or marker to avoid duplicate team numbers. For example, a "1" could be added to last year's jersey #5 to become #15. If that is impractical, notify the refs and score table that you have a duplicate number and make sure the score table knows when a foul is called on you and not your teammate with the same number
 - If a jersey is lost, best efforts must be made to find a suitable replacement for the remainder of the season and you will be exempt from this rule

Scorekeeping:

- To be done by players as assigned at the start of the season or by Captains. Players can trade off, but someone must cover each game. A team that fails to provide a scorekeeper loses 2 points in standings. A player who fails to cover his assigned time will be **suspended** for the next game.

Technical Fouls:

- Any player who receives **2 Technical** fouls or **1 Flagrant** foul in a game will be ejected from that game, must leave the gym, and may be suspended for future games per league Executive decision.
 - In some cases the Board Referees recommend a suspension and we are obliged to enforce it
 - Depending upon the severity of the situation the league Executive can reduce or increase suspensions
- Any player written-up by a referee for discreditable conduct will be suspended for the next 2 games may face further sanctions.

Playoff Format:

Week 1:

- Early game is seeds 1 vs 2 in a **non-elimination** game
- Middle game is seeds 4 vs 5 in an **elimination** game
- Late game is seeds 3 vs 6 in an **elimination** game

Week 2:

- Early game is seed 1 vs lowest seed from Week 1 winners
- Late game is seed 2 vs other Week 1 winner
- Winners of these games meet in the Final

Week 3:

- Final with winners from Week 2

Playoff Seeding tiebreakers:

1. Total points in standings
2. Total Wins
3. Head to Head wins
4. Head to Head most points scored in regular season
5. Executive Committee emergency meeting

NOTE: League Executive will have final say in all rules/rulings and may waive or extend suspensions or penalties.