

Nitobe Basketball League

Rules and Regulations

Section G: League Specific Equipment Regulations

1. The Nitobe Basketball League requires that all participants wear clean, non-marking gym shoes in order to enter the playing facility.

Section H: League Specific Rules of Play

The Nitobe Basketball Rules are subject to the official FIBA rules of Basketball, which can be found [here](#):

The laws listed below are designed to affirm specific FIBA Rules and denote exceptions to those rules specific to The Nitobe Basketball League.

1. The Field of Play
 - a. All Basketball lines shall follow those marked in UBC facilities, which are those prescribed by the FIBA.
 - b. Teams shall change baskets at the start of the second half.
2. The Players
 - a. No more than 5 players are permitted to be on the court for each team during gameplay.
 - b. At least 4 players from each team must be on the court before the game can start.
 - c. In Competitive Mixed play, teams may have a maximum of 3 self-identified men on the court at any time.

- d. Following the start of a game, a team may continue with less than five players to a minimum of three players as a result of disqualification or injury.
3. Game Balls
 - a. A size 7 basketball is used for all Open and Mixed games.
 - b. A size 6 basketball is used for all Women's (W2STGN) games.
 4. Gameplay Time:
 - a. All divisions will play two periods of 20 minutes, with stop time in the last two minutes of each half.
 - b. Stop time refers to the clock being stopped on all dead balls, including any successful field goal and is only in effect if the score is within 10 points. There is no stop time in Just For Fun games.
 - c. Officials reserve the right to both reduce game time and prematurely end games for reasons related to scheduling or participant safety.
 5. Tie/Overtime Rules
 - a. Games which end as a draw at the end of regulation during regular season games will be recorded as such
 - b. If the score is tied at the end of playing time for the fourth period, the game shall be continued with an extra period of five minutes, stop time in the last minute
 - c. If the score remains tied an additional five minutes will be added. If still tied (after two overtimes), and time permits teams will continue to play five-minute overtimes until such time as a winner is confirmed.
 - d. If still tied after two overtimes, and time constraints (building closing, other games etc.) are present, teams will shoot free throws in a shootout style.
 - i. Teams select 5 shooters from their game roster
 - ii. Teams alternate shots
 - iii. After 5 shots if no winner can be declared the shootout continues with a sudden death format. 1 for 1.

- iv. Players may not be reused during the shootout until each dressed player takes a shot. Exemptions will be given for injuries sustained during gameplay which have been documented by REC Staff.

6. Beginning the Game

- a. A jump ball is used to begin the game and at the start of overtime only.
- b. When a held ball is called or when a double foul is called, play is resumed by use of the alternating possession arrow.

7. Time-outs

- a. Each team is permitted one time out per half
- b. Unused time-outs may not be carried over to the next half.
- c. There are no time-outs in overtime.

8. Shot Clock

- a. There is no shot clock except during the last 2 minutes of each half. At this point, teams are subject to a 30 second shot clock that start as soon as the clock reaches 2:00 minutes remaining.
- b. During a play with a shot clock, when the ball hits the rim, the shot clock resets to 30 seconds.

9. Substitutions

- a. Substitutions can be done on any dead ball with permission of the game official.

10. Foul Accumulations

- a. Personal Fouls
 - i. A player who has committed any five fouls, throughout the game, shall be informed thereof and must leave the game immediately.
 - ii. A player who has committed two Technical Fouls, two Flagrant Fouls or one of each, throughout the game, shall be informed thereof and must leave the game immediately.

b. Team Fouls

- i. In all divisions, a teams' eighth team foul in a half AND any subsequent personal fouls committed shall be penalized by two free throws.
- ii. Personal fouls committed while in possession of the ball, either during play or in stoppages such as an inbound, do not count towards team fouls.

11. Technical Fouls

a. Definition

- i. Each team shall do its best to secure victory, but this must be done in the spirit of the sportsmanship and fair play.
- ii. Any deliberate or repeated non-cooperating or non-compliance with the spirit and intent of this rule shall be considered as a technical foul.
- iii. A technical foul is a player non-contact foul of a behavioural nature including but not limited to:
 1. Disregarding warnings given by referees
 2. Disrespectfully dealing and/or communicating with the referees
 3. Using language or gestures likely to offend or incite the spectators
 4. Baiting and taunting an opponent
 5. Obstructing the vision of an opponent by waiving/placing the hand(s) near their eyes
 6. Excessive swinging of elbows
 7. Delaying the game by any means
 8. Fake being fouled
- iv. A technical foul can be given to a person permitted to sit on the team bench.
- v. Technical fouls are always charged against the player who committed the foul.

b. Penalty:

- i. The opponent shall be awarded 1 free throw and the game shall be resumed by a throw in administered by the team which had control of the ball or was entitled to the ball when the technical foul was committed, from the place nearest to where the ball was located when the technical foul was called.

12. Unsportsmanlike Foul

a. Definition:

- i. An unsportsmanlike foul is a player contact which, in the judgment of the referee is:
 - 1. Contact with an opponent and not legitimately attempting to directly play the ball within the spirit and intent of the rules
 - 2. Excessive, hard contact caused by a player in an effort to play the ball or an opponent
 - 3. An unnecessary contact caused by the defensive player in order to stop the progress of the offensive team in transition
 - 4. An illegal contact caused by a player from behind or laterally on an opponent, who is progressing towards the opponent's basket and with no opponents between the progressing player and the basket and the progressing player is in control or is attempting to gain control of the ball
 - 5. An illegal contact within the last 2 minutes of play without the intent to play the ball and/or with the intent to stop the offensive play
 - b. Penalty
 - i. The opponent shall be awarded:
 - 1. 2 free throws if the foul is committed on a player not in the act of shooting
 - 2. The goal, and 1 free throw if the foul is committed on a player in the act of shooting and the goal is made
 - 3. 2 or 3 free throws if the foul is committed on a player in the act of shooting
 - ii. Following the free throws, a throw-in is awarded to the player who was fouled in the half-court line
13. Disqualifying foul
- a. Definition:
 - i. A disqualifying foul is any flagrant unsportsmanlike action by players.

- ii. Any player who is guilty of flagrant acts of aggression on opponents or referees shall be disqualified.
 - iii. Any player who is guilty of flagrant acts of physical actions that could lead to damaging of game equipment shall be disqualified.
- b. Penalty
- i. The opponent shall be awarded:
 - 1. 2 free throws to any player of the opposing team in case of a non-contact foul
 - 2. 2 free throws to the player fouled in case of a contact foul and not in the act of shooting
 - 3. The goal and 1 free throw, if in the act of shooting and the goal is made
 - 4. 2 free throws to the player fouled in case of a contact foul and in the act of shooting and the goal is not made
 - ii. Following the free throws, a throw-in is awarded to the player who was fouled in the half-court line

14. Free Throws

- a. A maximum of six players (3 defensive and 3 offensive) may occupy the free-throw lane places, including the shooter.
- b. When a player is shooting the first of multiple free throws, the official does not have to wait for the players to assume their positions on the lane before passing the ball to the shooter.

Section I – League Specific Facilities of Play

The Nitobe Basketball League will take place at War Memorial Gym and the Student Recreation Centre