

Victoria and District Amateur Basketball Association
League Rules and Regulations
October 2005

The V&DABA promotes the game of basketball in the community by encouraging team play and good sportsmanship in a safe and respectful environment.

1. REGISTRATION

- A. The annual registration fee for teams shall be set by the Board of Directors prior to the September Annual meeting.
- B. Team registration shall take place as soon after the September Annual Meeting as is practicable. The date shall be determined by the Registrar.
- C. To be eligible for registration, each team must have a minimum of eight (8) registered players and must accept a maximum of 2 additional players if requested by the Directors.
- D. No player will be eligible to play a league game until all documentation is complete and on file with the Registrar (signed Registration card).
- E. November 30th is the final date of registration and/or transfer of a player (without approval of the President).
- F. Use of overage or unregistered players could result in a team loss and be reviewed by the Disciplinary Committee.

2. COMPETITION

A. Age Limits

All registered teams shall be scheduled for league play within their respective divisions as follows:

- U-11: under 11 years of age on December 31st of the current registration year
- U-13: under 13 years of age on December 31st of the current registration year
- U-15: under 15 years of age on December 31st of the current registration year
- U-18: under 18 years of age on December 31st of the current registration year

B. Playing Rules

All games shall be played according to NCAA rules, with the following exceptions:

- 1. Where gym facilities do not permit – e.g. dimensions of key, 3-point arc
- 2. Free throw line – U-11 groups may use the modified free throw line (13 ft.) to shoot free throws.
- 3. Team fouls penalty – two bonus free throws will be awarded on the eighth (and subsequent) team foul of the half.
- 4. Time outs – May not be called by players. The head coach may call a time out during a dead ball situation or when his/her team is in possession of the ball. Each team shall be entitled to two 60-second time outs per half, and one 60-second time out per overtime period. Unused timeouts shall not carry over between halves or overtimes. Teams may not “buy” additional time outs at the expense of a technical foul.
- 5. Game length – all games, except for U-11, shall consist of two 13-minute halves, broken by a 2-minute half time. League games tied at the end of regulation time will be recorded as ties. Overtime periods, if necessary for playoff games, shall be 4 minutes in length.

6. Timing – the gym supervisor may request that the timer change from “stop time” to “running time” for any game that is running late. However, the final minute of play will be “stop time”. No time-outs permitted during running time.
7. Last minute of play: For U11 and U13 Divisions, during the last minute of play, on a side throw in, a player cannot pass from the front court to the back court.
8. Basketball sizes shall be as follows:
 - Number 5: U-11 girls and boys
 - Number 6: U-13 girls and boys, U-15 girls, U-18 girls
 - Number 7: U-15 boys and U-18 boys
9. Full court press:
 - U-11 and U-13: Illegal – once a defensive player gains control of the ball, the opposing team’s players must retreat behind the center line.
 - U-15 and U-18: Legal– Player to player only. Defensive team can only have as many players in the back court as the offensive team.
 - CLARIFICATION: FULL COURT ZONE PRESS IS NOT PERMITTED AT ANY LEVEL**
10. Half-court defense:
 - U-11, U-13, U-15 and U-18: Player-to-player only – Once the offense has set up in the half court, if the defender’s check is within the 3-point arc, the defender must be within six feet of his/her check. Exception: help defense on another opponent with the ball.
 - CLARIFICATION: HALF-COURT ZONE DEFENSE IS NOT PERMITTED AT ANY LEVEL**
11. Violations of the full court press or half-court defense rule will result in endorsement on the score sheet and subsequent action by the Directorate.
12. When the score differential reaches 20 points, no full court press is permitted.
13. Intentional fouls will be dealt with severely and may result in disciplinary action by the Directorate
14. All teams **WILL** shake hands after game completion.
15. All referees **WILL** introduce themselves to the coaches before the game and all coaches **WILL** acknowledge referees before the game.
16. On courts where a 3 point line exists, the three point shot will be in effect for both league and play off games.
17. Modified rules for U-11 age group:
 - a) Teams shall play with 4 players a side.
 - b) The two 15 minute halves shall be divided into 3 minute (stop time) sections.
 - At the end of each 3 minutes a complete line change will occur.
 - No subbing during the three minutes unless an injury occurs.
 - Teams with less than 8 players may keep a player or players on the floor, however, no player may play more than 2 shifts in a row.
 - Coaches must have the next 4 players ready to go on the floor immediately the buzzer goes for change.
 - Players to line up at the centre line to identify checks quickly.
 - c) Player to player defence only.
 - No double teaming.
 - If a player loses his/her check a teammate may check that player if that player is in the key and has possession of the ball.
 - d) No screening will be allowed at this level.

- e) Scoring will be kept at the table on the score sheets only. No scoreboard will be used.
No one is to go to the table and ask the score during the game.
Scorers will let a coach know about foul trouble.
We are trying to de-emphasize winning or losing.
The score table will keep track of 3-minute sections.
- f) Coaches have a little more freedom to walk about and give instructions to their team.
- g) Individual players who have played in the V&D before may decide to move up to the Under 13 Division if they wish. Once the decision has been made and the player has played, he/she cannot move down.

Important NCAA Rules Applicable to V&DABA Games

1. Each game starts with a jump ball. After that, the alternating possession arrow will be used. On the jump ball, the non-jumpers must not move from their positions once the referee enters the circle to toss the ball. Once the ball leaves the referees' hand, non-jumpers can now move. However, they cannot move into the circle until the ball is tapped.
2. Falling down while in control of the ball or attempting to stand up with the ball is considered traveling. If you fall to one knee, or receive the ball with one knee on the floor, you are not permitted to stand up – if you do stand up, you are deemed to have moved your pivot foot, thus you have traveled.
3. On foul shots, there can be a maximum of 6 players lined up along the key; 2 offensive players and 4 defensive players. The two bottom spaces must be occupied by the defense. The offense is entitled to the next two spaces, and the defense is entitled to the third spaces. However, if the teams decline to fill the spots to which they are entitled (2nd and 3rd spaces), then the other team may use those spaces. If the wrong team is in the 2nd or 3rd space and the entitled team requests that they be allowed to use their space, the player from the other team must allow them to do so. The two top spaces, one on either side of the shooter, must be left vacant. All other players must line up behind the 3-point line and the foul line extended.
4. On a foul shot, lane violations (i.e. going into the key too soon) by either the shooter or a teammate will nullify a made foul shot. Players lined up along the key may enter the key as soon as the ball leaves the shooter's hand. The shooter and all other players must wait until the ball hits the rim.
5. When the defense stuffs a shot without the ball leaving the shooter's hands, forcing the shooter to return to the floor with the ball, this is a jump ball (alternating possession).
6. The 3-seconds-in-the-key and 5-second closely-guarded violations are only called when the ball is in the front court.
7. Substitutions will be allowed at any time during the foul shot process.
8. Common personal fouls committed by the team in control of the ball will not result in free throws. If a teammate of the player in control of the ball commits a foul that would previously have resulted in a penalty of two

free throws as a result of 8 fouls in the half, the ball will now be awarded to the defensive team and play will resume from the out of bounds point closest to the foul. This rule is now similar to the concept of team control in international basketball.

9. All technical fouls for unsportsmanlike conduct will result in 2 foul shots and then the team who had possession of the ball at the point of interruption retains possession. These fouls count towards the player and team totals. A technical foul on the coach also counts toward the team foul total. A player sitting on the bench can be assessed a personal technical foul that counts towards his/her player count if identified.
10. It is a violation if the ball passes over the backboard in either direction. The sides and the top of the backboard are in play.
11. Teams will shoot at the basket furthest from their player bench to start the game.
12. All substitutions will be allowed on all whistles.
18. Over and back rule – the ball is over centre when the ball and the ball-handler's feet are over centre.

C. Administration Rules – League and Playoffs

1. Each eligible player must play a reasonable time in each half.
2. A team must be ready to play at the time and place scheduled under penalty of default. No postponement of a league or playoff game shall be granted.
3. Each team will be responsible for providing one table official for each game.
4. The gym supervisor must be present before players/coaches/supporters enter the gym.
5. The players' name (first name or initial and last name) and number are to be entered on the scoresheet prior to game time.
6. All games under the jurisdiction of the Association shall be played on floors approved by the Directors.
7. The Directors have the right to suspend any participant for willful damage or loss of V&DABA or School Board properties.
8. All games in all divisions shall have referees assigned by the VBOA.
9. A team will be eliminated from further play if it has defaulted three games (no refund of fees) subject to review of the Disciplinary Committee.
10. Division Placement: Teams will be placed in their age appropriate division. A division scheduler may move a team to another division in order to ensure competitive play. A coach will be given notice of this decision but the coach's consent is not required. Any move must be approved by the head scheduler and the decision of the head scheduler is final.

D. Administration Rules – Playoffs

1. Standings in league play shall determine eligibility for playoffs.
2. Playoff format will be established by the Division Coordinator and approved by the Directors.

E. Uniforms

All uniform tops must be of the same colour with numbers front and back. T-shirts, if worn under the top, must all be the same colour as the top, or all

white. All shorts must be of the same colour but not necessarily the colour of the top. Tops must be tucked into the shorts unless manufactured to be worn outside the shorts.

F. Discipline

All ejections must be cited by referees and gym supervisor on the back of the score sheet. All incidents will be reviewed by the Disciplinary Committee and may result in discipline.

G. Liability

Coaches, Parents and Players are not to enter any game-designated gymnasium without a V&D ABA Gym Supervisor in attendance.