

West Island Outdoor Basketball League



Rules & By Laws 2023

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.

All coaches and assistant coaches or any one having direct contact with minors must have a background check.

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 from the results will make up the teams.
 - a. To see that all teams are leveled to equal strength
 - b. To place those players with special needs with a coach with compassion and understanding of the disability.
3. 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.
4. If players are to be traded, try to do it before or at the end of the third game and before the player receives his or her game shirt. Exceptions can be made after if teams still need to be leveled after the third game.
5. Adult level: Teams registered as a team will remain as a team. Team captains will be responsible for the actions their team members. Each registered team must have a minimum of 8 players with a maximum of 10 or 11 players. Players registered as individuals the convener will

make up teams or place them on teams that do not achieve the minimum number of players. Teams will receive their game shirts at the first season game after being fully registered and paid. The entire game is free substitution. Captains should assure that all his players get equal playing time. 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 “TIE BRAKER” doc. will determine the order.

6. Each team should have two coaches a Head coach and an Assistant Coach and also delegate a person to be team Manager if possible. The Adult will have a Captain and assistant captain.
7. 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. Any person taking over for a missing coach shall be adequately trained by the coach and convenor that they are knowable of WIOBL rules (shift sheets) and regulations.
8. Adult level; Any team which does not show up for its schedule game without notifying the league 24 hours in advance will be responsible for the cost of the referees and score keepers.
9. All players participating in WIOBL game must be wearing the T-shirts and shorts provided by the WIOBL. Any player not wearing the uniform will give up 2 points at the beginning of the game.
10. **All coaches participating in WIOBL must wear their red coach's shirts at their games. Any coach not wearing the shirt will give up 2 points at the beginning of the game.**
11. 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.
12. A \$25.00 charge will be applied for a replacement game shirt, if lost at the junior levels. The adult level replacement will cost \$40.00.
13. Captains are not to give a player a game shirt until the player is fully registered and paid, all players should be list on his roster.

14. There shall be a 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.
15. **If** the court, officials & equipment are ready on time, then the Game Clock starts at the scheduled game time, **even if players & coaches are not ready to play!** It is up to the teams to ensure they are ready to play at the scheduled time & not delay other games, officials or the city workers.
16. 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".
17. All youth games consist of four (4) quarters. Each quarter consists of three (3) shifts, at three (3 1/2) minutes (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. **Adult games** will consist of four quarters and a 30 second break between quarters. Each quarter consisting of 12 minutes at running time. The last quarter will consist of 8 min. running time and stop time in the last 4 minutes of the Fourth Quarter.
18. 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.
19. 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 Quarter**, 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 quarter will not be allowed to play in that game. If the player was due to play in the first Quarter, he will lose his turn. Adult League

has up to halftime. Coaches are to inform their players and player's parents of this rule.

20. All coaches 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. Players will check in at the beginning of each shift except for the last shift of the fourth quarter which is free subs. In Co-ed levels the coach should encourage the male players to pass the ball to female players involving them as equal members of the team.
21. All coaches 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.
22. Conveners are to spot check score sheets to see if equal participation is followed. Coaches not following the participation rule will be warned and if continued will lose their game and face suspension. Playoffs: The convener will check all score sheets. The last playoff game the convener will check the score sheet at the end of the game before the winner is determined.
23. The coaches, captains, 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.
24. 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.
25. **All shift sheets from coaches must be handed in with the score sheet at the end of each game. The conveners will use the shift sheets to ensure the participation rules are not broken & to advise the referee convener if any mistakes are made by the scorekeepers. No coach can protest a game because of participation, if they do not have their shift sheet fully filled for that game!**

26. 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.
27. 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.
28. Only three 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 1 free uncontested foul shot & possession of the ball at half court.
29. On game day each team will consist of the registered head coach, two assistant coaches and those players on the team. Participating teams are to remain at their benches and only the officials and authorized personal shall be permitted at the scorer's table. Spectators, friends, siblings, children of coaches, or coaches and players from other levels [expect 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.
30. 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
31. Where a registered coach is absent, he/she may be replaced for that game with another coach or authorized personnel.
32. Call-ups; (Do not apply to Adults)

33. Call up list to be completed prior to end of June
34. 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).
35. 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.
36. 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.
37. Note: No call-ups will be permitted in games after the beginning of August (i.e., during play-offs).
38. A defaulted game
Novice, Junior and Junior Girls
 - a) When there is less than Five (5) players
Defaulted game, a score of 20-0 will be marked on the score sheet. Double default the score will be 0-0 and will be counted as a tied game.B defaulted game
Midget, Senior and Senior Girls
 - a) When there are less than 50% of registered players on a team.
 - b) 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.

- c) Defaulted game, a score of 20-0 will be marked on the score sheet. Double default the score will be 0-0 and will be counted as a tied game.
- d) 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 at half time but may begin the game with 4 players.

39. This rule applies to players, coaches and assistants:

- a) 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.
- b) Player (within the same game) receives two personal technical fouls will be ejected from the court area, resulting in an automatic one (1) 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.
- c) 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.
- d) Technical fouls concerning the rules of the game will not constitute ejection or game suspension but will allow the opposing team one uncontested free shot from the free throw line & possession of the ball at half court.

- 40. 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.
- 41. All Coaches, Captains and players must observe the league's Code of Conduct.

42. If there is a three point line on the court then three point shots will count, regardless 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 it's 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/ 8-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 Girls

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

Junior Boys, 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 player of the team beginning with that team's 5th foul in a quarter. A player foul is counted as a team foul to obtain the required fouls reaching bonus, except for offensive fouls. 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 (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 basket.

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. The ball is considered in the front court only when both feet of the dribbler & the ball have touched the floor in the frontcourt.

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 personal technical foul

Defensive Play

- 1) Zone defense must be used at Novice, Junior Boys & Girls, 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. No pressing will be allowed, **except during transitions.**
- 4) At Junior Boys & Girls 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 shooter steps into key 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, if the original shot was unsuccessful.
- 2) If the player is fouled while shooting from the 3 point area then he will receive 3 free throws, if the original shot was unsuccessful.
- 3) If the player 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) Free throw shooters cannot cross the line until the ball has hit the rim. This includes players who leave their feet while taking free throws.
- 7) Rebounding players around the key 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 (not the shooter) enters the key before the ball has been released on the second shot, the defensive team gains possession of the ball on the sideline if the shot was unsuccessful. If the shot was successful, then no call to be made.
- 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 at the free throw line extended.

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.