



Official House League Rules

Effective: March 2024

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Please note that WILBA follows the Official FIBA Rules with the following exceptions:

1. PLAYING TIME

- 1.1. All games consist of 2 halves (24 minutes **each** in duration).
- 1.2. There will be a 5-minute set at ½ time. This time may be waived, or reduced, by the referees after consultation with the coaches, if the game is running behind schedule.
- 1.3. For Mini Boys and **Mini** Girls through **Cadet**, all halves will be 24 minutes running time, except for the last 4 minutes of the 2nd half, which will be stop time.
- 1.4. In the Juvenile divisions, there will be stop time for all free throws throughout the game.
- 1.5. Tie games in the regular season will stand.
- 1.6. The referee reserves the right to waive the stop time rule if the game risks the chance of finishing past the scheduled ending time.
- 1.7. During the playoffs, overtime shall be 3 minutes stop time.
- 1.8. For **Cadet** Boys, Senior Girls, Juvenile Boys, Alumni Boys, a 24 second shot will be in effect. This will be based on 24 second shot clock mechanism used at the gym.

2. SUBSTITUTIONS

- 2.1. Substitutions will be every 4 minutes with free substitutions in the 12th shift (last shift of the last half).
- 2.2. All coaches must respect the participation rule, with each player playing a minimum of **2 shifts per half, prior to the free substitutions (i.e.: 1st 11 shifts of the game)**. Also, maximum shifts per player as outlined below must be adhered to.

Table 1 - Minimum Number of Shifts

| Number of players | Minimum shifts/player | Maximum shifts/player |
|-------------------|-----------------------|---|
| 11 & 12 players | 4 shifts minimum | NO MORE THAN 1 SHIFT MORE THAN ANY OTHER PLAYER ON THE TEAM UP UNTIL BUT NOT INCLUDING THE LAST SHIFT |
| 9 & 10 players | 5 shifts minimum | |
| 8 players | 6 shifts minimum | |
| 7 players | 7 shifts minimum | |
| 6 players | 8 shifts minimum | |

Substitution Procedure

- 2.3.1 When players check in to the scorer at the start of a shift, the scorer will visually confirm the numbers and then enter these numbers onto the score sheet. The scorer’s entry will be considered official, except in the case of Rule 2.3.2.
- 2.3.2 If within the first 30 seconds of a shift, the coach or scorer recognizes that a substitution error may have occurred, the game will be stopped at the first opportunity to verify the score sheet. This will apply **only** to avoid violations of the participation rule.
- 2.3.3 If an error has been committed and found within the 30 second period, the coach will be permitted to make the proper change without penalty. If an error has **not** been committed and the coach made the request to interrupt the game, a time- out will be charged to the coach for delay of game.
- 2.3.4 Coaches **must** verify the score sheet at both half time and at the end of the game for any substitution discrepancies. Should a discrepancy be noted at half time, this will allow the coach to make adjustments in the second half to comply with the substitution rules as outlined in rules AT NO TIME CAN THE SCORE SHEET BE CHANGED AT THE REQUEST OF A COACH BECAUSE OF A PERCEIVED ERROR BY THE SCORER. Only the referee can make changes to the score sheet if an error is determined. Any substitution discrepancy noted by the referee must be immediately indicated on the white copy of the score sheet. Once the referee and minor official sign the score sheet after the game, the substitutions become official and non-reversible.
- 2.3.5 Players arriving after the start of the 2nd shift of the 1st half will **not** be permitted to play.
- 2.3.6 Coaches must notify the minor official of any player(s) that leave prior to the end of the game as the departure(s) occur(s). The minor official will indicate the player(s) departure(s) on the score sheet.
- 2.3.7 Should a player leave the game, the coach must strike the balance of said players shifts and replace with the next player taking into consideration of the participation rule. Coaches are encouraged to consult with the scorekeeper for the remaining shifts to ensure that the participation rule is adhered to for the remaining of the game.

Note: any deviation from the participation rule will result in a forfeit of the game. If this occurs, the game must be played in its' entirety, or till the scheduled ending time.

- 2.3.8 In case of an injury, or a player fouling out, the substitute's shift will be counted as an official shift, if the occurrence happens with 2 or more minutes remaining in the shift, *and the injured player's shift will not be counted as a shift*. An injured player is allowed to re-enter the game when able and must get equal shifts for the remainder of the game.
- 2.3.9 The only exception to the participation rule will be for players that do not regularly attend their scheduled practices. The coach must make multiple attempts to convince both the player and parents to get the player to attend practices. If this fails, the coach must contact his Division Manager, who will then follow up with player and parents. If the player continues to miss practices regularly, the Division Manager will make the final decision as to the number of shifts this player may play per game.
- 2.3.10 The Division Manager must immediately notify the VP House League and head referee of his decision. The referees, minor officials and opposing coach must be notified of this exception PRIOR to the start of the game.

3. PLAYING RULES

- 3.1. At the 4-minute substitution mark, possession will be granted to the team who either gains control after the shot or who is in possession of the ball when the buzzer sounded.
- 3.2. At the Mini Boys and **Mini** Girls level, no screens are permitted. (Help defense is allowed when the ball has entered the key area.)
- 3.3. At the Mini girls level only, the basket height is 8.5 feet (while every other level is 10 feet)

3a.-Time-out Rules

- 3a.1 Each team is allowed 2 time-outs per game, to be used at any time.
- 3a.2 When a player must leave the game as a result of an injury, the coach will be granted a noncharged one (1) minute time out, in order to re-arrange his/her substitution rotation.

3b.-Uniform Rules

- 3b.1 Players must wear the uniforms (both top and shorts) as provided by the league at all the games. In the case of a player who has been traded, if the player has not yet received his uniform, no technical foul will be charged. (the points will be given to any player present on the score sheet, at the scorer's decision)
- 3b.2 Under no circumstances will a player be allowed to play without running shoes.
- 3b.3 In the case of a lost uniform, WILBA will make every effort to replace the jersey at the player's expense. (as per 3b.6), until such time as a replacement uniform is made available, if possible.

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- 3b.4 Wearing of undershirts: All levels with a team jersey, that has no sleeves (muscle style shirt), permitted to wear undershirts, which is to be WHITE ONLY. If the player is wearing an undershirt with no sleeves, ANY color is permitted. The type of shirt can be a compression T-shirt or standard cotton-type undershirt.
- 3b.5 If a player is wearing anything, but the above interpretation, please request to the Coach, for that player to remove the undershirt ONLY
- 3b.6 Penalty - One (1) point per player, in violation of the above rules will automatically be awarded to the opposing team and the game will begin with a jump ball.

4. DEFENSIVE RULES

- 4.1 Zone defense is not permitted at Mini Boys, Bantam / Cadet Girls, Mini Girls and Bantam Boys throughout the entire game.
- 4.2 Zone defense is permitted at all times at the Cadet, Juvenile Boys level, along with Senior Girls.
- 4.3 In the Mini Boys and Mini Girls levels, players must remain within 1.82 meters (6 feet) lengths of the Offensive player they are guarding **when the ball is in the front court. However “Help Defense” is permitted within the playing key when an Offensive player is driving to the basket.**
- 4.4 In the Bantam Boys and Bantam/Cadet Girls, players must be within 1.82 meters (6 feet) of the player they are covering as of the 3-point line, **when the ball is in the front court.**
- 4.5 Double-teaming is permitted throughout the game, at the Bantam and Cadet level, as long as Rule 4.4 is not violated.
- 4.6 Double-teaming, at the Mini Boys and Mini Girls levels, on or off the ball, is NOT permitted **for the complete 48 minutes of the game.**
- 4.7 Full court press is NOT permitted at the Mini Girls and Boys levels, **for the complete 48 mins of the game.** Teams, no matter what the point differential, are NOT permitted to setup for a full court press. The players MUST return to the half court, after a change of possession, or basket. If players do not return immediately, no technical fouls will be given, to any player or Coach. A verbal announcement by the referees will be the correct procedure to get the players back behind the half court line.
- 4.8 Full court press is permitted during the entire game at the **Bantam Boys, Bantam/Cadet Girls, Cadet Boys & Juvenile Boys and Senior Girls** levels. The team leading **CANNOT** press if the point spread is twenty (20) points or more.
- 4.9 The opposing team must return to half court once the defensive team has firm possession of the ball when full court press is not permitted.

Procedure and Penalty:

If a team/player is found to be in violation of the full court press rule, the referee will do the following:

1. The Referee will blow his/her whistle.
2. The Referee will verbally give a warning to the player and or teammates in violation, that they are in violation of the above full court press guidelines and instruct them to return to their back court. A verbal warning also will be given to the offending Coach. A throw-in will then be used to continue the game at the nearest sideline.
3. If ANY player on the same team that received the first above warning is caught pressing again, The Referee will then give that player one (1) Technical foul, which will be a personal foul on that player, and will count to their five (5) personal foul limit. If multiple players are involved, the referee will decide who of the players was the first to press and will choose them.
4. The referees will then go to the other end of the court, shoot 1 free throw (for divisions that shoot free throws, if not, 1 point will be granted to the other team and the throw-in will be given to the other team opposite the scorer's table straddling the center court line.
 - a. There is no line-up on the free throw lane, during the one (1) Free Throw.

5. SCORING

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| <p>Please note: The philosophy of the WILBA House League is to not run up the score. Please be considerate of other teams.</p> |
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- 5.1 The 3-point line is in effect in the Bantam, Bantam/Cadet girls, Cadet & Juvenile boys, Senior Girls and Alumni Men levels. See details in “Note: Section”

Note:

This note will describe which line for the 3-point line painted on the floor, will be in use at which level for the Lakers House League Divisions for games at JRHS and St-Thomas for the following divisions:

| Division | Played at Gym | 3 – Point Line used |
|--------------------|---------------|---------------------|
| Mini Boys | JRHS | No |
| Bantam Boys | JRHS | Yes |
| Cadet Boys | St-Thomas HS | Yes |
| Juvenile Boys | St-Thomas HS | Yes |
| Mini Girls | JRHS | No |
| Bantam/Cadet Girls | JRHS | Yes |
| Senior Girls | JRHS | Yes |

3 – Point line:

Since Mini Boys and Mini Girls, both play on the smaller courts, (half the court of the main court) at JRHS, the 3-point line is not painted on the floor, for this sized court, thus they will not use the line. Even when they play any game (All-Star Weekend) on the big court.

Lakers House League will use the recommendations of Basketball Quebec’s usage of the 3-Point Line.

Please note at JRHS, they have both lines on the floor, (6.25 and 6.75 meters). At St-Thomas HS, they only have the 6.25-meter line.

Since JRHS have both lines painted on the floor, please use the following pictures to show which line is which:

New FIBA Line – 6.75 meters



OLD FIBA Line – 6.25 meters



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For the games/levels that play on the big courts, at either school, this is what will be used:

Division: Bantam Boys:

For all Bantam Boys games, they will use the “old FIBA Line” which is at 6.25 meters from the basket. See picture.

Division: Cadet Boys:

For all Cadet Boys games, they will use the “old FIBA Line” which is at 6.25 meters from the basket. This is the only line painted on the floor at St-Thomas HS. When/If they do play at JRHS, they will use the “New FIBA Line”.

Division: Juvenile Boys:

For all Juvenile Boys games, they will use the “old FIBA Line” which is at 6.25 meters from the basket. This is the only line painted on the floor at St-Thomas HS. When/If they do play at JRHS, they will use the “New FIBA Line”.

Division: Bantam/Cadet Girls:

For all Bantam/Cadet Girls games, they will use the “old FIBA Line” which is at 6.25 meters from the basket.

Division: Senior Girls:

For all Senior Girls games, they will use the “New FIBA Line” which is at 6.75 meters from the basket. See picture.

5.2 On the 8th foul in a half, the player (that was fouled) will be awarded two shots, where applicable.

5.3 At Mini Boys and Girls level, there will be no foul shots awarded in the first 11 shifts. All shooting fouls will result in the victimized team being awarded a throw-in from the end line in the fouling teams half. Once a team is in bonus, all fouls will result in the victimized team being awarded a throw-in from the end line of the offending team. During the last shift of the 2nd half (12th shift) and in overtime where applicable, shooting fouls and bonus fouls will result in foul shots being awarded.

5.4 At Mini Boys or Girls level, a team will be awarded two (2) points for any Technical or Unsportsmanlike foul, with play resuming at half court. No Free throws will be taken for noncontact (ex: personal fouls), even in the last 4 minutes of play.

6. FOULS

- 6.1 A player must leave the game when he/she commits 5 fouls. If a team is playing with only five players, a player cannot foul out. If this player commits a foul after his/her 5th personal foul, the following will take effect. For any non-shooting foul committed by the “5th foul player”, the opposing team will shoot one free throw PLUS possession of the ball at center court. For any shooting foul or Bonus situation, the opposing team will be awarded one additional free throw PLUS possession of the ball at center court. Any player on the court at the time of the foul may attempt the extra free throw(s).
- 6.2 Any player/coach that receives 2 personal technical fouls in a game will be ejected from the game and get an automatic 1 game suspension and will be reviewed by the Disciplinary Committee.
- 6.3 Any Disqualifying foul will result in a 1 game suspension and will be reviewed by the Disciplinary Committee. (“Disqualifying foul” is a reference to flagrant which means a violent and dangerous act that requires immediate expulsion from the game. Flagrant fouls do not exist in FIBA. Instead, they are considered disqualifying fouls.)

COACHES

- 7.1 Only coaches, assistant coaches and players are permitted at the bench (maximum 2). **Unless special arrangements are granted by the appropriate Division Manager**
- 7.2 Only the head coach is permitted to discuss issues with the referee **and the minor (table Officials), during a dead situation (time is not running)**
- 7.3 Coach’s movement while the game is going on will be limited to a specific space at the team bench area as outlined in the Official FIBA Rules. Coaches are permitted to go to the scorer’s table only if they approach the table from the rear so as not to obstruct the scorer’s view of the game.
- 7.4 There will be zero tolerance as to the abuse of officials. The officials will call a technical foul for any gesture, verbal aggressiveness, or foul language they judge to be abusive.
- 7.5 The coach is responsible for the supervision of the gymnasium and enforcement of all league rules and regulations.
- 7.6 Coaches must sign the equipment form upon reception of the team’s equipment. Coaches shall collect and return all equipment in good condition at the end of the season. Lost equipment may be subject to fines.

7. REFEREES & MINOR OFFICIALS

- 8.1 There will be two (2) referees allocated Mini Boys, **Mini** Girls, Bantam, **Cadet** & Juvenile.
- 8.2 There will be 2 minor officials assigned for the Mini Boys, **Mini** Girls, Bantam, **Cadet** & Juvenile levels. The minor official will serve as the official scorekeeper monitor the player’s shifts. The timekeeper

will also be provided by WILBA. The minor official will review with both coaches the substitutions at half time to notify the coaches of potential violations.

- 8.3 Only the minor officials and 1 timekeeper will be permitted to be at the table. Only the head coach will be allowed to make inquiries at the table.
- 8.4 The referee and minor official must sign the score sheet immediately after the game, making sure that there are no discrepancies. The referee is responsible for forwarding the score sheet to the league officials.

PROTESTS

- 9.1 For a protest to be heard, it must be submitted within 24 hours of the completion of the game to the Division Manager.
- 9.2 All pertinent information must be included in the report (i.e. Date, time, level, teams, incident, etc.)
- 9.3 The report must be clear and concise.
- 9.4 The protest committee will make every effort to render its' decision prior to the next scheduled game.
- 9.5 The decision by the protest committee is final and is not subject to appeal.
- 9.6 In the case of a mixed age division, the rules of the upper division shall apply.

Note that any protest about either the referees and/or their calls will not be accepted.

- 9.7 While the procedures to protest are included in the rules, we do not encourage coaches to use this procedure. Let the players compete fairly between each other, not the coaches. All efforts are to be made to correct situations as they arise during the game.
- 9.8 **During Playoffs ONLY – Boys Divisions ONLY**

Coaches MUST submit their shift sheets for every game to the minor Official at the end of the game, if not performed, the game will be forfeited by that team that did not submit the shift sheet.

8. GENERAL

- 10.1 In the case of a tie in the standings at the end of the season, the official standing will be determined as follows:
 - 10.2 The record between the tied teams,
 - 10.3 The team with the most wins,

- 10.4 The team with the least points against,
- 10.5 The team with the most points for, and if still undetermined,
- 10.6 Coin toss.
- 10.7 The playoff format will be supplied by WILBA and will be standard at all levels (each team will play a minimum of 2 games during the playoffs).
- 10.8 There will be an All-Star game held for each level every year. The Division Manager is to obtain a list of the top players from each coach for his level to have a total of 20 players (2 teams of 10 players). The number of players to be chosen by each team will be determined as follows:
 - 10.8.1 Four (4) team level: 5 players will be selected from each team.
 - 10.8.2 Six (6) team levels: 4 players each will be selected from the 1st & 2nd place teams and 3 players from each of the bottom 4 teams will be selected.
 - 10.8.3 Eight (8) team levels: 3 players each will be selected from the 1st, 2nd, 3rd & 4th place teams and 2 players from each of the bottom 4 teams will be selected.
 - 10.8.4 Ten (10) team level: 2 players will be selected from each team.
 - 10.8.5 Twelve (12) team levels: 2 players each will be selected from the top eight teams and 1 player from each of the bottom four teams.
 - 10.8.6 Fourteen (14) team levels: 2 players each will be selected from the top six teams and 1 player from each of the bottom eight teams.
 - 10.8.7 The WILBA Executives hold the right to change the format of the All-Star weekend game formats.
- 10.9 The division standings as of the end of the weekend that finishes two weeks prior to the All-Star weekend will determine the team standings for the all-star selections.
- 10.10 The “honorary” coaches that are chosen will be those that have demonstrated and respected the rules and spirit of WILBA.
- 10.11 All the rules for each level remain the same for the All-Star game except that there will be no free substitutions in the 4th quarter. All players are to be played equally during the entire game.
- 10.12 Smoking is prohibited in the schools, and all coaches, Division Manager, referees and directors shall enforce the no smoking regulations.
- 10.13 All WILBA participants, including players, coaches, referees, volunteers, and parents, must demonstrate proper conduct at all times. Inappropriate acts of conduct will not be tolerated and



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may be punished in order to preserve the integrity of the West Island Lakers Basketball Association.

WEST ISLAND LAKERS BASKETBALL – HOUSE LEAGUE RULES

The WILBA Code of Conduct will be the standard of our association.

Actions which are deemed to be questionable or are in violation of the code will be reviewed by WILBA's disciplinary committee prior to rendering a decision.

CODE OF CONDUCT

The purpose of this code is to provide our members a meaningful set of guidelines and expectations for their professional conduct. It outlines a philosophy to which we believe everyone should aspire.

COACHES

Coaches are expected to conform to ethical standards in a number of areas.

Coaches must place the emotional and physical well-being of all children ahead of their personal desire to win.

Coaches must lead by example in demonstrating sportsmanship and fair play to their players.

Coaches must address the officials politely and respect their decisions.

OFFICIALS

Officials (referees and table officials) must only be interested in the impartial and fair judging of the game. Game decisions which are slanted by personal bias are dishonest and unacceptable.

Officials must act in a professional manner at all times out of personal character.

PLAYERS

Players must demonstrate good sportsmanship and respect toward fellow players, game officials, and coaches at all times.

PARENTS

Parents must behave responsibly and demonstrate good sportsmanship and respect toward all players, game officials, and coaches at all times.

Parents must place the emotional and physical well-being of all children ahead of their personal desire to win.

Parents must place the enjoyment of the sport as a priority and create a fun environment for their child.

ADMINISTRATORS & VOLUNTEERS

Administrators and volunteers must provide support, care, safety, and encouragement for all participants.

Let the coach's coach, let the referees ref, let the players play, and let the parents praise!