



Urban Rec Basketball Instructions and Rules

1. Game times start at on the hour sharp! (Check your schedule), please be at the courts 10 minutes before the start of your game. Games are 55 minutes with no breaks.
2. Teams that can not field a team with 10 minutes of their start time will automatically forfeit the game. At the time it is encouraged that the teams mix the teams and play a fun game. Players who arrive late are allowed to play; however, the forfeit will not be reversed once a team has enough players to field a team.
3. To be eligible to play in the Urban Rec basketball league all players must have signed an online waiver. Players that do not sign and online waiver will not be issue membership cards and will not be allowed to play. Teams that do not fill out the online team rosters be the end of week 2 will be removed from the schedule until they do so and all players have signed the waiver.
4. Playoffs Eligibility – all players must have played a minimum of 2 games over the regular season to be eligible to play in the playoffs. A team using an ineligible player will automatically forfeit the game. Players must bring Photo ID on the playoff night as they will have to check in and show that they are on the team roster. If a player shows up that is not on the team roster they will not be allowed to play regardless if they played or subbed during the regular season. All players must be on the roster even if they are subs.
5. Teams are comprised of 4 players with 2 men and 2 women on the court. All players should bring a dark shirt and a light shirt to all games. No grey. Teams should decide, prior to the start of the game, one team is dark and the other light.
6. Games start with a jump ball, with either the Event Coordinator, or another team member, tossing the ball. **Fouls are called by either offense or defense.**
7. Defensive play is man to man only - **no zone defenses.**
8. Goaltending – A guy may not leave his feet to block a girl; if they do the basket will count. A guy may stick his hands straight in the air to play defence.

9. Rotate players at your discretion. Sub in on the offensive only before the ball has crossed half court.
10. Please check area for debris, puddles or dangerous obstacles and clean them off.
11. Please designate either the event coordinator or one other person to be the timekeeper, uses one watch only.
12. All games are self-refereed. Any infractions will be discussed amongst the two players involved only, with the offending player (the one who caused the foul) calling the infraction. In case of dispute, it's a throw-in from the sideline by the offense. Please play safely in a sportsmanlike manner and with good spirit. **ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM FURTHER GAME PLAY.**
13. There is no over and back.
14. **(a)** Any team defaulting more than 2 games may be asked to leave the league, with no refund. It is not default if there are at least 4 players, two of whom must be a woman.
(b) Teams short a female default 5 points per game. Teams short 2 females default entire game.
15. All other standard basketball regulations apply.
16. If two or more teams are tied in the standings at season's end, the first tie-breaker will be the team with more wins. The second tie-breaker will be the team with more UR fun points. The 3rd tie-breaker will be head-to-head record against the other team(s) involved in the tie. If necessary, the 4th tiebreaker will be point differential (points for minus points against) for the entire season.

ANY QUESTIONS? PLEASE CALL US AT (604) 879-9800
OR VISIT US ON THE WEB AT www.urbanrec.ca