



## **Urban Rec Basketball Instructions and Rules (Richmond Oval)**

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. There are no timeouts permitted.
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 an online waiver will not be issued membership cards and will not be allowed to play. Teams that do not fill out the online team rosters by 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 5 players with at least 2 men and 2 women on the court. Teams need at least 4 players including a minimum of one female in order to not default. Teams short a female start down 5 baskets. Teams that have no females default the game (Teams should try to still play a game for fun). Any team defaulting more than 2 games in a season may be asked to leave the league, with no refund.
6. 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.
7. Games start with a jump ball, with either the Event Coordinator, or another team member, tossing the ball.

8. Defensive play is man to man only - **no zone defenses**.
9. 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.
10. Rotate players at your discretion. Sub in on the offensive only before the ball has crossed half court.
11. Please check area for debris, puddles or dangerous obstacles
12. All games are self-refereed. Any infractions will be discussed amongst the two players involved only. In case of dispute, the ball is inbound 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. The over and back rule is in effect.
14. In the event of a jumpball (two opponents are both holding possession of the ball for 3 seconds), the ball is awarded to the defense.
15. Full court man-to-man pressure is permitted. Should a team lead the game by more 15 points or more, the full court pressure must be removed by the team that is leading
16. All other standard basketball regulations apply.
17. 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 3<sup>rd</sup> tie-breaker will be head-to-head record against the other team(s) involved in the tie. If necessary, the 4<sup>th</sup> 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](http://www.urbanrec.ca)