

Regina Community Basketball Association

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Rules and Regulations

Definition

Article 1

- 1.1 These rules and regulations shall be supplementary to the bylaws of the Regina Community Basketball Association approved by the general membership.
- 1.2 In any administrative matter not herein covered, the ruling of the Directors shall be final.
- 1.3 In any game situation not herein covered, F.I.B.A. (International) rules shall apply.

Eligibility of Players

Article 2

- 2.1 The only qualifications for each division are grade and gender.
- 2.2 All players on a team roster are eligible for league, tournament, and play-off games unless suspended or as provided in 2.3.
- 2.3 A player must play at least half of his team's games , from the time of registration, in the regular season to be eligible for play-offs except for medical or compassionate reasons.
- 2.4 In the event a team uses an ineligible player in a league, play-off or tournament game, that team will forfeit the game(s) in which that player played.
- 2.5 A player who does not play in 4 or more consecutive league games will automatically be dropped from his team roster except for medical or compassionate reasons.
- 2.6 A player may play a maximum of three league games in a season with a higher division. A player may not play for another team in the same division.
- 2.7 No player can be brought up to a higher division for a play-off game.

Registration of Players with Teams

Article 3

- 3.1 A player must register and play with a team based in the zone where he or she lives except as provided in 3.2, 3.3 and 3.4. A map of the zones available on the following page.

- 3.2 The RCBA may combine zones to equalize numbers or skills.
- 3.3 The player will play in the zone based on their permanent address. If a player has multiple addresses then their placement will be based on the zone their school is located in. Once on a team, the player will finish the season with that team.
 - 3.3.1 In the case of unusual circumstances an exception may be granted. The request for an exception must be submitted in writing to the league for a decision.
 - 3.3.2 A player who has legally played in a zone other than where he/she currently lives may continue to play in their former zone for one year or may play in their new zone by registering in that zone at the beginning of a R.C.B.A. season.
 - 3.3.3 A player who moves while in Grade 9 - 12 divisions may continue to play in their former zone for the remainder of their RCBA career.
- 3.4 Any player who does not qualify under one of the above provisions is an ineligible player and cannot be listed on a team roster.

Team Rosters

Article 4

- 4.1 A roster is a list of eligible players, coaches and team manager, as determined by team selection process. The roster will include their telephone numbers, current addresses, email and parents names.
- 4.2 A roster shall have a maximum of 12 players at all times. Teams not staying within these guidelines will be dealt with by the Directors on an individual basis.
- 4.3 A player may only be on the roster of one team at a time.
- 4.4 Only players on a team roster may play for that team in league, tournament and play-off games with the exception of players from a lower division as provided in 2.6.
- 4.5 Any roster changes or exceptions to the above roster provisions which are in the best interest of the League may be permitted by the Directors under exceptional circumstances.

Coach Selection

Article 5

- 5.1 An opportunity to become a coach in the R.C.B.A. can occur by submitting his/her name as head coach subject to the approval of the R.C.B.A. Directors. Minimum ages for head coaches as of January 1, of the current R.C.B.A. year shall be:
- Grade K - 6 Divisions - 16 years
 - Grade 7 & 8 Division - 18 years
 - Grade 9 - 12 Divisions -20 years
- Previous head coaches in their respective leagues are exempt. Exception to the above rule may be made by the discretion of the executive.
- 5.2 If we have more coaches in a division than required the coaches will be selected based on the following criteria:
- NCCP Certification
 - Coaching Philosophy
 - Years of experience
 - Previous conduct in the league
 - Commitment to further basketball knowledge
 - Evaluation Process
 - Potential interviews
- 5.3 The RCBA has established a coaching education program. Varying levels of coaching competence are recommended in each division (see recommendations on the page "Coaches Corner" of the website www.rcba.ca).
- 5.4 All coaches are required to complete and clear a criminal record check, and to have completed the Respect in Sport online course in order to coach in the RCBA.

Equipment and Uniforms

Article 6

- 6.1 All persons entering R.C.B.A. game facilities must remove outside footwear. Players and officials must wear non marking soled runners which are used for gym wear only.
- 6.2 Players must wear the recognized uniform of the RCBA. For grade 4-12 the jerseys must have large legible numbers on the front and/or back.
- 6.2.1 The RCBA supplies reusable uniforms for all players in grade 4 - 12. Each player is responsible for the care of the uniform and

must return the uniform to the coach at the end of the season. If the uniform is not returned or is permanently altered or damaged, the player shall be responsible for reimbursing the RCBA for the cost of the uniform. Players in grade K-3 will be provided uniforms that they will keep.

- 6.3 Teams must bring their own warm-up ball to games.
- 6.4 The League will provide game balls for all league and play-off games.
- 6.5 Individual teams are responsible for bringing their league supplied first aid kit.
- 6.6 Security-Supervisors will bring the following game equipment: Porta-score Unit, Size #7 / Size #6 / Size #5 Game Ball, Possession Arrow, Pens, Score sheets, Rotation Sheets, Time-Clock, First Aid Kit and envelopes.
- 6.7 The game ball size for R.C.B.A. games shall be:
 - Grade K - 6 Divisions - Size # 5
 - Grade 7 & 8 Division - Size #6
 - Grade 9 - 12 Divisions Girls - Size #6
 - Grade 9 - 12 Division Boys - Size #7

Sponsorship and Fundraising

Article 7

- 7.1 Monetary donation – will not be accepted
- 7.2 Purchase/donation of clothing (ie warmup clothing) – will be allowed as long as there are NO corporate names/logo's on the shirts. They cannot be used for advertising purposes for the sponsoring organization. Accepted artwork items on clothing are, team logo, team name, individual name, and RCBA logo/name
- 7.3 Use of photo's of any RCBA member for use by the sponsoring company is prohibited except when specific permission is given in advance by the RCBA

Tournaments and Exhibition Games

Article 8

- 8.1 R.C.B.A. teams participating in tournaments must follow the RCBA code of conduct.
- 8.2 R.C.B.A. teams must notify the Executive Director that they are entering a tournament or exhibition games

Supervision

Article 9

- 9.4 A team will be held responsible for any spectators and supporters that accompany it.

- 9.5 Each game facility used by the R.C.B.A. will be opened and secured by R.C.B.A. supervisory personnel. These security-supervisors shall have full authority to control all entry and access to the facility by players, coaches and spectators.
- 9.6 The jurisdiction of the security-supervisor shall include all parts of the building except for the basketball court area as provided in 10.1 and 10.2.
- 9.7 There is no smoking, gum chewing, sunflower seed eating or food consumption permitted in any R.C.B.A. facility. Only approved sealable containers are permitted for any event.

Conduct

Article 10

- 10.1 The R.C.B.A. referees shall have complete authority for games.
- 10.2.1 A referee may suspend a player, coach or fan from a facility for the day. Any player, coach or fan who does not directly leave the facility when ordered to do so by the referee will cause the game to be awarded to the opposing team and may be subject to further disciplinary action. All suspensions must be reported to the Executive Director in writing within 24 hours of its occurrence.
- 10.2.2 A player who is acting in a disrespectful or unsporting manner during a game may be pulled off the floor by the coach or referee, in consultation with the other, for disciplinary action, and may be benched if such actions warrant it. If this occurs in a game, the referees must be informed such action has taken place. Such action must be documented on the back of the score sheet or in a letter and filed within 24 hours with the Referee-in-Chief of the RCBA by both referees and coach.
- 10.3 The team's Head Coach or another responsible person as designated by the Head Coach must accompany the team during the entire time the team is in a R.C.B.A. facility.

Discipline

Article 11

- 11.1 A set of standard actions pertaining to discipline for coaches, players, referees and spectators will be utilized for minor infractions, as presented in appendix A.
- 11.2 A Disciplinary Committee shall investigate and determine any

disciplinary action not covered in the standard discipline found in Appendix A or as designated within Appendix A.

- 11.3 Anyone wishing to report an incident must do so in writing to the Executive Director within 24 hours of the incident.
- 11.4 A player or coach that is disqualified from the game must leave the vicinity of the RCBA facility immediately or face additional disciplinary action. A disqualification may be imposed by the referee for such incidents as, but not inclusive to, 2 personal technical fouls, profane language used on the court or the code of conduct not followed.
- 11.5 A player, coach or spectator may be suspended from RCBA facilities for a specific length of time as outlined in the Disciplinary Action (Appendix A) or as determined by the disciplinary committee.

Line Ups and Game Time

Article 12

- 12.1 In order to start a game a team must have at least five eligible players in Grades 5-12 and at least 4 eligible players in Grade 4 properly dressed and equipped. To be eligible, a player must be listed on the team's original roster, or be a player pulled up from a lower division team from the same zone. In Grade 7 & 8 Division Pool 1 can pull from pool 2 and from Grade 6 Division.
- 12.2 If a team is not ready to play within 15 minutes after the scheduled starting time of a game, the referee shall award a forfeited game to the opposing team. Once forfeited, the game will not be played and the official are no longer to be involved. The teams may choose to use the gym time for a practice.
- 12.3 Before the game is scheduled to begin the Coach will complete the score sheet with the names and numbers of all players on their roster. They will also complete the rotation sheet with the numbers of the players who are to play in the game. When substitutes arrive late the coach must report the addition to the score keepers to add to the rotation sheet.
- 12.4 Each team should provide a responsible person to serve as a minor official (timer or scorekeeper) at the score table. This person should not be a participating player or a coach in that game. This person should report to the referee before the scheduled game's starting time. The scorekeeper is responsible for tracking the score sheet

and recording the substitutions. The timer shall monitor the game clock and call for substitutions at the appropriate intervals.

12.5 Warm-up time shall be from the time the court is available until one minute before the scheduled starting time of the game. Minimum warm up time will be five minutes.

12.6 The 24 second shot rule may be omitted for league games if proper 24 second timing equipment is not available. However, at the discretion of the referee, if a team is deemed to be playing a "delay" tactic to run off time the referee will warn the coach and can manually instigate a manual 24 second shot count to allow proper play to continue.

12.7.1 A Coach has the right to request a charged time-out. He shall do so by going in person to the Scorer and asking clearly for a "time-out", preferably making the proper conventional sign with his hands.

The scorer shall indicate to the officials that a request for a time-out has been made by sounding his signal or calling for a time-out as soon as the ball is dead regardless of which team is in possession of the ball. A coach may also be granted a time-out prior to the release of a made field goal scored by his opponents, which would grant a time out at the next available dead ball.

12.7.2 There will be two time-outs allowed in the first half and three time-outs in the second half. The two/three timeouts may be used at any time within the respective half of game time. There is also one time-out in any overtime period. Unused time outs may not be carried over to the next half or extra period, if included in a game. In the final 2 minutes only up to 2 timeouts per team may be used

Forfeits & Defaults

Article 13

13.1 A forfeit is a game which is awarded to an opposing team when:

- (a) a team is unable to start a game after a 15 minute delay from starting time.
- (b) refuses to play after being instructed to do so.
- (c) a team's actions prevent the game from being played.
- (d) cancellation of game by the team.

13.2 A forfeited game shall be recorded as a win for the team which was prepared to play. The team will receive credit for a win in league standings. (The score shall be recorded as 20-0 in favor of the winning team.)

- 13.3 A default is a game which is awarded to an opposing team when:
(a) a team doesn't have enough players to continue the game. This means a team has fewer than two players on the court.
(b) refuses to continue play of a game
- 13.4 A defaulted game shall be recorded as a win for the team that is still eligible to play. The team will receive credit for a win in league standings. The final score sheet shall be two points to zero, (2-0) if the team was not ahead at the time of the default. If the score at the stoppage of play is in favor of the team not defaulting, the score will remain as is.
- 13.5 Actions related to a forfeit or default may result in application of Appendix A.
- 13.6 If both teams default or forfeit a game, the game shall be recorded as a double loss with no individual player points or team standing points being awarded.
- 13.7 The only time that a game will be rescheduled is if the cause for the cancellation lies with the RCBA. Coaches will be given one week notice of the rescheduled game time, if such was to occur.
- 13.8 A team which defaults or forfeits three games during the course of a single season will be dropped from its respective league immediately after the third default or third forfeit.
- 13.9 Any protest concerning a game must be received in writing by the RCBA Executive Director within 24 hours of the completion of the game for ruling.

SUBSTITUTION RULES FOR GRADE 4 - 12 DIVISIONS Article 14

- 14.1 Substitutions will be made approximately every four minutes. The scorekeeper will stop the clock and signal the referee of the upcoming shift change. The referee will make the final decision as to when the play shall stop. The game may continue in order to complete the scoring opportunity, a fast break or an established possession.
- 14.1.1 All players attending a regular season and/or play-off game must have equal playing time. There are exceptions for Grade 7 & 8 Division Pool 1 see 18.1. The substitution rotation recognizing equal playing time would continue into any overtime period. Player

substitution for each shift will be recorded on the appropriate sheet,

- 14.1.2 Teams will practice a continuous rotation of players or a rolling substitution. In other words, players on a team should play a shift, and then sit a shift, for example the first, third, fifth and seventh shifts, while sitting the second, fourth sixth and eighth shifts. (see examples on the rotation sheet provided in the coaches manual)

Exception to this may occur when:

- The player roster for a game are short numbered, meaning that a double or triple shift may occur due to shortage of players for a start of a game or may be short due to players being fouled out or injured in a game.
- A player shall play in every other shift unless a team has more than 10 players (8 players for grade 4).
- When a team has exactly 2 complete lines (10 players in grade 5-12 and 8 players in grade 4) the lines may be changed at half time.
- When a player misses 2 consecutive practices the coach may withdraw playing privileges for the first half for the first infraction and a full game for subsequent infractions. (grade 5 - 12 only)

A few points of clarification:

- a) Shifts must be balanced in each half. Therefore, a player should be playing, for example two shifts in each half rather than one and three in the halves respectively.
- b) With the odd exception of situations where a team has six or seven players, (five or six for grade 4) no player should have a triple shift (including a first shift in the second half).
- c) If an injury occurs to a player with less than 2 minutes remaining in the shift, the player who is injured would have that count as a shift. If the injury occurs with more than 2 minutes remaining in the shift the player put in would have his/her substituted shift count as a rotation.
- d) If the coach has erred in putting in a player in the wrong rotation, the shift counts as one of his/her substitutions, and jeopardizes the possibility of using that player later, due to balanced playing time.
- e) A player who arrives late to the game will be placed into the equal play rotation and will have equal playing time in relation to the total number of shifts remaining in the game. The player may not be able to 'make up' shifts that he/she has missed.
- f) Overtime should be a continuation of the rotation scheme.

GRADE 3 DIVISION RULES

Article 15

- 15.1 The game format for the grade 3 division are a selection of games that are played against an opposing team. The purpose of the games are develop team and game skills. The game format is provided to the coaches as part of the coaches manual.
- 15.2 General Rules:
- a) Before Christmas, all violations called by an official will involve an explanation of the violation to all players followed by the ball being returned to the offensive player who had possession at the time of the violation at the location of the violation. This player may only pass to initiate play.
 - b) After Christmas, violations will result in a switch of possession as per normal basketball rules.
 - c) If a foul is committed the team fouled will be awarded possession of the ball out of bounds. No foul shots will be taken.
 - d) Players may not execute a screen to get another player open.
 - e) A set play called by players or coaches is a violation and possession switches to the defensive team.
 - f) Only man to man defense will be played. No zone defense.
 - g) No over and back.
 - h) A team has to back up and give the offensive team centre court: when there is a change in possession.
 - i) No score is kept.
 - j) Basket height shall be 9 feet, where this is possible.
 - k) Ball size 5 will be used.

GRADE 4 DIVISION RULES

Article 16

- 16.1 The game will be played 4 on 4.
- 16.2 See substitution rules article 14.
- 16.3.1 Playing time shall be two 20 minute straight time halves with the clock stopping only for substitutions, foul shots, time outs and injuries.
- 16.3.2 There will be a five minute half-time intermission for all games.
- 16.3.3 There will be no "score display" used for Grade 4 League games. In other words, no scores of the game shall be visually presented.

- 16.3.4 In event of a tie game at the end of regulation time, it remains a tie. There will be no overtime played in the game.
- 16.5 Penalty shots shall begin being awarded on the 6th foul within a half.
- 16.6 There is no "over and back" rule applied in Grade 4 divisions.
- 16.7.1 Man to man defense must be employed at all times. NO ZONE FULL COURT OR HALF COURT PRESS CAN BE USED.
- a) A team may only double team the ball carrier. The intent of this is to teach the concept of help defense, NOT to have players chase the ball or to trap at half court.
 - b) Man to man defense must be played in the backcourt. If a defender is consistently unaware of where their check is located and/or is only concerned with the player who has the ball, it is considered to be a zoning violation. If a violation occurs the referee will notify the violating team's coach and have the coach explain or will explain themselves the man to man concept.
- 16.7.2 A team has to back up and give the offensive team centre court:
- a) When a basket is scored.
 - b) When there is a whistle to stop play and the offensive team has turned the ball over to its opponent, making them the new offensive team.
- 16.7.3 A team does not have to give them centre court; and may press, within the context of continued play:
- a) When the offensive team takes a shot and misses, turning the ball over to the oppositions.
 - b) When the offensive team turns the ball over and there is no whistle stopping play.
- 16.8 The only jump balls will be at the start of the first half. All other jump balls will be awarded to the team whose turn it is for ball possession, based on the possession arrow. Ball possession will alternate between teams. During a ball possession, the referee will handle the ball and any team may call a time-out.
- 16.9.1 Basket height shall be 9 feet, where this is possible.
- 16.9.2 Foul line distance will be 11 feet.
- 16.9.3 Ball size 5 will be used.

- 17.1 The game will be played 5 on 5.
- 17.2 See substitution rules article 14.
- 17.3.1 Playing time shall comprise of four eight(8) minute quarters of stop time. The clock will not stop after a basket at any time during the game.
- 17.3.2 There will be a five minute half-time intermission and a one minute intermission between the two quarters in each half for all games.
- 17.3.3 In event of a tie game at the end of regulation time of a regular season game, it stays a tie
- 17.3.4 In the event of a tie game at the end of regulation time in a playoff game, there shall be a one minute interval followed by a 3 minute overtime. If the game still remains tied, another three minute overtime will be played until the tie is broken. Substitutions will be made at the end of each overtime.
- 17.4 Penalty shots shall begin to be awarded on the 5th team foul in each of the quarters. If overtime occurs, the team fouls carry over from the fourth quarter.
- 17.5.1 No Full Court Zone Press or Zone Defence of any type can be used during play in the game.
- 17.5.2 No man to man full court press can be employed in games. The only defense is a half court man to man. *AFTER the Christmas break, Grade 6 will be allowed to utilize a full court man to man defense in the second half, therefore, 17.5.3 & 17.5.4 will not apply. If a team is ahead by 20 or more points, NO full court defense is allowed.*
- 17.5.3 A team has to back up and give the offensive team centre court:
- When a basket is scored.
 - When there is a whistle to stop play and the offensive team has turned the ball over to its opponent, making them the new offensive team.
- 17.5.4 A team does not have to give them centre court; and may press, within the context of continued play:
- When the offensive team takes a shot and misses, turning the ball over to the opposition.
 - When the offensive team turns the ball over and there is no

whistle stopping play.

- 17.5.5 Man to man defense must be played in the backcourt.
- a) If a defender is consistently unaware of where their check is located and/or is only concerned with the player who has the ball, it is considered to be a zoning violation.
 - b) Help Side Defense - Defenders must maintain correct defensive stance and position on the floor in relation to the ball and the opponent they are guarding and if the opponent is outside the key they must have at least one foot outside the key until help is required.
 - c) *A team may only double team the ball carrier.*
 - d) *On the first violation the referee will notify the scorer's bench and the violating team's coach. On the second violation and all subsequent violations 2 free throws and possession will be awarded to the offensive team. No personal, team or technical foul will be charged to the defending team.*
- .17.6 The 'Zone Rule' is to be interpreted at the discretion of the referee. Coaches may be able to inquire at an appropriate stoppage of play, but should not do so by 'yelling' at the referees or being unsporting in their inquiry.
- 17.7 Failure to comply with the man-to-man regulations as set out in Article 17.5 will result in the referee stopping the game and issuing a warning to the offending team. If the player continues to play zone defense, the referee shall stop the game again and issue a coach technical foul (two shots plus possession on the side). Any further violations may result in the disqualification of the player and/or coach.
- 17.8 A 'Four Corner' offense, or 'Clearing' offense, or 'One-Sided' offense, or such styled offense, used at any point throughout a game shall be considered working against the principles of the RCBA philosophy of equal play and sportsmanship. On the first violation the referee will notify the scorer's bench and the violating team's coach. On the second violation and all subsequent violations a technical foul to the coach shall be called.
- 17.9 The wide (FIBA) key will be used for all RCBA games when available, no three point line will be used.
- 17.10 The only jump balls will be at the start of the game. All other calls involving jump balls will be awarded to the team whose turn it is

for ball possession, determined by the possession arrow. Ball possession will alternate between teams. During a ball possession, the referee will handle the ball and any team may call a time-out.

17.11.1 Basket height shall be 10 feet.

17.11.2 Foul line distance will be 13 feet.

17.11.3 Ball size 5 will be used.

17.12 In grade 5 "on-ball" screens are not permitted. (ie, you can screen any play except the person with the ball)

GRADE 7 & 8 AND 9 - 12 DIVISION RULES

Article 18

18.1 See Substitution rules article 13. Substitution exception: In Grade 7 & 8 Pool 1 the final 8 minute quarter is free substitution by the coach, with all players playing some time in the 4th quarter.

18.2.1 In grade 7&8 playing time shall comprise of four eight(8) minute quarters of stop time. The clock will only stop after a basket in the last 2 minutes & overtime. In grade 9-12 games will be comprised of 2 20 minutes halves. Shift changes will occur every 4 minutes.

18.2.2 In grade 7&8 there will be a five minute half-time intermission and a one minute intermission between the two quarters in each half for all games. In grade 9-12 there will be a five minute half-time intermission.

18.2.3 In event of a tie game at the end of regulation time of a regular season game, it stays a tie.

18.2.4 In event of a tie game at the end of regulation time, in a playoff game, there shall be a one minute interval followed by a three minute overtime, game still remains tied, another three minute overtime will be played until the tie is broken. Substitutions will be made at the end of each overtime except in Pool 1 the free substitution continues in the overtime.

18.3 In grade 7&8 penalty shots shall begin to be awarded on the 5th team foul in each of the quarters. In grade 9-12, penalty shots will be on the 8th team foul per half. If overtime occurs, the team fouls carry over from the fourth quarter.

18.4.1 No Full Court Zone Press or Zone Defense of any type can be used during the game.

18.4.2 A man to man full court press can be used at any time during the game but no full court press is allowed by a team up by 20 or more points.

18.4.3 Man to man defense must be played in the backcourt.

a) If a defender is consistently unaware of where their check is located and/or is only concerned with the player who has the ball, it is considered a zoning violation.

b) Help Side Defense - Defenders must maintain correct defensive stance and position on the floor in relation to the ball and the opponenet they are guarding and if the opponenet is outside the key they must have at least one foot outside the key until help is required.

c) *A team may only double team the ball carrier.*

d) *On the first violation the referee will notify the scorer's bench and the violating team's coach. On the second violation and all subsequent violations 2 free throws and possession will be awarded to the offensive team. No personal, team or technical foul will be charged to the defending team.*

18.5 The 'Zone Rule' is to be interpreted at the discretion of the referee. Coaches may be able to inquire at an appropriate stoppage of play, but should not do so by 'yelling' at the referees or being unsporting in their inquiry.

18.6 Failure to comply with the man-to-man regulations as set out in Article 18.4 will result in the referee stopping the game and issuing a warning to the offending team. If the player continues to play zone defense, the referee shall stop the game again and issue a coach technical foul (two shots plus possession on the side). Any further violations may result in the disqualification of the player and/or coach.

18.7 A 'Four Corner' offense, or 'Clearing' offense, or 'One-Sided' offense, or such styled offense, used at any point throughout a game shall be considered working against the principles of the RCBA philosophy of equal play and sportsmanship. On the first violation the referee will notify the scorer's bench and the violating team's coach. On the second violation and all subsequent violations a technical foul to the coach shall be called.

18.8 The only jump balls will be at the start of the game. All other calls involving jump balls will be awarded to the team whose turn it is for ball possession, determined by the possession arrow. Ball

possession will alternate between teams. During a ball possession, the referee will handle the ball and any team may call a time-out.

18.9.1 The wide (FIBA) key and the three point line will be used for all RCBA games when available.

18.9.2 Basket height shall be 10 feet.

18.9.3 Ball size 6 will be used for girls and grade 7 & 8 boys, grade 9 - 12 boys will use size 7.

18.10 In the event of low registration the Grade 9 and Grade 10-12 Divisions will be combined.

Wheel Chair Rules
19

Article

19.1 Traveling will be called when a player takes more than two pushes without dribbling the ball. The ball must be dribbled at least once between every two pushes. The ball may be placed on the players lap between dribbles.

19.2 No double dribble or over and back will be called.

19.3 Physical advantage will be called if a player stands up or uses their feet to gain advantage during play.

19.4 Players throwing the ball in bounds will be allowed to be partially on the court.

DISCIPLINARY ACTION

Appendix A

Players, coaches, parents, referees and all supporters shall abide by the policies, regulations, rules, and code of conduct set out by the RCBA. The following standardized set of guidelines deal with game related infractions through a series of disciplinary actions. The Referee-in-Chief and/or the Executive Director are responsible for the management, implementation, and regulation of this process. Infractions are reported through a variety of means, but are processed primarily through referee game incident reports. Incident reports must be submitted in writing, within 24 hours of the incident, the Executive Director. Infractions have been organized into four categories:

Category 1 Infractions

Category 1 infractions include, but are not limited to:

- Not informing players of practice or game;
- Having a player intentionally go down sick or injured during a game;
- Attempting, repeatedly, to have a player in for a third shift;
- Unwillingness to follow the equal play rule; and,
- Non-application of the rules within the game, such as in the inappropriate scoring (score sheet or running up the score) or application of rules, which may include equal play, man to man defense application, etc. some of which may result in a game ejection.

Category 2 Infractions

Category 2 infractions include, but are not limited to:

- Ejection from a game resulting from such incidents as:
 - * Inappropriate language or behaviour in a game or following a game;
 - * Abusive or aggressive behaviour, such as the berating (abusing) of an official, coach, player, or supporter;
 - * Mockery of a game, game official, coach, or player;
- The accumulation of 2 technical/unsporting fouls within the season by a player, assistant coach, or coach; accumulation of an additional 2 technical foul for a total of 4 will be considered a second offense, another 2 for a total of 6 will be considered a third offense.
 - * Excluded from this are zone technical fouls
- Non-compliance with a supervisor or referee directive; and,
- Absence of a coach for three consecutive practices without just cause.

Category 3 Infractions

Category 3 infractions include, but are not limited to:

- Non-compliance to leave the gymnasium following an ejection;

- Physical contact, intentionally initiated by an individual. This could be a touch, hold, or push of an official, assistant coach, coach, or player;
- Failure to comply with the implemented suspension;
- Game related misconduct by a player, assistant coach, coach, or referee;
- Use of ineligible players;
- Removing or pulling a team from a game being played;
- A deliberate attempt to injure; and,
- Unwillingness to adhere to the application of the suspensions.

Category 4 Infractions

Category 4 infractions include, but are not limited to:

- Racial comments, slurs, or innuendoes;
- Spitting at a player, assistant coach, coach, or referee;
- Physical attack/assault of a game supporter, player, assistant coach, coach, or referee by any of the mentioned persons; and,
- Gross misconduct by a game supporter, player, assistant coach, coach, or referee by any of the mentioned persons.

The following table outlines the disciplinary action that will be taken for each category of infractions:

Infraction	First Offense	Second Offense	Third Offense	Fourth Offense
Category 1	Clarification, Discussion & Monitoring	One Game Suspension	Two Game Suspension	Discipline Committee Review
Category 2	One Game Suspension	Two Game Suspension	Discipline Committee Review	
Category 3	Two Game Suspension	Discipline Committee Review		
Category 4	Discipline Committee Review			

Any infraction not covered by the above-classified infractions will be processed through the RCBA Discipline Committee.

Game suspensions will be served on the date(s) indicated in the letter sent by the discipline committee after the review of the incident.

Clarification, Discussion & Monitoring

Minor incidents will be validated, monitored and a discussion will take place with the reported offender.

One Game Suspension

The Director of Discipline, as empowered by the RCBA Board, will **automatically invoke a one game suspension** to the person who committed the infraction. The suspension is for the next scheduled league game to be played. **One game suspension decisions are final** and must be adhered to in accordance with the application of the suspension as outlined below. There are no opportunities for an appeal with a single game suspension.

Two Game Suspension

Where incidents of a severe nature occur, the Director of Discipline will **automatically invoke a two game suspension**, to the person who committed the infraction. The suspension is for the next 2 scheduled league games to be played. Opportunities for appeal may be made, in writing, to the Executive Director within 24 hours of notice of the two-game suspension. Appeals will be dealt with through the RCBA Discipline Committee and its procedures.

Suspension Process

Upon receipt of communication regarding an incident involving possibility of a suspension, the Director of Discipline will categorize the standard infraction(s), if any. The involved person(s) will be contacted regarding the suspension and its application, and any process for appeal if outlined by the particular category. Noted contacts of such suspension shall be the Executive Director, Referee-in-Chief, the President, the involved zone(s) director and coordinator, and the coach(s) of the team's personnel involved. The suspension will be recorded by the Executive Director and monitored by the Director of Discipline.

Discipline Committee Review

Incidents brought forward to the Discipline Committee will be reviewed as outlined in the RCBA Discipline Policy.

Application of Suspensions

An individual who has been suspended shall not participate in the game or games the suspension has levied nor may they participate with that RCBA team or any other RCBA team in any other capacity. While serving the suspension, the individual may not be present in the facility in which the suspended game(s) is (are) being played. Suspensions may only be recognized as being served in regularly scheduled league games or playoff games. The suspended player or coach must be listed on the score sheet as suspended.