QSLA Sports League
OFFICIAL LEAGUE RULES

START TIMES, DELAYS & FORFEITS

Game times start promptly at the scheduled start time.
Start times are as follows:

GAME LOCATION	GAME TIME	GRACE PERIOD ENDS	RUN CLOCK ENDS
1 (Loretto)	6:45PM	6:50PM	7:00PM
2 (Loretto)	7:35PM	7:40PM	7:50PM
3 (Loretto)	8:25PM	8:30PM	8:40PM
4 (Loretto)	9:20PM	9:25PM	9:35PM
5 (St. Mary's)	9:10PM	9:15PM	9:25PM

Each team must have a minimum of 5 players (minimum 1 female or 1 male) ready to play. Team with a player deficit will be given a 5 minute grace period, followed by time deduction from first half of the game. The beginning of the game shall be delayed for a maximum of 15 minutes.
If a reasonable explanation is provided for the delay, a technical foul shall not be charged. If no such explanation is provided, a technical foul and/or forfeiture of the game may result upon arrival of further entitled players.
If the absent players have not arrived on the playing court ready to play before 15 minutes have passed, then the game may be forfeited and the score recorded as 20:0.

The obligation to present a minimum of 5 players is valid only for the beginning of the game. If at the beginning of the second half, a team cannot present 5 players entitled to play on the playing court because of injuries, disqualifications, etc., the team shall continue to play with fewer than 5 players (can be all male or female).
A team can continue the game with only 4 players (all male or female) as they have no more substitutes available.
The opposing team captain may want to demonstrate fair play and remove one of her/his players in order to continue to play also with 4 players.

GAME TIME, HALF TIME & TIME OUTS

Games that start at the scheduled start time will consist of two 20 minute periods with a 1-minute half time.
Game clock will run continuously. The clock will only stop if the point differential is 8 points or less in the final 2 minutes of the second half.

Each team is allocated 2 (two) 30 second time out in the first half & 1 (one) 30 sec timeout in the 2nd half. ***One*** *of the timeouts from the 1st half can be carried into the 2nd half.* Timeouts must be called on offense with possession of the ball to the referee (from the court or the bench). A timeout called in the last 2 minutes of the second half will advance the ball.

SHOT CLOCK RULES

The **shot clock is set to 30 seconds & is started or restarted** when:

- On the playing court a team gains control of a live ball. After that, the mere touching of the ball by an opponent does not start a new shot clock period if the same team remains in control of the ball.
- On a throw-in, the ball touches or is legally touched by any player on the playing court

Note:

- On a jump ball or free throw, the shot clock doesn't start until a player on one of the teams has PLAYER CONTROL of the basketball. (Player control starts when a player of that team is in control of a live ball by holding or dribbling it.)

- The shot clock is **stopped, but not reset** when the same team that previously had control of the ball is awarded a throw-in as a result of:
  - A ball having gone out-of-bounds.
  - A player of the same team having been injured.
  - A jump ball situation.
  - A double foul or a cancellation of equal penalties against the teams.
  - As the result of a foul or violation by the team that is NOT in control of the ball and there are more than 15 seconds on the shot clock

- The shot clock is **stopped & reset to 30 seconds** for:
  - All fouls in the back court
  - Front court fouls with the shot clock under 15 seconds (non-shooting fouls)
  - All offence rebounds (including multiple rebounds by the same team)
  - After a last free throw.
  - The game being stopped because of an action not connected with the team in control of the ball.
  - Throw-in for a team that did NOT previously have control of the ball.

- The **shot clock is switched off**, after the ball becomes dead and the game clock has been stopped in any period when there is a new control of the ball for either team and there are fewer than 20 seconds on the game clock.

Shot clock violations during field Goal (FG) attempts:

- If a shot for a FG is attempted near the end of the shot clock period and the signal sounds while the ball is in the air, if the ball does not touch the ring, a violation has occurred unless the opponents have gained immediate and clear control of the ball. The ball shall be awarded to the opponent for the throw-in.
- If the shot clock signal sounds while the ball is in the air during a shot for a FG, it is not a violation and the game clock does not stop.

Shot clock & the 8-seconds rule:

- If a player dribbles the ball in his backcourt and the official calls an 8-second violation, but the display on the shot clock shows that only 7 seconds have passed, the decision on the official takes precedence. Generally, *in case of any discrepancy between the number of seconds counted by the official and those displayed on the shot clock, the decision of the official shall take precedence*.

FOULS, BALL POSSESSION & TURNOVERS

Offensive and defensive fouls are called at the discretion of the referee. Players are allowed 5 personal fouls each game before fouling out. Shooting fouls result in free throws. Single bonus occurs on the 7th team foul. Double bonus occurs on the 10th team foul. Team fouls reset at halftime. Fouls do not reset for overtime.

Technical fouls may be called at the discretion of the referee.

If a technical foul is committed, the opponents shall be awarded **1 free throw**, followed by:
- A throw-in at the centre line extended, opposite the scorer's table.
- A jump ball in the centre circle to start the first period.

A player shall be **disqualified for the remainder of the game** when he is charged with **2 technical fouls**. The same applies to a player who is charged with 2 unsportsmanlike fouls.

Teams have 8 seconds to bring the ball across mid court. Failure to bring the ball over mid court in 8 seconds results in a turnover.
A player in possession of the ball must make a basketball move within 5 seconds if they are being guarded within an arm's length distance by a defender. This applies when dribbling and/or holding the ball. Failure to do so results in a turnover.
Any and all disagreements regarding game play must be discussed during a timeout or at the end of the game.

PLAYER ATTIRE

Players must wear the team jersey for all games. Any player not having a QSLA jersey of similar colour must pay a $10 deposit to borrow a jersey and will receive $8 back when the jersey is washed and returned.
A technical foul will be called for each non-team QSLA jersey worn (this includes borrowed QSLA jerseys).
Jerseys must be tucked in. Players should try to keep undershirts black or white in colour, and may be asked by the ref to remove the undershirt if the colour conflicts with the opposing team jersey colour.
Players are responsible to wear appropriate footwear. Players will not be permitted to play without shoes for safety reasons.
Jewellery is not permitted to be worn during game play for safety reasons (no earrings, chains, necklaces, bracelets, etc.). All jewellery must be removed prior to game play.

SUBSTITUTIONS

Player substitutions can only occur on a dead ball, time out or referee whistle. When players are ready to sub into the game, they must approach the score table, notify the time keeper of the substitution and wait to be called into the game by the referee. Players may not just run on and off the court.
Team Roster substitutions: Sub players must be added to the team roster at the score table prior to the start of the game. Players from other teams within the league are not permitted to substitute on opposing teams. Subs arriving late are not eligible to participate once play has started in the second half.
- ALL MALE PLAYERS MUST PARTICIPATE IN A MINIMUM OF **FOUR (4) REGULAR SEASON GAMES** AND ALL FEMALE PLAYERS MUST PARTICIPATE IN A MINIMUM OF TWO (2) REGULAR SEASON GAMES (or 50% of the

season length, whichever occurs first) TO PLAY IN THE PLAYOFFS, UNLESS AN INJURY (WHICH EXPLAINS THEIR ABSENCE) OCCURRED DURING THE SEASON.

- In the event of a player's inconsistent attendance during the season, QSLA league organizers will make a final decision on the player's ability to play in the playoffs.

SCORING

Field goals are scored as 2 and 3 points. Free throws count as 1 point. Game scores must be confirmed by team captains at the end of each game with the scoring table.

TIE GAMES: During regular season, tie games will have one 2-minute run time overtime. No timeouts will be permitted. During playoffs, there will be 3 minutes of run time overtime. Each team is allowed 1 additional 30 second timeout.

SAFETY & FIRST AID

Please avoid horseplay while on site. Unnecessary roughness or physical play will result in a warning and potentially player ejection at the discretion of the referee and/or game supervisor. Team captains should ensure all players are wearing appropriate footwear for game play.

QSLA will provide basic medical supplies for minor injuries. It is strongly encouraged that teams bring any additional medical supplies they feel necessary. Any player that is bleeding must come off the court until the injury is treated.

All players should provide emergency contact information to their team captains prior to playing.

QSLA is not liable for any injuries incurred during play. If you have a medical condition that may require treatment, please advise the league organizers; we will handle all medical conditions with sensitivity and confidentiality.

SPORTSMANSHIP

QSLA wants to encourage fair and competitive game play. Any unsportsmanlike behaviour may result in a team penalty or player ejection at the discretion of the referee and/or game supervisor.

Players may cheer and encourage each other. Taunting and/or intimidation of other and/or opposing players/teams is not permitted and may result in a team warning, penalty or player ejection at the discretion of the referee and/or game supervisor.

Fighting, punching, threats, harassment and/or discriminatory behaviour will not be tolerated and may result in the offending player(s) being suspended from a game or ejected from the league without refund.

On the second occurrence that a player is ejected from a game, the penalty will be a 1 game suspension for that player regardless of playoffs. Decisions by the referee and/or game supervisor are final. An ejected player may be asked to leave the venue if their behaviour continues to be disruptive to the game and/or players.

FACILITY CARE AND RESPECT

Please respect the care takers who work hard to keep the facilities clean. After all games, please dispose of any garbage. If you move anything please put it back where you found it. Do not wander around the school. Please stay in the designated sport area and enter and exit the building through the designated doors. Vandalism will not be tolerated. **Please note the school buildings must be vacated no later than 10:25pm.**

PERSONAL BELONGINGS

QSLA is not responsible for lost or stolen items at sport venues. Please do not bring any valuables on site. If an item is lost or stolen, please advise QSLA League organizers by sending an email to info@qsla.ca or contacting us at (416) 855-5572. We will do our best to contact facilities' caretakers and/or other QSLA members & students to attempt retrieval of the lost items. Moreover, we will review the game recordings for the time period when the item/s were lost.

WE HOPE YOU HAVE A FANTASTIC BASKETBALL SEASON WITH US!