



2010 FILCANSAS BASKETBALL **HOUSE RULES AND REGULATIONS**

Revision: 0 Date: January 2010 By: Filcansa Management

1. TIME: ALL Divisions

The game format will be **4 – 8 minutes stop time quarters** ; 1 min interval per quarter
Five players substitution **every 4 minutes (running time)**

Teams will be allowed **2 timeouts in the 1st Half, 3 timeouts in the 2nd Half ...1 min**
non-cumulative

Halftime intermission of 5 minutes, time may be reduced or extended depending on the
situation

Last 8 minutes of the game, open substitution (note: any player/s that will play for
the last 8 minutes shall have at least 2 minutes break before open substitution)

Stop time on technical call by referee and time out called by referee or table officials due
to injury, call reversal, time adjustment and other circumstances

Overtime is three (3) minutes stop time; Carryover last quarter team fouls

5 minutes warm up time or more before the scheduled game

5 minutes grace period, pass grace period team losses by default

2. GAME: Jr. Midget, Midget and Girls Elem

All players shall have **(12) minutes** of playing time per game

Team with eight or more players shall rotate each shift. Playing time will be monitor by
Division Commissioner or designate

Team with seven or less players, the coach's discretion with equal opportunity to do
double shift

Half court defense only

Up to 5 Personal Fouls allowed; team bonus at 5 fouls per quarter

Man to Man defense at ALL times; Double teaming is not permitted outside the
shaded area (note: 1st warning allowed; 2nd violation will be 1 free throw (no line
up) plus ball possession)

3. GAME: Bantam , Novice, Girls Sec and Jr. Sec

a. For Bantam : Double teaming is not permitted outside the shaded area; Full court
press is allowed; 3 pts shot allowed ; Man to Man defense only

b. For Novice, Girls Sec and Jr Sec : Double teaming is allowed outside the shaded
area; 3 pts shot allowed; Zone defense allowed (Free for all)

c. Press – Full court (man to man) press allowed however when the lead exceeds 15
points, the coach will pull players back to half court

d. Up to 5 personal fouls; team bonus at 5 fouls per quarter

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3. COACHES:

- a. Must make sure that **ALL** players are informed and aware of the Filcansa Basketball House Rules and Regulations and the Player's Code.
- b. Coaches and Asst. Coaches are responsible in notifying **ALL** of his/her players of any change in league schedule. His/ Her actions shall be in compliance with the Coach's Code provided.
- c. Coaches are requested to make sure that **ALL** players have the minimum playing time.
- d. Team with seven or less players, the team coach shall make sure **ALL** players will have equal opportunity to do double shift.
- e. Team with eight or more players shall **rotate every shift**
- f. Coaches and Asst. Coaches can approach the Table Officials for clarifications without interrupting the game
- g. Coaches and Asst. Coaches are expected to abide by the House Rules and quite aware about the FIBA ruling.
- h. **Coaches and Asst. Coaches displaying unsportsmanlike conduct shall be**
 - b. **Direct Technical Foul** --- 2 free throw (no line up) plus ball possession
 - c. **Indirect Technical Foul** --- 2 free throw (no line up) ball in at point of interruption (x 3 will be game ejection & leave the premises)
 - d. **Repetition of Technical Foul** --- cause of game ejection (leave the premises)
- i. **Coach is allowed to coached 1 team only of his choice unless Filcansa granted permission**

4. PLAYERS:

- a. **No non-playing team players** not allowed inside the basketball court, team benches and Table Official's area except if they are the designated volunteer at that particular game and time
- b. No players shall be allowed to play without wearing the **prescribed Filcansa basketball jersey**, undershirts are allowed with the **same colour theme** as the jersey (**tack in at all times**).
- c. Players must be in the gymnasium or play area within 15 minute prior to the start of the game.
- d. Players using foul / abusive language directed to fellow players, the referee or Table Officials and to any Filcansa Officers and Members shall be subject to disciplinary action by the FILCANSAS Officials.
- e. Players displaying unsportsmanlike conduct shall be subjected to progressive disciplinary actions and/or shall be ejected / suspended from the game and/or future games. Filcansa will serve notice to the coach and the player. No refund on registration fee.
- f. No jewelry allowed (anything metal or rubber)

Important Notes: Modified NCAA/FIBA rules apply if not mentioned and specified by FILCANSAS House Rules and Regulations