



2011 FILCANSAS BASKETBALL **HOUSE RULES AND REGULATIONS**

Revision: 0 Date: January 2010 By: Filcansa Management

1. TIME: ALL Divisions

- a. The game format will be **4 – 8 minutes stop time quarters** ; 1 min interval per quarter
- b. Five players substitution **every 4 minutes (running time)**
- c. Teams will be allowed **2 timeouts in the 1st Half, 3 timeouts in the 2nd Half ...1 min non-cumulative**
- d. **Halftime intermission of 5 minutes**, time may be reduced or extended depending on the situation
- e. **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)**
- f. 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
- g. **Overtime is three (3) minutes stop time**; Carryover last quarter team fouls
- h. **5 minutes warm up time or more** before the scheduled game
- i. **5 minutes grace period, pass grace period team losses by default**

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

- a. All players shall have **(12) minutes** of playing time per game
- b. Team with eight or more players shall rotate each shift. Playing time will be monitor by Division Commissioner or designate
- c. Team with seven or less players, the coach's discretion with equal opportunity to do double shift
- d. **Half court defense only**
- e. Up to 5 Personal Fouls allowed; team bonus at 5 fouls per quarter
- f. **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

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 FILCANSА 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 FILCANSА House Rules and Regulations