

Châteauguay Basketball Association
Rules and Regulations

Châteauguay Basketball Association
House Rules

- 1) **Novice** and **Mini** games are divided into 6 (six), 4 (minute) minute stop time periods. The 4th (fourth) quarter will be free substitution, respecting the rules of substitution.
- 2) **Bantam** and **Midget** games are divided into 4 (four), 8 (eight) minute stop time quarters. The 4th (fourth) quarter will be free substitution, respecting the rules of substitution.
- 3) A team must have 5 (five) players dressed to start the game. Failure to do so will result in a forfeiture by a score of 20 - 0. In the event of a forfeiture, an exhibition game may be played by the scheduled teams.
- 3a) Players are responsible to have their game uniform during the course of the game. Lost, misplaced or otherwise destroyed uniforms must be replaced by purchasing a new uniform from the organization at the going rate.
- 4) Only players registered with the C.B.A. are permitted on the gymnasium floors during C.B.A. scheduled practices and games. Coaches or staff members are to inform the City representative to have any non-CBA member removed from the gym.
- 5) At the **Bantam** and **Midget** levels a game may be delayed up to a maximum of 15 (fifteen) minutes for the minimum number of players (5). The game commences immediately upon the arrival of the 5th (fifth) player. If a player arrives after the 1st half has been played, they will not be allowed to participate. Only the V.P. of the division or a league representative in his/her place may overturn this rule.
- 6) At the **Mini** level a gentleman's agreement will be reached as a situation occurs. The final decision will be made by the V.P. or league representative in attendance.
- 7) During play-offs, if the score is tied after regulation time, 3 (three) minute overtime periods will be played until a winner can be declared. The player point rule is waived during overtime. Free substitution is allowed during overtime.
- 8) If any player fouls out of a game, the coach will be given a 30 (thirty) second time-out to make a substitution or decision.
 - a) Participation must be adhered to during regulation time.
 - b) Any player may be chosen by the coach during overtime periods. (Except disqualified or fouled out players.)
- 9) Substitutions are permitted only as stated in rules 1, 2 or 3, with exception of injury, foul-outs or disqualification.

Châteauguay Basketball Association
House Rules (cont.)

- 10) All players must play a minimum of 2 (two) participations within the first 6 (six) participations.
- 11) **All** levels must play compulsory man-to-man defense. Zone defense is not permitted. Sanction:
 - 1st = Warning
 - 2nd= Technical Foul to coach
 - 3rd = Technical Foul to coach
 - 4th = Loss of Game
 - Refer to Quebec basketball federation diagram (available on request).
 - Players must pick up a man as they cross the 3-(three) point line.
 - Any player may check any opponent; they must not guard an area of the floor.
 - Double-teaming is allowed and does not constitute zone defense.
- 12) All levels must play half court man-to-man defense in the regular season. In playoffs, any types of full court defense is accepted (No Zone in the half court),
- 13) Shorts are a must, but jogging pants will be accepted. Any player not having his/her shorts will not be permitted to play.
- 13a) Time-outs - coaches will be allowed the following:
 - a) 2 time-outs per half.
 - b) 1 extra time-out overtime period.
- 14) 3-point shots will be counted at the **Bantam** and **Midget** level.
- 15) Coaches and players are requested to remain on the team bench area when not on the floor playing.
- 16) Coaches must designate which of them will approach the table to gather stats, never more than one coach should be standing at a time.
- 17) Players are not to approach the minor officials table under any circumstances except to check in. Coaches may verify fouls or points without interrupting the minor officials.
- 18) Delinquent behavior in or around the gyms will not be tolerated.
- 19) Failure to comply with the rules set forth both by the federation and the local league will result in disciplinary action.
- 20) Coaches should have their players at the gym 15 minutes prior to game time.

21) Only the game ball should be in motion during any game. Players/spectators on the sidelines must be instructed to hold onto practice balls.

Châteauguay Basketball Association
In Keeping with C.B.A. Policy

- 1) Points:
 - A) No **Novice /Mini** player may score more than 20 points in any one game.
 - B) No **Bantam/Midget** player may score more than 25 points in any one game
 - i) Except if he/she has attained 24 points and scores a basket, credit that player with 27 points.
 - ii) In **Bantam/Midget**, if a player is fouled as he/she attains 26 points, he/she will be allowed to shoot 1 free throw, if the free throw is good, credit that player with 27 points.
- 2) These guidelines are established to encourage the better players to pass to the players with less experience.
- 3) After a player has reached their maximum points, he/she may continue to play, but if he/she is fouled, their coach will select a player on the floor to shoot the foul shots.
- 3) Baskets over the restriction in #1) will not be counted under any circumstances except in overtime (play-offs only).
- 4) It is the duty of the minor official or representative of the league to inform a coach when his/her player(s) have reached 16 points (**Novice/Mini**) or 22 points (**Bantam/Midget**).
- 5) It is the duty of the minor official or representative of the league to inform a coach when his/her player(s) reach 4 (four) fouls.
- 6) Coaches and players should encourage each other at all times. Negative attitudes are contrary to all the principals of the C.B.A.
- 7) Coaches may or may not substitute at the end of each quarter. But all players must play a minimum of 2 (two) shifts in the first 3 quarters. The final quarter is open substitution and it will be at the coaches discretion.

Châteauguay Basketball Association
In Keeping with C.B.A. Policy (cont.)

- 9) Players should not play more than 2 periods in a row, except where numbers warrant.
- 10) If all players on the bench are ineligible to enter the game, the team must finish the game with the lesser number of players. A team must have a minimum of 3 (two) players on the floor in order to finish a game. Failure to meet this requirement will result in forfeiture of the game.
- 11) Coaches must have substitutions ready when time for subbing, this is not a timeout and any coach who misuses this stoppage in play will be penalized by the referee and charged with a time-out. The referee will give the coach between 20 and 30 seconds to have his/her players on the floor ready.

Châteauguay Basketball Association
A Coaches "Code of Ethics"

As a C.B.A. coach, leadership and personal conduct on and off the court of play shall instill high standards of respect, courtesy, fair play and sportsmanship.

- As an **ethical coach** my first consideration shall be the development of the above ideals.
- My **leadership** shall be a **true respect** for the rules of play, authority of officials and consideration of not only the opponent, but also of all with whom contact is made.
- My **personal conduct**, in the league and out, shall be truly worthy of **imitation** by those with whom I come in contact with and will reflect honour upon my organization, athletes and myself.
- My **relationship** with the players, fellow coaches, officials and other such authorities shall be such as to develop mutual respect and confidence.

My objectives shall be:

- a) **To contribute** to a fuller understanding and keener appreciation of the play through participation.
 - b) **To emphasize** participation, not the importance of winning or losing a game.
 - c) **To develop** skills for all players in their respective development stages and to establish realistic goals for myself and my players.
 - d) **To promote** a desire and determination in all athletes to always play to their maximum potential.
 - e) **To maintain** a consistent and positive atmosphere of sportsmanship
 - f) I shall **teach** that good sportsmanship is good citizenship and as such is essential to the individual, the league and the community.
- ** As a coach I recognize that my actions reflect upon the players, the association and the sport. I will try my best to promote the organization in a positive and pure method.

Châteauguay Basketball Association
A Spectators "Code of Ethics"

- All spectators are expected to respect the officials, coaches and players of the C.B.A.

- Any spectator caught harassing an official, coach or player will have a warning. If a second warning, they will be asked to leave the gym immediately. The spectator will be given a 1-week expulsion from the C.B.A. game premises. The City is responsible for removing the spectator from the gym.