



Sport & Social Club General Rules

SCORE & SPIRIT POINT REPORTING

- Game Scores (account for 75% of total points): Team captains are responsible for reporting the scores after your game by logging into your player profile and clicking on 'My Team' tab and selecting 'Report Score/Spirit Points'. Teams have a 48 hour window to report scores after the completion of the game. Please be timely with your score reporting so league standings can remain updated for playoff positioning.
- Spirit Points (account for 25% of total points): Spirit points are awarded to a team from their opponent after each game to encourage sportsmanship, honesty, integrity and fair play. For more information and how to properly award spirit points, please see our section '[All About Spirit Points](#)'.

STANDINGS/SCHEDULES

- Players can view league standings & schedules by logging into your player profile and clicking on 'Standings/Schedule'.

PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver.
- Substitute players are allowed, however they must be added to the roster (check the online waiver). Adding a substitute player from another team in the same league is allowed, however, regular/consistent use of a substitute player in the same league is considered unsportsmanlike and not encouraged.
- Players must play a minimum of two regular season games in a 6-10 week season, or three regular season games in an 11-14 week season to be eligible to play in a playoff game. Players can only play for one team per league/pool in playoff games.

DEFAULTS

- A default will occur if a team cannot field a squad by 15 minutes after the official start time. If a team does not meet the standard eligibility requirements, team captains must confirm the outcome prior to starting the game. Captains may agree to waive the rules regarding minimum players. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS! In the event there is a default dispute and the game was played, the SSC ruling is that the game counts.
- In the event of a missed game due to inclement weather, games will not be rescheduled. To view our foul weather policy [click here](#).

ROUGH PLAY & PLAYER CONDUCT

- It is recognized that incidental contact between players is inevitable – however, all players should go out of their way to avoid creating unsafe play.
- Any unsportsmanlike conduct may result in immediate expulsion from the league. This includes, physical or rough play, verbal abuse, damage to facility property and/or loss of facility permit. Fighting will result in immediate expulsion from the league. To view our Unsportsmanlike Conduct policy [click here](#).
- Drinking alcoholic beverages, use of drugs and smoking at your game site before, during, or after your game is strictly prohibited. Offenders will be asked to leave the league without refund. No Exceptions.



GAME COORDINATOR (GC) ON-SITE SSC STAFF

- A GC presence is dependent on sport, season, and/or facility locations. They are not referees, as all games are self-officiated. They are on-site to be a neutral supporter of both teams, clarify rules, manage equipment, start/stop games, and to inform players of league news.
- Game Coordinators may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game.

SSC Official Basketball Rules – Coed 5-on-5

OBJECTIVE	<ul style="list-style-type: none"> The objective of the game is to win points by shooting the ball into the opposing team's "basket." The team with the most points wins.
GAME LENGTH	<ul style="list-style-type: none"> Games are 55 minutes in length with a 5 minute stop for halftime. Games start and end according to your online SSC schedule. If games start late, games must finish at the scheduled time (e.g. 6:15pm-6:55pm).
EQUIPMENT	<ul style="list-style-type: none"> Teams are required to bring 1 basketball to every game. Basketballs are available to rent through SSC. A \$75 refundable deposit is required, payable through online registration. Equipment is provided for the All-Sorts-of-Sports League. Teams should bring both light & dark coloured t-shirts to help distinguish opponents.
PLAYERS ON COURT, GENDER RATIO AND DEFAULTS	<ul style="list-style-type: none"> Teams are comprised of 5 players on the court. Teams must play with a minimum of 1 male and 1 female on the court at all times. A team can play with a minimum of 3 people, as long as the gender requirements are met. Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.
GAME SET-UP	<ul style="list-style-type: none"> Games can begin with a jump ball, rock-paper-scissors or a coin toss.
GENERAL GAME RULES	<p>Standard basketball rules apply to all SSC games. Notable exceptions are listed below:</p> <ul style="list-style-type: none"> Defensive play is man-to-man only (no zone defense). You can pick-up your man anywhere on the court, however double teaming can only be done on your side. Players may substitute after a basket has been scored (although play doesn't stop) or during a stoppage in play (not 'on the fly'). Each basket scored within the three-point line counts as two points and each basket scored beyond the line count for three points. An out of bounds ball in favour of the attacking team results in the attacking team taking possession of the ball at the top of the key. At this point, the ball must be 'checked in' by the defensive team before play can resume. Once the ball has been 'checked in', the attacking player can dribble the ball but must make a pass (S/he cannot score directly off the 'check-in'). When the ball is tied up, and a jump ball call is made, the team who is on defense will be awarded possession of the ball. Teams may call a 1 minute time-out per half if needed except in the final 10 minutes of play. Three seconds in the key: If an offensive player is in the key for more than 3 seconds, the defensive player may give out a warning. An offensive player can receive 2 warnings, after the 3rd warning an automatic turnover occurs. Counting should go as follows: "one one-thousand, two one-thousand, three one-thousand." Dunking is not allowed.
FOULS & VIOLATIONS	<ul style="list-style-type: none"> It is inevitable incidental contact may occur among players. However, any aggressive contact such as pushing and shoving is not allowed (you should not touch any other player with your body at any time on purpose, and should do your best to avoid unnecessary contact). All standard basketball infractions are enforced (e.g. reaching-in, body contact of any kind, charging, etc). Purposely obstructing an opponent's vision by placing or waving a hand in his/her eyes is not allowed. The offending player should call their own infractions, however only one of the two players involved in an infraction can make a foul call. If a defensive foul call is made when a player is in the process of taking a shot and the shot goes in, play continues cancelling out the foul. A point is awarded and the other team takes possession under their own hoop. If a defensive foul call is made when a player is attempting a shot or layup (thereby affecting the outcome), the fouled player will take a shot from the free-throw line. If the shot goes in, a point is awarded and the other team takes possession under their own hoop. If the shot is missed, play becomes live and the game continues. To avoid defensive players from killing time during the setup for the foul shot, the shooter can

	<p>attempt the foul shot as soon as the rest of his team is in position for the foul shot (regardless of the position of the defensive players). The foul shooter has a maximum of 20 seconds to take the shot.</p> <ul style="list-style-type: none"> • If a defensive foul call is made when a player is dribbling, passing, running (not shooting or making a layup), the attacking team takes possession of the ball at the top of the key. At this point, the ball must be 'checked in' by the defensive team before play can resume. If an offensive player causes a foul, the defensive team takes the ball to the closest sideline to the foul and starts play by inbounding the ball. • Intentional fouls are not condoned by the league.
<p>PLAYOFFS</p>	<ul style="list-style-type: none"> • A game can end in a tie during the regular season. • Playoff games should only be 50 minutes in length in anticipation of needing the extra time to settle a tie. • In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute overtime period. If the game is still tied after the overtime, the next basket will win. • Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order. • The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.

Remember... Always have fun!