

## OAKVILLE SENIOR LADIES BASKETBALL LEAGUE (OSLBL) RULES

We are using a modified version of FIBA rules. I have outlined selected rules below.

1. **Start Time** – Games will begin on time at 7:30 p.m. and 8:45 p.m. with a minimum of 4 players per side. The entire game can be played with 4 players per side, a 5<sup>th</sup> player is not required.
2. **Jump ball** – occurs at the beginning of the game. Alternating possession for remainder of game.
3. **Game time** – Four 15 minute quarters, run time.
4. **Jewellery** - not permitted. Jewellery, hair elastics and fitness trackers are not permitted around wrists. Hair elastics or headbands that contain plastic are also not permitted. Jewellery cannot be taped.
5. **Shoes** – must have rubber soles.
6. **Numbers/jerseys** – all players must wear a jersey or a pinnie, matching their team's colour, with a clearly identified number. If your jersey is blank, please tape on a number that is not used on another jersey/pinnie.
7. **Time outs** – There are no time outs.
8. **Substitutions** – whistle/stoppage or change in possession after a basket. We substitute roughly every 5 minutes for equal playtime.
9. **Officials handling the ball** – Officials do not handle the ball in the backcourt.
10. **Kick ball** – if intentional, possession to other team. Accidental, game continues.
11. **Score keeping** – recorded on paper score sheets by designated scorekeepers, no scoreboard usage.
12. **Shooting fouls** – 2 or 3 free throws for player fouled. Substitute player may shoot if fouled player is injured.
13. **Un-sportsman like/flagrant/intentional foul**- a foul that is excessive or is committed when there is no attempt for the ball. Penalty is an automatic free throws for player/team fouled and possession of the ball. Also includes profanity/inappropriate language, taunting or yelling geared towards another player or an official.
14. **Foul tracking**
  - Players that exceed 5 individual fouls per game will be removed for remainder of game
  - No team foul tracking and therefore no bonus for team fouls
  - Recorded on the paper score sheets by players on the bench