



**Oakville Recreational Basketball League  
(ORBL)**

**Rules and League Standards**

**Revised: April 2022**

## Oakville Recreational Basketball League Rules and Regulations

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## ORBL STAFF AND CONTACTS

ORBL Website: [CLICK HERE](#)

League Supervisor: Gidon Frank [gidon.frank@oakville.ca](mailto:gidon.frank@oakville.ca)  
(Work) 905-845-6601 ex 7204

Recreation Coordinator: Kim McDonald [kim.mcdonald@oakville.ca](mailto:kim.mcdonald@oakville.ca)  
(Work) 905-845-6601 ex 4543

[orbl@oakville.ca](mailto:orbl@oakville.ca)

**Oakville Trafalgar Community Center:  
325 Reynolds Street,  
Oakville, ON  
L6J3L7  
905-338-4728**

*All ORBL Schedules and Standings can be found at:  
>>>[CLICK HERE](#)<<<*

The Oakville Recreational Basketball League (ORBL) reserves the right to amend these rules and policies at any time in order to improve the quality and effectiveness of the league along with player safety. Changes will be posted immediately to the website and announced to the league when appropriate.

## SECTION ONE: LEAGUE FORMAT

### *FORMAT*

Adult (18+) Mens and Women's Recreational, Advanced League and a Men's 35+ League.

### *LEVELS OF PLAY*

#### **Recreational** (Men's, 35+ and Co-ed)

This level of play is appropriate for players newer to the game. Primary focus is exercise, sportsmanship and socialization.

#### **Advanced**

This level of play is designed for players with significant, high-level volleyball experience. Players should have a good understanding of team play, systems and confidence in all skills of the game.

### *NIGHTS OF PLAY*

Monday, Wednesday, Thursday and Sunday at Oakville Trafalgar Community Center – 325 Reynolds Street

### *SESSION SET-UP*

12 weeks of play per season including round robin play and playoffs (possible division rebalancing after week 4). All team's qualify for the play-offs.

*\*Session set-up are subject to change.*

### *GAME NIGHT SET-UP*

Each game consists of two 23-minute running halves. Stop time during final 2 min. of second half if the spread is 10 or less. One timeout per half no carry over. Half time consists of a 60-second break. Tied games result in one 2-minute overtime period. If game is still tied, game is over. No additional timeout for overtime period.

## SECTION TWO: LEAGUE FORMAT

### *PLAYERS*

All players must be 18+ years of age at the start of the league.

There is a maximum five players per team on the court.

A team of 5 players is required to start a game, the timekeeper will be instructed to start the running 23-minute half. If a team is still short players after 10 minutes of running time the game will be forfeited. Teams can only use players on their roster to play in any game or approved subs within the league.

If you start a game with 5 players, and become short due to injury or foul out the game continues. At minimum you can play 5 on 3.

### *MATCH SETUP*

Each game consists of two 23-minute running halves. Stop time during final 2 min. of second half if the spread is 10 or less. One timeout per half, no carry over. Half time consists of a 60 second break.

Tied games result in one 2-minute overtime period. If game is still tied, game is over. No additional timeout for overtime period.

**Last 2 minutes of play. If a team is not in the penalty they will have 1 foul to give before they will be in a penalty situation, Unless the team is already in a penalty situation before the last 2 minutes. (NEW)**

### *MATCH START UP*

Games are to start on time

A team of five players is required to start a game; the timekeeper will be instructed to start the running 23-minute half. If a team is, still short players after 10 minutes of running time the game will be forfeited. Teams can only use players on their roster to play in any game or approved subs within the league. If you start a game with five players, and become short due to injury or foul out the game continues. At minimum, you can play 5 on 3.

### *TIMEOUTS*

Each team is entitled to one 30 second timeout per half. Unused timeouts do NOT carryover. No additional timeout is provided for overtime.

### *OFFICIATING*

All games will be officiated by 2 certified referees. All referee calls and decisions are final. Abuse of an official of any kind will not be tolerated. If a player has been found to have verbally or physically abuse an official or staff member that player will be subject to our disciplinary rules and possible removal from the league.

### *SPORTSMANSHIP*

Players are expected to be sportsmanlike at all times and treat all players and league officials with respect. Any unsportsmanlike conduct may result in a technical foul/unsporting Foul.. Should there be a subsequent offence it may

result in removal of the game and facility. It is up to the League Convener to provide a recommendation and ORBL Team will assess fouls and determine suspensions.

### **SUSPENSIONS AND APPEALS**

The ORBL League Coordinator, Kim McDonald, will determine suspensions and Appeals.

**PLEASE NOTE:** All Technical and Unsporting fouls are recorded each season. They can carry over season to season if necessary to determine a League Suspension.

**Deliberate Attempt to injury** – any action at the discretion of the referee that is deemed to be an intentional attempt to injury an opposing player with result in removal from the game. This penalty can also be upgraded to a major penalty at the discretion of the referee or convener.

<b>OFFENCE</b>	<b>1st OCCURRENCE</b>	<b>2nd OCCURRENCE</b>	<b>3rd OCCURENCE</b>
General Misconduct – Unsportsmanlike conduct or violation by team members on or off court	Review		
Combination of 2 fouls (2 technical, 2 unsporting or 1 technical and 1 unsporting foul)	Game Balance	1 game	Review
Abuse of League staff	1 game	2 games	Review
Physical or verbal altercation	1 game	2 games	Review
Deliberate Head Contact	1 game	2 games	Review
Deliberate Attempt to injure	1 game	2 games	Review
Inappropriate off court behavior	1 game	2 games	Review
Fighting	3 games	5 games + Review	Removal
Racial Slurs	Review	Removal	
Verbal threats towards official(s)	Review	Removal	
Deliberate Physical Contact with Official	Removal		

***\*Listed are minimum suspensions per offence. All offences are subject to review, which could result in increased suspensions at the discretion of the League Office.***

***We record all suspensions that occur in the ORBL throughout all seasons. These occurrences are accumulated as long as a player is in the ORBL, not just in the current season they are playing in. An accumulation of fouls (Technical and Unsportsmanlike) will result in the following suspensions; 4 fouls: 1 game suspension, 5 fouls: 2 game suspension, 6 fouls: Review.***

## **SECTION THREE: CLARIFICATION OF SPECIFIC RULES**

### ***FIBA BONUS RULES***

2 Free Throws will be awarded on the 8 team foul per half.

### ***FIBA RULE***

Every game will follow all general FIBA rules. Please reference the FIBA rulebook for more information. [FIBA Rulebook](#)

### ***NON-UNIFORM (NO JERSEY) & TECHNICAL OR UNSPORTING FOULS***

Two technical or unsporting fouls or ejection for any reason in any game will result in an automatic one game suspension. A second occurrence will result in a two **game** suspension. A third occurrence is remainder of season. A technical or unsporting foul includes: on court behaviour to refs or opposing players, unsportsmanlike fouls and non-uniform jerseys are considered a technical foul.

A combination of 3 technical or unsporting fouls during a season will result in a one game suspension. Every additional technical or unsporting foul during a season will result in a one game suspension.

### ***GENERAL RULES***

ORBL will not tolerate any verbal/physical abuse of refs or opposing players. The League Coordinator will hand out any disciplinary actions. All players must sign a waiver prior to playing in the ORBL. Teams must have 5 players minimum from their roster to start each game.

Teams can use players from other teams as long as the league convener and captain of the opposing team have approved it. Subs should be communicated prior to game start time. All subs in the league, must be registered players, unfortunately random players are not allowed to play in the league. All players must play a minimum of 4 games to be eligible for the playoffs.

### ***BASELINE THROW INS \*NEW***

When a basket is scored or on a dead ball at the baseline, all throw ins will move to the sideline to avoid the overhang.

## SECTION FOUR: TEAMS

### *TEAM ROSTERS*

All players participating in the league must be 18 years of age or older at the start of the league.

Team rosters must be submitted before the first game of the season. No changes to the roster can occur after the fifth game of the season (this includes subs). If injuries occur or there are extenuating circumstances, the League Coordinator will make a final decision regarding adding players to the roster once the season has started. All players on the roster including subs are also required to sign liability/waiver form prior to the first game of the season. All players must register through Sports Engine to play in the ORBL and sign all applicable information and waivers. All protests involving player eligibility must be reported to the League immediately following the game.

Each player must check in with the league convener before the start of each game. The Convener will mark them present on the online game sheet on Sport Engine which will track their games played and their playoff eligibility.

### *FREE AGENT (INDIVIDUAL REGISTRATION) TEAMS*

Players can register as an individual (or free agent) and where possible the league will place them onto a Free Agent team. All Free Agent teams will have no more than 10 players put onto their roster unless there are extenuating circumstances.

### *SINGLE GAME SUBSTITUTION*

If a team is going to be short players, the first option is to utilize subs off the team's roster. It must be reported to the league convener as soon as possible.

Players from another team in the league can be used, but must be approved by the league office before the game. If subs are being used the opposing team captain will be consulted by the convener and must agree beforehand in order for the game to be official. Once approval has been given, the result of the game will be final.

### *TEAM NAMES*

The Town of Oakville is committed to ensuring that its leagues are free from discriminatory, inappropriate, and disrespectful conduct or communication. We respect the rights of all participants to play in an environment free of discrimination and harassment. We reserve the right to reject and request a team change their name when content is deemed inappropriate.

When choosing a team name please ensure it is in good taste and is not offensive to individuals or groups on the basis of race, ethnicity, religion,



disability, age, gender, sexual orientation, culture, or gender identity & expression. Team names must not contain profanity, racial slurs, sexual innuendo, references to drugs or alcohol, or other words that may be offensive, discriminatory or otherwise degrading in nature.

In the event a team name is rejected, we will change the team name to the captain's last name and provide the captain an opportunity to choose a new one. The ORBL reserves the right to reject and/or modify any team name that does not comply with the preceding regulations.

## SECTION FIVE: PLAY-OFFS

### *PLAYOFF ELIGIBILITY*

For a player to be eligible for playoff competition, the rostered player must have played in **FOUR** regular season games during the session. If there are extenuating circumstances, please discuss with the League.

All team's qualify for the play-offs and will play all weeks of the playoffs

All teams are required to have a minimum of 5 players to play in a playoff game. If you start a game with 5 players, and become short due to injury or foul out the game continues. At minimum you can play 3 players on a team due to injuries or foul out.

Substitutions during playoffs may be approved under special circumstances, please reach out to [orbl@oakville.ca](mailto:orbl@oakville.ca)

Playoff match ups will be determined based on regular season results. In the case of teams being tied after the season, Ties will be broken by:

1. Head to head results on the season
2. Team's points scored minus team's points allowed on the season
3. Fewest points allowed on the season
4. Coin toss

ORBL prizes will be awarded to the winning team in each division.

## SECTION SIX: ACCIDENTS/ INSURANCE/ INSURANCE CLAIMS

All accidents must be reported to league convener or Town of Oakville staff immediately after the accident has occurred.

If for whatever reason an injury is not reported the day it occurs it must be reported to [orbl@oakville.ca](mailto:orbl@oakville.ca) the next day.

The Town of Oakville insures all players. To make an insurance claim contact the League Supervisor. Claims must be submitted no more than 90 days after the injury occurs. Claims are to be sent directly to [claims@oakville.ca](mailto:claims@oakville.ca)