

ABL OTTAWA RULE BOOK

The primary purpose of ABL OTTAWA is to build bonds of brotherhood, friendship, and promote healthy activities while keeping the ultimate purpose of life in mind.

THE LEAGUE WILL BE FOLLOWING BASIC FIBA RULES WITH THE FOLLOWING ADJUSTMENTS

REFEREES, LINESMAN, SCOREKEEPERS

- The referees make the final decision on every call. It is the responsibility of players and captains to ensure that they respect the referees and scorekeepers at all costs. Of course, respect should be always maintained for everyone on the court. If the referee sees any disrespectful actions, words etc. from any player, he has the authority to give a warning and assign technical fouls for such actions.
- The scorekeeper and assistants MUST coordinate to ensure the scores match. In case of discrepancy, the score displayed on the display board will take precedence over the score on the stat sheet.
- If a game is in session, no player/spectator can play on the side rim to interfere with the game in any way. Disciplinary action will be taken towards that player by an organizer. Spectators must be on the bleachers.
- NOTE: Referees are on the court to control the game. Remember the game is for the players and the referees are there to help them have a fair game. Referees must take appropriate action and keep a constant flow in the game and should be always respected.

TIMINGS OF THE GAME, TIMEOUTS, OVERTIME ETC.

- Games are a TOTAL of 40 minutes in duration (20-minute run time halves).

- ONLY the last 2 minutes of the second half is considered “stopped time” if the point differential is 15 points or less.
- In regular season games, there is a total of THREE timeouts for the total duration of the game (does not relate to any half and can only be called by a team when the play is dead or if the team is in possession of the ball when the play is going).
- In the last 2 minutes of the game, if a team calls a time-out, the ball will be moved to half court.
- In a situation where it is a tie at the end of regulation, there is a stop time 2-minute OVERTIME. The start of overtime begins with a tip-off (not by whoever had last possession). In case of 2nd overtime, there will be a tip-off with first team to score wins.
- In case of overtime, ONE EXTRA time-out per team will be allotted. Any team member may ask for a time-out (bench included). All timeouts are ONLY 1 minute in duration.
- Half-time during both season and playoff games last for a total duration of 5 minutes but may be cut short if all players are ready to begin.
- In overtime, the team fouls reset. When a team commits a total of 2 team fouls in the half, the opposing team’s player who was fouled has an opportunity for a ONE+ONE free-throws (on the 2nd foul). When a team commits a total of 3 team fouls in the half, the opposing team’s player who was fouled has an opportunity to shoot TWO free-throws (on the 3rd foul).

FOULS, FREETHROWS, TECHNICALS

- The assistant scorekeepers for each team will note personal fouls. A player will be forced to sit out of the game after receiving 8 personal fouls. When a personal foul is made, the referee must inform the scorekeeper and assistants of the play, which player committed the foul. In turn, it is the duty of the scorekeepers and assistants to inform the referee and player

how many fouls he has committed thus far and how many team fouls have been committed.

- A player has 10 seconds to shoot a free throw upon receiving the ball from a referee.
- Time will be stopped during technical shots. Time will restart once the play has resumed.
- Team fouls are the accumulation of the total personal fouls for each team (does not include technical fouls). When a team commits a total of 5 team fouls in the half, the opposing team's player who was fouled has an opportunity for a ONE+ONE free-throws (on the 5th foul). When a team commits a total of 6 team fouls in the half, the opposing team's player who was fouled has an opportunity to shoot TWO free-throws (on the 6th foul).
- The team fouls reset every half but the personal fouls continue with each player for the duration of the game. The team fouls from the second half continue over to over-time.
- A flagrant foul will result in two free throws and possession of the ball. Depending on the severity of the foul, a player may be ejected on the first flagrant foul.
- A free path breakaway foul will result in 2 free throws and possession of the ball. A free path foul is considered, if a player is fouled on his back part or side of the body. If a player is fouled in the front part of the body then it is not a free path foul.
- An intentional foul away from the ball will result in 2 shots and possession for the opposing team in the last 2 minutes of the game. The foul shot will be taken by the player who got fouled. The team that got fouled will also gain possession of the ball.
- Screaming at players while they are taking shots is not acceptable and will result in a warning followed by a technical as determined by the referee. A player with TWO technical fouls will be ejected from the game. The referee

will also determine flagrant fouls. These will be considered technical fouls and depending on the severity of the situation a double technical will be called and the player will be ejected.

- In cases where a team is purposely holding on the ball (not during stoppage time) for the purpose of wasting time, the referee may call a technical foul and assign it to the player who is last holding the ball. This rule is implemented to avoid teams using loopholes to win games nearing the end of regulation.

POSSESSIONS, SUBSTITUTIONS

- The defensive team must give 2 feet of a distance on a throw in. The player who is inbounding must also be behind the line.
- Substitutions are only allowed during dead-plays and should be done quickly (not dependent on which team is in possession of the ball). These situations should be signaled to the referee by the team. Once the substitution is done, the referee blows the whistle and gives the team possession of the ball.

ELIGIBILITY, JERSEY, ATTIRE, ETC

- To be eligible for the playoffs, each player must have attended a minimum of 5 regular season games. League commissioner will have final decision on playoff eligibility.
- If a team does not have at least 4 players by the scheduled game time, the team will be forced to forfeit.
- Players cannot play without a team jersey.
- Players must wear appropriate gym wear for the games.
- An undershirt may be worn if desired.
- Any obstructive object worn (necklace, chains, etc.) must be removed.
- Spectators (fans, parents, kids) are not allowed to sit on the team bench.