



Concord Basketball League Rules

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1. Gymnasium Rules

1.1 Footwear & Attire

1.1.1 Approved Shoes: Only clean, non-marking running shoes or indoor court shoes may be worn on the court surface. This protects the gym floor and reduces slipping.

1.1.2 Prohibited Footwear: Cleats, outdoor shoes with dirt or debris, sandals, flip-flops, slides, boots, and bare feet are not allowed.

1.1.3 Jewelry & Loose Items: Players should remove watches, rings, necklaces, bracelets, large earrings, chains, and other items that could injure another player or get caught during play.

1.1.4 NOTE: If you are unsure whether your footwear or equipment is appropriate, ask the gym supervisor or event coordinator before playing.

1.2 Food & Drink

1.2.1 No Food or Open Beverages: Food, snacks, gum, and open drinks are not permitted in the playing area.

1.2.2 Water Only: Sealed water bottles are allowed but must be kept off the playing surface, preferably behind the bench or along the wall away from live play.

1.3 Facility Boundaries

1.3.1 Assigned Court Only: Players must remain on their assigned half-court and avoid stepping into the adjacent game area, non-rented areas, hallways, storage rooms, stages, or other restricted spaces.

1.3.2 Court Divider: If benches, cones, tape, curtains, or other objects are used to divide the gym into two half-courts, those dividers are out of play. Players may not jump over, sit on, move, or intentionally use the divider during live play.

1.3.3 Spectator and Bench Areas: Players who are not actively playing must stay in the designated bench or spectator area and must not stand on the playing surface.

1.3.4 Stray Balls: If a ball from another court enters the playing area, players must call 'ball' immediately. Play stops for safety and restarts with a check ball at the top.

1.4 Respect & Sportsmanship

1.4.1 Language & Conduct: Abusive, threatening, discriminatory, or aggressive language or behaviour toward players, captains, spectators, volunteers, staff, or supervisors will not be tolerated.

1.4.2 Court Etiquette: Retrieve stray balls quickly, avoid unnecessary delays, and clear the court immediately after your scheduled game ends.

1.4.3 Respect for the Facility: Players must follow all facility rules. Concord may remove any player or team that risks damaging the venue or losing the league's rental privileges.

1.5 Safety & Cleanliness

1.5.1 Hazard Reporting: Immediately notify the gym supervisor, or facility staff of wet spots, broken equipment, loose flooring, damaged rims, unsafe walls, or any other hazard.

1.5.2 Personal Items: Bags, coats, bottles, phones, speakers, and other belongings must be kept

off the court to avoid tripping hazards.

1.5.3 Safe Play Expectation: Players must play under control. Recreational basketball may involve incidental contact, but reckless, dangerous, or intentional contact is not part of the league.

2. Match Protocol & Timing

2.1 Arrival, Warm-Up & Punctuality

2.1.1 Arrival Time: Players should arrive and check in at least 10 minutes before their scheduled start time.

2.1.2 Warm-Up Time: Teams may warm up only during the scheduled warm-up or transition period. Late teams forfeit their warm-up time.

2.1.3 Game Start: Games begin at the scheduled time when called by the gym supervisor. The game clock may start even if a team is still organizing itself.

2.1.4 Late Arrival Penalty: If a team cannot field at least 3 eligible players within 5 minutes of the scheduled start, the game is recorded as a forfeit. The teams may still scrimmage if time and space allow.

2.1.5 Forfeit Score: A forfeited regular-season game is recorded as 20-5.

2.2 Game Length & Schedule

2.2.1 Game Duration: Each game is 20 minutes of running time.

2.2.2 Running Clock: The clock does not stop for out-of-bounds, fouls, regular violations, score changes, or ordinary disputes. The clock may stop only for injuries, safety issues, facility issues, or supervisor discretion.

2.2.3 No Score Cap: Regular-season games are uncapped. The final score at the end of 20 minutes is the official score, subject to score-dispute rules.

2.2.4 Two-Game Blocks: Teams may be scheduled for two 20-minute games in an hour block. Teams must switch courts or opponents quickly when instructed.

2.2.5 End of Game: The game ends when the gym supervisor, timer, whistle, or league-designated clock indicates time has expired. A shot released before time expires counts if made.

2.3 Starting the Game

2.3.1 First Possession: The team listed first on the schedule starts with possession. If there is no clear listing, captains use rock-paper-scissors.

2.3.2 Opening Check: Every game begins with a check ball at the top of the arc. The defensive player must touch or pass the ball to the offensive player before play begins.

2.4 Captains' Duties

2.4.1 Team Communication: Captains are responsible for making sure their teammates understand the rules, schedule, and conduct expectations.

2.4.2 Score Awareness: Captains are responsible for monitoring the scoreboard and correcting obvious score errors immediately.

2.4.3 Dispute Management: Captains should handle rule questions calmly between plays. Regular players should not turn every call into a group debate.

2.4.4 Roster Responsibility: Captains are responsible for roster eligibility, guest player approval, substitute fees, and ensuring that only eligible players participate.

2.4.5 Team Conduct: If a captain cannot control repeated arguing, aggressive behaviour, intentional fouling, or disrespect from their team, Concord may penalize the team as a whole.

2.5 Timeouts & Substitutions

2.5.1 Timeouts: Each team is entitled to one 30-second timeout per game.

2.5.2 Timeout Timing: Timeouts may be called during a dead ball or by the team in possession. A team may not call timeout while the opposing team has live possession.

2.5.3 Clock During Timeout: Because games use a running clock, the clock continues during timeouts unless the supervisor decides otherwise for safety or administrative reasons.

2.5.4 Final Minute: Timeouts may not be used in the final 60 seconds of a regular-season game unless there is an injury or safety issue.

2.5.5 Substitutions: Substitutions are unlimited and must occur during dead balls, after made baskets, during timeouts, or between possessions. Players may not substitute during live play.

3. Fundamental Skills & Terminology

3.1 Check Ball

3.1.1 Definition: A check ball is the standard restart. The offensive player stands at or above the top of the arc. A defensive player touches or passes the ball to the offensive player to confirm both teams are ready.

3.1.2 When Used: A check ball is used to start the game and after most stoppages, including fouls, violations, out-of-bounds, timeouts, injuries, disputes, and balls entering another court.

3.1.3 Start of Play: After the check, the offensive player may pass, dribble, or shoot, unless captains have agreed to a pass-first restart for that game.

3.2 Clearing the Ball

3.2.1 Definition: To clear the ball, the team gaining possession must bring the ball fully behind the two-point arc before attempting to score.

3.2.2 When Required: The ball must be cleared after a made basket, defensive rebound, steal, blocked shot recovered by the defence, or any live change of possession.

3.2.3 Clear Standard: The ball and the player in control must both be behind the arc. A pass to a teammate behind the arc also clears the ball.

3.2.4 Failure to Clear: A basket scored before a proper clear does not count. Play restarts with a check ball for the opposing team unless both captains agree the clear was valid.

3.3 One-Point and Two-Point Scoring

3.3.1 One-Point Basket: Any made basket from inside the arc is worth 1 point.

3.3.2 Two-Point Basket: Any made basket from behind the arc is worth 2 points.

3.3.3 Foot on the Line: A shot with the shooter's foot touching the arc counts as 1 point.

3.3.4 Own Basket: If a team accidentally scores on its own basket, the opposing team receives the points.

3.4 Dribbling, Traveling & Carrying

3.4.1 Legal Dribble: A player may dribble with one hand at a time. Once the player stops dribbling and gathers the ball, they may not dribble again.

3.4.2 Double Dribble: Stopping a dribble and then dribbling again is a violation.

3.4.3 Traveling: Taking clear extra steps without dribbling is a violation. Recreational play should focus on obvious travels rather than minor technical footwork.

3.4.4 Carrying/Palming: Turning the hand under the ball to pause or carry the ball during a dribble is a violation when obvious.

3.5 Screens

3.5.1 Definition: A screen is when an offensive player positions their body to block or delay a defender's path.

3.5.2 Legal Screen: A legal screen must be stationary, controlled, and visible enough to avoid dangerous contact.

3.5.3 Illegal Screen: Moving into a defender, leaning, extending hips/shoulders/elbows, setting a blind hard screen, or causing significant contact is an offensive foul.

3.6 Rebounds, Steals & Blocks

3.6.1 Rebound: A rebound occurs when a player gains possession after a missed shot.

3.6.2 Offensive Rebound: If the shooting team rebounds its own miss, it may shoot again without clearing the ball.

3.6.3 Defensive Rebound: If the defending team rebounds a miss, it must clear the ball behind the arc before scoring.

3.6.4 Steal: A steal is a legal gain of possession. After a steal, the ball must be cleared before the stealing team can score.

3.6.5 Block: A block is legal if the defender plays the ball without illegal body contact, arm contact, pushing, or dangerous landing interference.

3.7 Dead Ball

3.7.1 Definition: A dead ball occurs when play has stopped because of a made basket, foul, violation, out-of-bounds, timeout, injury, dispute, or supervisor stoppage.

3.7.2 Restart: Most dead balls restart with a check ball at the top of the arc.

3.8 Dunking

3.8.1 Allowed: Dunking is allowed.

3.8.2 Safety: Players may not hang on the rim, swing, slap the backboard, or use the rim in a way that risks injury or damages equipment. A player may briefly hold the rim only to avoid landing on another player.

3.8.3 Damage: Any player who damages a rim, backboard, net, wall, divider, scoreboard, or other facility equipment through reckless behaviour may be removed and held financially responsible.

4. Recreational 3v3 Basketball Rules

4.1 Match Format

4.1.1 Format: Games are played 3v3 on one half-court using one basket.

4.1.2 Roster Size: Teams must register at least 4 players unless Concord approves otherwise. A team may play an official game with 3 eligible players.

4.1.3 Minimum to Play: A team with fewer than 3 eligible players at game time cannot play an official game.

4.1.4 Game Length: Each game is 20 minutes of running time.

4.1.5 Victory: The team with the higher score when time expires wins. Regular-season ties may stand unless the league announces a different format.

4.1.6 Playoff Ties: If a playoff or elimination game is tied at the end of regulation, overtime is sudden death: the first team to score wins. First overtime possession goes to the team that did not start regulation with the ball.

4.2 Court & Equipment

4.2.1 Court: The game is played on a half-court using existing basketball lines whenever possible.

4.2.2 Arc: The three-point line is used as the two-point arc for Concord 3v3 scoring.

4.2.3 Boundary Lines: A player or ball touching any part of a boundary line is considered in, unless the gym supervisor announces a different venue-specific boundary before play.

4.2.4 Dividing Line: The bench/divider area separating the two half-courts is out of play. A ball entering the divider, other court, or spectator area is dead.

4.2.5 Ball: The league-provided ball is the official game ball. Captains may agree to use another suitable indoor basketball if the supervisor allows it.

4.2.6 Scoreboard: Each court should have a visible scoreboard placed near the bench/divider area where both teams can see it.

4.3 Scoring & Game Clock

4.3.1 One-Point Area: Baskets made inside the arc are worth 1 point.

4.3.2 Two-Point Area: Baskets made from behind the arc are worth 2 points.

4.3.3 No Free Throws: Standard fouls do not result in free throws in regular-season play.

4.3.4 No Score Cap: There is no regular-season score cap. Concord may use raw score differential, opponent strength, and supervisor observation to evaluate team level and future division placement.

4.3.5 Running Clock: The game clock continues through normal stoppages. The supervisor may stop the clock only for major delays, safety issues, injuries, or administrative problems.

4.3.6 Shot at the Buzzer: A shot released before time expires counts if made. A shot released after time expires does not count.

4.4 Possession & Restart Rules

4.4.1 After a Made Basket: The team that was scored on takes possession immediately. The ball must be cleared behind the arc before that team may score.

4.4.2 No Pressure Before Clear: After a made basket, the scoring team must allow the ball to be

cleared behind the arc. No stealing, trapping, reaching, bodying, or pressuring the ball before the clear.

4.4.3 After a Defensive Rebound: The defensive team must clear the ball behind the arc before scoring.

4.4.4 After a Steal: The stealing team must clear the ball behind the arc before scoring.

4.4.5 After a Block: If the defensive team gains possession after a block, it must clear the ball. If the offensive team retains possession, it does not need to clear.

4.4.6 After a Dead Ball: After fouls, violations, out-of-bounds, timeouts, disputes, or supervisor stoppages, play restarts with a check ball at the top of the arc.

4.5 Out-of-Bounds, Violations & Held Balls

4.5.1 Out-of-Bounds: The team that last touched the ball before it went out loses possession. Play restarts with a check ball.

4.5.2 Unclear Out-of-Bounds: If players cannot agree who touched the ball last and the call is not obvious, captains should resolve it quickly. If no agreement is possible, the possession is replayed from the top.

4.5.3 Traveling, Double Dribble, Carrying: Clear violations result in a turnover and check ball for the opposing team.

4.5.4 Kicked Ball: Intentional kicking or leg contact that changes possession or stops a pass is a violation. The non-offending team restarts with a check ball.

4.5.5 Held Ball: If two opponents have firm possession of the ball and neither can safely gain control, any involved player may call 'held ball.' Players must release immediately. The defensive team receives possession unless captains agree otherwise.

4.5.6 Goaltending/Basket Interference: Obvious goaltending or touching the ball/rim while the ball is on or above the cylinder is not allowed. If disputed, captains must resolve it quickly or replay the possession.

4.6 Contact & Fouls

4.6.1 League Standard: Concord 3v3 is a low-contact recreational league, not a no-contact league. Incidental contact may happen, but players may not use contact to gain an advantage.

4.6.2 Hands-Off Defence: Defenders may not hold, push, grab, hand-check, place forearms on the ball handler, hook arms, body-check, bump cutters, or use repeated reaching contact to slow a player down.

4.6.3 Legal Defence: A defender may move their feet, stay in front, contest vertically, and play the ball. Contact created by legal positioning and normal movement may be incidental.

4.6.4 Shooting Contact: Contact that affects a shot, landing space, balance, or follow-through may be called as a foul. The call must be made immediately, not after seeing whether the shot goes in.

4.6.5 Rebounding Contact: Boxing out is allowed when controlled. Pushing, holding, undercutting, climbing over backs, or displacing another player is a foul.

4.6.6 Offensive Fouls: Lowering the shoulder, pushing off, hooking, extending an arm to create space, charging through a set defender, or using an illegal screen is an offensive foul and results in a turnover.

4.6.7 Charge Safety Rule: Players should not slide under driving or jumping players to draw charges. Charge calls should be rare and limited to obvious offensive displacement.

4.6.8 Regular Foul Result: A regular defensive foul results in a dead ball and check ball for the offensive team at the top. No free throws are awarded.

4.6.9 Offensive Foul Result: An offensive foul results in a dead ball and check ball for the defensive team at the top.

4.6.10 Basket on a Foul: If a foul is called during a shot and the shot was already released, a made basket counts and there is no extra point or additional possession. If the foul clearly occurred before the shot motion or before release, the basket does not count.

4.7 Intentional Fouls, Dangerous Play & Conduct Penalties

4.7.1 No Tactical Fouling: Intentional fouling is not a strategy in this league. Players may not foul to stop a fast break, prevent a clear scoring chance, stop the clock, intimidate opponents, or make up for being beaten defensively.

4.7.2 Dangerous Contact: Hard fouls, shoves, undercutting, tripping, grabbing a player in the air, swinging elbows, reckless closeouts, or contact that risks injury are conduct issues, not normal fouls.

4.7.3 Conduct Penalty: For intentional, repeated, or dangerous contact, the supervisor may issue a warning, remove the player for the rest of the game, award a technical conduct point, award possession, declare a forfeit, or suspend the player from future games.

4.7.4 Repeated Team Fouling: If a team repeatedly uses fouls or stoppages to control the game, the supervisor may treat it as unsportsmanlike conduct even if no single foul is severe.

4.7.5 Flopping and Fake Calls: Exaggerating contact, pretending to be fouled, or repeatedly calling soft/non-existent fouls is unsportsmanlike and may result in a warning or conduct penalty.

4.8 Shot Validity

4.8.1 One vs. Two Points: The shooter's foot position at release determines whether the basket is worth 1 or 2 points.

4.8.2 Foot on Arc: If any part of the shooter's foot touches the arc, the shot is worth 1 point.

4.8.3 Foul Timing: Late foul calls made only after a missed shot may be ignored unless the contact was obvious and the call was immediate.

4.8.4 Invalid Basket: A basket does not count if scored before clearing, after time expires, after a clear offensive foul, or after a dead-ball call.

4.9 Scoreboard & Scoring Responsibilities

4.9.1 Visible Scoreboard: The visible court scoreboard is the primary source of truth during the game.

4.9.2 Shared Responsibility: Both teams are responsible for watching the score. Benched players, captains, or available teammates may update the score.

4.9.3 Score Updates: Scores should be updated immediately after each made basket, during the natural reset/clear/check period.

4.9.4 Score Corrections: Score errors must be corrected immediately or within the next three live possessions. If no correction is raised within that window, the scoreboard stands unless both captains agree it is wrong.

4.9.5 Digital Tracker: A digital score tracker may be used for timer and score support. If the digital tracker and physical scoreboard conflict, the visible court scoreboard controls unless the supervisor confirms a clear error.

4.9.6 Final Score: At the end of the game, captains should quickly check the final score. If no dispute is raised immediately, the displayed score is recorded as final.

5. Self-Officiating Guidelines

5.1 Player-Called System

5.1.1 No Active Referee: Unless Concord assigns a referee for a specific game, players are expected to self-officiate fairly.

5.1.2 Own Fouls: Players are expected to call their own obvious fouls, violations, and out-of-bounds touches.

5.1.3 Involved Player Calls: Fouls should be called by the player who was fouled or by a player directly involved in the play. Bench players and spectators should not control foul calls.

5.1.4 Respect the Call: When a foul is called, play stops. Players should not keep playing through a call to see if the basket goes in.

5.2 How Calls Work

5.2.1 Immediate Call: A call must be made immediately. Delayed calls after the outcome of a shot, rebound, or turnover may be ignored.

5.2.2 Call Clearly: Players should call 'foul,' 'out,' 'travel,' 'clear,' or 'held ball' loud enough for both teams to hear.

5.2.3 Ordinary Result: Most calls result in a check ball at the top. The goal is to restart quickly, not debate every play.

5.2.4 No Advantage Hunting: Players may not wait to see if a play benefits them before deciding whether to call a foul or violation.

5.3 Disputes Between Players

5.3.1 Quick Discussion: If a call is disputed, the involved players and captains may discuss briefly between plays.

5.3.2 Time Limit: Disputes should be resolved in approximately 20 seconds. The running clock will usually continue.

5.3.3 Replay if Needed: If no agreement is possible and the issue is not a safety or conduct issue, the possession is replayed from the top.

5.3.4 No Group Arguments: Teammates, bench players, and spectators should not crowd the court or escalate a call.

5.4 Supervisor Authority

5.4.1 Supervisor Role: The gym supervisor is not expected to referee every possession. Their role is to manage timing, safety, court flow, score disputes, and conduct issues.

5.4.2 Final Authority: If captains cannot resolve a serious issue, the supervisor's decision is final.

5.4.3 Possible Outcomes: The supervisor may allow a replay, uphold the scoreboard, correct an obvious error, issue a warning, remove a player, declare a forfeit, or report the issue to Concord administration.

5.4.4 Safety Overrides: The supervisor may stop play at any time for unsafe conduct, injuries, equipment problems, or facility concerns.

5.5 Score Disputes

5.5.1 Scoreboard Rule: The visible scoreboard stands unless an error is caught quickly or both captains agree it is wrong.

5.5.2 Three-Possession Correction Window: A scoring mistake must be raised immediately and no later than the next three live possessions.

5.5.3 End-of-Game Dispute: A final-score dispute must be raised before teams leave the court. Late disputes after players leave may be denied.

5.5.4 Insufficient Evidence: If no reliable correction can be made, the displayed score remains official.

5.6 Abuse of Rules

5.6.1 Bad-Faith Calls: Repeated fake, late, or tactical calls may be treated as unsportsmanlike conduct.

5.6.2 Stoppage Abuse: A team that repeatedly creates stoppages to slow the game, stop momentum, or frustrate opponents may receive a warning or conduct penalty.

5.6.3 Aggressive Arguments: Yelling, intimidation, crowding another player, or refusing to restart play may result in removal or forfeit.

5.6.4 Captain Responsibility: Captains must help de-escalate. If a team repeatedly fails to restart play or control its players, the team may be penalized.

6. Substitutions & Eligibility

6.1 Rosters & Minimum Players

6.1.1 Registered Roster: Teams should register at least 4 players to support attendance, substitutions, and scorekeeping.

6.1.2 On-Court Players: Each team plays with 3 players on court.

6.1.3 Minimum to Start: A team must have at least 3 eligible players present to play an official game.

6.1.4 Playing Short: A team may not intentionally play with fewer than 3 players in an official game unless the supervisor approves due to an injury or unusual circumstance.

6.2 External Players

6.2.1 Guest Players: A maximum of two non-roster players may join a team for a game with coordinator approval.

6.2.2 Guest Fees: Guest players must pay the required substitution or drop-in fee before playing, if applicable.

6.2.3 Overuse of Guests: A team using more than two non-roster players without approval forfeits the official result but may still scrimmage if time allows.

6.2.4 Eligibility Check: The supervisor or coordinator may require a guest player to identify themselves before or after a game.

6.3 Substitution Rules

6.3.1 Unlimited Substitutions: Teams may substitute as often as they want.

6.3.2 When to Substitute: Substitutions must happen during dead balls, after made baskets, during timeouts, or between possessions.

6.3.3 Fair Playing Time: Teams with extra players are encouraged to rotate fairly, but playing time decisions are managed by the team unless Concord announces a specific house rule.

6.3.4 Injury Substitution: An injured player may be substituted immediately. If no substitute is available and the team cannot continue safely, the supervisor determines whether the game continues, is shortened, or becomes a forfeit.

6.4 Playoff Qualification

6.4.1 Minimum Games: To be eligible for playoffs or tournament games, a player or substitute must have participated in at least 2 regular-season games with that team unless Concord approves an exception.

6.4.2 Roster Lock: Concord may announce a roster-lock deadline before playoffs. After that deadline, new players may be restricted.

6.5 Ineligible Players

6.5.1 Consequence: Using an ineligible player may result in a forfeit, loss of standings points, removal from playoffs, or other league discipline.

6.5.2 Good-Faith Error: If an eligibility mistake is minor and corrected before play begins, the coordinator may allow the game to proceed.

7. Sportsmanship & Miscellaneous

7.1 Facility Care

7.1.1 Damage: Teams and players are financially responsible for damage caused by negligence, reckless play, misuse of equipment, or disregard of facility rules.

7.1.2 Cleanup: Teams must leave benches, courts, and spectator areas clean after their games.

7.2 Inclusivity

7.2.1 Open Environment: All ages, skill levels, and genders are welcome, subject to the league's registration requirements and safety standards.

7.2.2 Discrimination: Discriminatory language, harassment, targeted insults, or exclusionary behaviour may result in suspension or removal from the league.

7.3 Injuries & Health

7.3.1 Injury Stoppage: Any player may call for an injury stoppage. Players should stop immediately if someone may be hurt.

7.3.2 Blood Rule: A player who is bleeding must leave the game until the bleeding is controlled and any affected surface or equipment is cleaned.

7.3.3 Head Injuries: A player showing signs of a head injury, concussion, dizziness, confusion, or loss of balance may be removed from play at the supervisor's discretion.

7.3.4 Return to Play: Concord may prevent a player from returning if doing so appears unsafe.

7.4 Code of Conduct

7.4.1 Recreational Standard: Players are expected to compete hard while remembering that the league is recreational and community-based.

7.4.2 No Retaliation: Retaliatory fouls, revenge contact, threatening behaviour, or trying to 'send a message' are prohibited.

7.4.3 Alcohol/Impairment: Players who appear impaired or unsafe may be removed from play.

7.4.4 Spectator Behaviour: Teams may be held responsible for spectators or guests who disrupt games, insult players, or interfere with play.

7.5 League Discretion

7.5.1 Rule Adjustments: Concord may adjust rules during the season if required for safety, scheduling, fairness, facility restrictions, or league operations.

7.5.2 Division Movement: Concord may move teams between levels or divisions based on results, score differential, attendance, conduct, and observed skill level.

7.5.3 Final Interpretation: If a situation is not covered by these rules, Concord will make a decision based on safety, fairness, sportsmanship, and the practical needs of the league.