



# SPORTS COMPETITIONS

## Senior Basketball

Winter 2026

Information & Registration Pack

**Ryde Community Sports Centre**

ELS Hall Park, Kent Rd, North Ryde  
9878 2223 | [ymcansw.org.au/ryde](http://ymcansw.org.au/ryde)

 City of Ryde

  
Lifestyle and opportunity  
@ your doorstep

the 

Welcome and thank you for choosing the Y indoor sports competitions. Our competitions are professionally run and focus on fun, fairness, sportsmanship and respect. We want all players, referees, staff and spectators to feel safe and be respected at all times, and we do not condone any disrespectful behaviours at our Centre. We use great facilities and umpires and offer the latest in online draws, results and fixtures.

This document contains all competition information and includes instructions for registration ONLINE. Our basketball competition is a 5-a-side, played indoor and based on FIBA International Rules.

## COMPETITION DETAILS

COMPETITION	SEASON DATES	TIMES	TEAM COSTS
Sunday Men's (Afternoon Competition)	22 March 2026 - 23 August 2026	12:00pm - 5:15pm	20 weeks (including grading, rounds and finals) = \$1800
Sunday Men's (Evening Competition)	22 March 2026 - 23 August 2026	5:15pm - 10:30pm	20 weeks (including grading, rounds and finals) = \$1800
Sunday Mixed	22 March 2026 - 23 August 2026	3:45pm - 6:45pm	20 weeks (including grading, rounds and finals) = \$1800
Thursday Men's	26 March 2026 - 20 August 2026	6:30pm - 11:00pm	22 weeks (including grading, rounds and finals) = \$1980

\*The Y reserves the right to adjust the amount of grading rounds therefore increasing or decreasing the number of competition rounds.

No games played on: Sunday 5th April (Easter P.H.), Sunday 17th May (Event) & Sunday 7th June (King's Bday P.H.)

## COMPETITION FEES

### DEPOSIT

- Team Registration is secured with a \$250 deposit (excluding surcharge), which is taken off your remaining team fee balance. This deposit is paid online through our SportsFix registration platform.

### TEAM FEE BALANCE

- The outstanding team fee balance must be paid before the team takes the court for the 4th week of the competition (Thur 16th Apr & Sun 19th Apr 2026). Failure to pay by the due date will result in immediate removal from the competition with **no refunds**.
- RCSC will only accept bulk payments from the Team Manager rather than split payments for team fees.
- Payments for the remaining balance can be made via The Y Online Portal. Teams can also pay over the phone or in person at the Centre using card (surcharge) or cash.
- RCSC accepts Active Kids Vouchers (AKV's) towards team fee totals. The Team Manager is responsible for submitting any players' AKV to be used toward the team fee balance by the second week of competition. Email is preferred. AKV's can only be processed with correct information.
  - Player Name
  - Player DOB
  - AKV Number

- No discount on fees will be given if a BYE exists and/or a forfeit occurs in your competition division.
- Team Season fee is NOT inclusive of Individual Player insurance which is separate per person cost (details below).
- **The Team Manager is financially responsible for the team.**

### TEAM WITHDRAWALS AND REFUNDS

- The \$250 team fee deposit paid at the time of registration is **NON-REFUNDABLE**.
- If a team elects to withdraw from the competition BEFORE the full team fee balance is paid, they will be required to pay any outstanding fees. Players will be banned from attending future competitions until the debt is paid.
- If a team elects to withdraw from the competition after the full team fee balance is paid, they are not eligible for a refund, irrespective of when the team is withdrawn.
- If RCSC deems that a team cannot be accommodated due to insufficient teams in an appropriate division, a full refund of the deposit will be offered. Note: this is at RCSC discretion and not relevant if a team elects to withdraw due to grading or timeslot allocation preferences not being met

### INDIVIDUAL BASKETBALL PLAYER INSURANCE

- **ALL players** must be registered prior to taking the court. Individual Player insurance is a requirement for registration.
- Payment for Individual Player insurance is to be completed online through the SportFix platform when the player registers themselves in their team (further instructions below).
- Players who are registered in multiple basketball competitions at RCSC (eg, both Thursday and Sunday Men's, or Sunday Mixed and Men's), only need to pay for the Individual Player insurance ONCE. If a player plays in an RCSC Basketball competition and a Netball competition, they will need to pay the Individual Player Insurance Fee for basketball only (\$50), and will be covered for Netball. Once a player has registered online for one team, they can then email the centre at [admin.rcsc@ymcansw.org.au](mailto:admin.rcsc@ymcansw.org.au) to confirm the second team they intend to play in and RCSC staff will register them in the additional team manually.  
**PLEASE NOTE YOU CAN ONLY BE REGISTERED IN ONE TEAM PER COMPETITION.**
- Players are permitted to be registered in one team for Thursday, Sunday Afternoon, Sunday Mixed and Sunday Evening
- Players can be added once the season starts, subject to RCSC staff approval (as our competitions are graded).

*Individual Player Insurance - per person, per season*

- Senior Basketball Player Registration = **\$50**

*Insurance is brokered by Delmont Insurance Group for Indoor Sports NSW.*

**IMPORTANT: Please report all injuries and incidents immediately to Centre staff so that an Incident Form can be completed. Injuries reported over 24hrs after the game takes place may not be covered as there is no proof of injury.**

Players are to contact the Centre as soon as possible in order to initiate an Insurance Claim. A Claim Form will be provided with instructions. Completed Claim Forms must be submitted to the insurer WITHIN 30 DAYS of the incident, in order to initiate the claim (additional receipts and details can be provided at a later time once the claim is initiated).

*If injuries and incidents are not sufficiently documented at the time, this may invalidate a subsequent insurance claim.*

Indoor Sports NSW has arranged this insurance program to provide benefits to those registered participants of Indoor Sports NSW participating Centres who, through injury or accident, incur financial loss and who would otherwise not have received assistance. The program seeks to provide benefits to those most exposed and to maintain protection at the lowest possible cost. It therefore cannot provide 100% cover or a benefit for every loss that occurs. Federal Government Legislation prevents insurance companies from paying any insurance benefit for a medical service that is covered by Medicare. This legislation also applies to the Medicare gap. In addition to these policies all participants are encouraged to take out Private Health Insurance.

The insurer for the Personal Accident Program is Delmont Group Pty Ltd - ABN 73 647 799 700 AFS Licence No: 233750

More information and the Claim Form can be accessed from <https://isnsw.org.au/about-us/resources/>

# REGISTRATION PROCESS

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## STEPS TO REGISTER A TEAM + ADD PLAYERS

Online registrations can be made on SportsFix. The Team Manager is the person (18yrs+) who is the Primary Contact for the team and whom takes responsibility for communicating with their players regarding registration requirements and all other matters during the season. The Team Manager must complete the Team Registration and then individual players (or their guardians) are able to add themselves to the team via an online link (the online link will be closed 1 week prior to the start of the competition). Players who register beyond this date will need to complete a paper Registration Form at the Centre.

**As the deposit is NON-REFUNDABLE, please only submit a team registration if you have a viable team. There are no refunds for change of mind or due to not having enough players for the competition.**

If you do not already have a SportFix account, you will need to create one, following the prompts.

### 1. Team Manager (to Register the team):

- <https://sportfix.net/RydeCommunitySportsCentre>, or go to sportfix.net and search for "Ryde" in the venue search to select Ryde Community Sports Centre.
- Click on "Register a new team"
- Proceed to your relevant sport and Competition night.
- Submit your team name, skill level and agree to the T&Cs.
- Pay the deposit as prompted.
- Finalise your registration by clicking submit.
- The Centre will be notified of your registration in real time. The team details will be accessible through "My Registrations" and your registration status will read "Pending Allocation". Teams are "allocated" when fixtures are developed.

### 2. Team Manager (to "invite" players to join):

- **NOTE: Players under 18yrs old will require a guardian to email [admin.rcsc@ymcansw.org.au](mailto:admin.rcsc@ymcansw.org.au) to indicate consent that the player is participating in a competition with adults.**
- Go to "My Registrations" within your SportFix account. Copy the "Invitation Link."
- All players (or guardians) will need to login or create an account if they are new to SportFix.
- Direct your players to sportfix.net. and advise them to search to select Ryde Community Sports Centre.
- Click on "+ join a Team" and enter the Invitation Code. This should direct them to register as part of your team.
- Ensure all player details are completed as required and follow prompts to pay for the Individual Player Insurance. **Please note that players need only pay for insurance ONCE per season, even if they are playing in multiple competitions** (eg. Men s AND Mixed Basketball). If you have a team mate that is playing in multiple teams, make sure they only pay for the Individual Player Insurance for one team, then notify the Centre that you would like that player added to the additional team and staff will do that manually.
- Once Individual Player Insurance is paid, they will appear as a registered player.

RCSC recommends 10 players per team, **minimum of 5** and a maximum of 12 players are allowed on each team. If you wish to have more than 12 players, the Team Captain must consult with RCSC staff first.

Teams must complete registrations for each new season/competition.

A minimum of 5 players will need to be registered through SportFix before the team will be included in season fixtures.

Team Managers are responsible for updating the Y Staff of the roster and player details throughout the season.

**PLEASE NOTE THAT WE OPERATE ON A FIRST IN FIRST SERVED BASIS AS CAPACITY IS LIMITED.**

# GAME DETAILS + REQUIREMENTS

## TEAM MANAGER

The Team Manager is the person responsible for registering the team online. They will be the key contact should the Centre need to provide any correspondence regarding the competition (eg. fee reminders, notice of forfeit, disciplinary matters). It will be the responsibility of the Team Manager to pass all correspondence on to their team players. They must be 18 years and above at the time of registration. If a team wishes to change the person listed as the Manager, please notify the Centre by email at [admin.rcsc@ymcansw.org.au](mailto:admin.rcsc@ymcansw.org.au).

Team season fee payments must only come from the Team Manager. Teams can organise amongst themselves to determine what individuals owe, but the Centre will **only accept bulk payments from the Team Manager**.

The on-court Captain is able to approach match officials at appropriate intervals (eg. half time) to seek rule clarification. The on-court Captain can be a different person to the Team Manager. Except in matters of particular sensitivity or privacy needs, all correspondence from a team to the Centre should come directly from the Team Manager.

## DURATION OF GAME

- Games consist of 2 x 18 minute halves
- Running clock (last minute stop clock if game is 7 points or less difference)
- One timeout can be taken per half for each team.
- Division 1 games will feature a 24-second shot clock (Thur & Sun Evening Comps only)

## SIGN ON

- **IT IS THE TEAM CAPTAIN'S RESPONSIBILITY TO ENSURE PLAYERS ARE SIGNED ON CORRECTLY.** The (acting) captain should be indicated on the scoresheet by writing a 'c' next to the relevant person's name.
- **The Team Captain does not need to be the same person as the Team Manager**
- All registered players must **'sign on'** on the score sheet themselves at the front counter before the start of a game by signing next to their name
- **AT LEAST 4 REGISTERED MEMBERS OF THE TEAM MUST SIGN ON BEFORE THE GAME CAN START. Fewer than the 4 registered team members after 5 mins will result in a forfeit being declared.** A friendly can be played but only with players who are registered to play at RCSC.
- If an unregistered player takes the court, the game may be declared a forfeit.
- **Borrowed players** must also write their names on the score sheet and indicate which team they are registered in. (Note, you can borrow from the same or a lower division, but not from a higher division). For a competition game no more than 1 borrowed player can be on court at one time
- **Late players** must sign the board and check with the bench officials before taking the court.
- In the event that a player is found to have signed on as someone other than themselves, the game will be immediately declared a forfeit and the team will be issued an Official Warning. If the same team is found to have a player sign on as someone other than themselves a second time, the team may be removed from the competition

## TEAMS AND PLAYERS

- Five players must be registered before a team is included in the competition.
- For mixed, both genders from the original team must be on Court for a game to start. A maximum of 2 males can be on court at all times.
- A maximum of 12 players are allowed on the team. If you wish to have more than 12 players on your team, the Team Captain must consult with YMCA staff first.
- Teams can add additional players throughout the season, however the Centre holds the right to re-assess and make any necessary division changes to the team based on the additional recruited player and the newly formed team.
- A player must have played **at least 5 games in the season with their original team to be eligible to play finals (not including grading rounds)**. For a game to be counted as eligible, a player must have signed on for that game. **Any time a player forgets to sign on due to lateness or other reasons does not count as a game played.**

All players must be 16yrs or older in 2026 to play in our Basketball competitions. A parent/guardian must provide written approval to play, and it must be approved by the Competition Coordinator prior to playing. For young players, please bear in mind that you will be playing against adult players.

## COMPETITION POINTS

Win = 3 points | Draw = 2 points | Loss = 1 point | Forfeit = 0 points | Forfeit (no notice) = -1 point

## GRADING

Generally, grading of teams is scheduled for the first 2 weeks of the season. However, the Centre may not conduct grading if team numbers only allow for one division. Similarly, RCSC may extend the number of grading weeks if grading results are inconclusive after 2 weeks.

Teams are welcome to provide information about their playing experience and skill level. This information will be taken into account by the Competition Coordinators when setting grading fixtures. Appeals in relation to a team's grade can be made by the Team Manager by emailing [sportprograms.rcsc@ymcansw.org.au](mailto:sportprograms.rcsc@ymcansw.org.au). Final determination of grades is the responsibility of the Competition Coordinators, in consultation with Centre Management, where necessary.

**Please note:** Decisions about a team's division are not based solely on whether they win or lose grading games. It takes into account a team's skill and performance, relative to other registered teams. While a team's performance in previous seasons or other local competitions may be taken into account for perspective when grading, all competitions are different and grading allocations reflect the varying skill and experience levels represented in a competition and that given point in time. Grading must take into account a team's likely performance if playing with its strongest line up, it is not possible to take into account that stronger players may be absent from time to time.

**If there is an instance where a team cannot be suitably graded (i.e. there aren't enough teams of similar age/level to include in a competition), a full refund of any games not played will be issued.**

**Re-Grading Policy:** In the event that the Competition Coordinator deems that a team would be better placed in a different division, the relevant teams will be contacting with the change of division proposal, and an opportunity for team feedback will be provided. The Competition Coordinator will review any feedback submitted and make the final decision about the viability of a division change. All impacted teams will be notified as required.

Teams that move into a different division will be placed with the same competition ladder statistics as the team 1 place outside semis/finals qualification (eg. in a division with Top 4 finals series, the re-graded team will be placed in equal 5th).

## SEASON FIXTURES

**Notification of Grading and Release of Season Fixtures:** Once graded, teams will receive an email confirming their division and a season draw will be made available (or part-season, if deemed appropriate by the Competition Coordinator). Fixtures and results will be made visible through the SportFix app (free to download from your app store).

BYE round date requests can be considered if details are submitted to the Competition Coordinator prior to the season draw being finalised. Once the season draw is published, no game time or BYE swap requests will be accepted.

**Mid-season fixture changes:** If there is a need for fixtures to be altered (eg. teams moving divisions), all impacted teams will be notified by email (and phone call if change made within 5 days of next round).

## UNIFORMS

Identical uniforms must be organised by the 4th week of competition (same due date as Competition Fees). Failure to comply with the below uniform requirements will incur point penalties for the relevant fixture. Teams with repeat offenders are subject to deduction of competition points.

All players in each team must wear identical matching uniforms (T-Shirts are not accepted). If uniforms are not organised by the due date then the team may be removed from the competition.

All players must wear permanent shirt numbers on the front and back of their singlet. Players without shirt numbers will incur 5 points jersey penalty. Temporary numbers such as tape or stickers are not permitted. This rule will be strictly enforced by Centre Management.

Teams are not permitted to have the same shirt number on more than one player. Teams that feature players with the same shirt number will incur a 5 point penalty. Non-marking shoes must be worn.

Teams not complying with the uniform rules (uniform colour jersey, taped numbers, etc) will be penalised. A 5 point penalty is given for each incidence. Any new player joining mid-season will have a 2-week grace period to organise their matching jersey. **An email must be sent to [admin.rcsc@ymcansw.org.au](mailto:admin.rcsc@ymcansw.org.au) prior to the new player attending for the first time, otherwise a penalty will still be applied.**

## FORFEITS & FRIENDLIES

Teams considering a forfeit:

- At least 4 registered players from their own team must take the court to avoid a forfeit. Please be considerate to your opposition and provide as much notice as possible. For Mixed, both genders must be represented on Court from the original team for a game to start.
- A team **must** inform the Centre of their intent to forfeit as soon as possible, preferably by phone (9878 2223) and by email [admin.rcsc@ymcansw.org.au](mailto:admin.rcsc@ymcansw.org.au).
- A phone call is necessary when giving limited notice e.g. 5 hours or less, with a follow-up email required as well
- RCSC will also send an email to the forfeiting team to confirm forfeit is acknowledged.
- A forfeit notification must be acknowledged. Please do not leave a voicemail.
- Players in teams that have forfeited may still participate in any friendly matches that are organised.
- All players in the forfeiting team are considered to not have played for game attendance calculation purposes (ie. Finals qualification - minimum 5 games).

Forfeits require as much notice as possible. **A forfeit fee of \$70 applies to any forfeits made within 5 hours of the scheduled match time. Excessive forfeiting (more than 5 games within a season) may lead to your team being suspended from the current competition.**

Teams being forfeited to:

- The Team Manager will be notified by phone in the event that the team's opposition intend to forfeit. If the Team Manager cannot be reached, RCSC staff will attempt to call any listed secondary contacts, followed by other players in the team. Forfeits will also be confirmed by email.
- **Your team will receive a 30-0 win**
- The Centre will do its best to arrange a friendly game for teams forfeited against, otherwise the timeslot of your game time will be available for your team to train.
- There are no refunds of season fees paid when your team misses a game due to a forfeit. The timeslot of your game time will be available for your team to use the court to train in lieu of refunds or friendlies

## LATENESS POLICY

Failure to take the court in the first quarter with at least FOUR (4) registered team players (both genders from the original team for Mixed games) within 5 minutes will result in an automatic forfeit. A friendly may be played after this time with registered players only.

## BORROWING PLAYERS

Teams are able to borrow players from other teams as long as the player is fully registered.

A Team may only borrow maximum of (1) registered player under the following circumstances:

1. If a team can only field (4) players on the court, then (1) registered player maximum can be borrowed making a total of (5) players on the court.  
Teams CANNOT borrow other registered players if there are already (5)
2. You may NOT borrow any players from divisions above your own.  
eg. CANNOT borrow a division 1 player for a Division 2 game.
3. Borrowed players must be registered at RCSC with individual player registration costs paid in full.
4. **It is the Team Manager's responsibility to notify staff members of any borrowed player. Games with unapproved borrowed players will be a forfeit.**
5. **Mixed Competition: Both genders must be on Court at all times. No more than 2 Male Players on Court at all times.**
6. Players cannot be borrowed for finals

## THE Y SPORTSMANSHIP AWARD

At Ryde Community Sports Centre, we want all players, spectators, officials and staff to feel safe and respected at all times. To show our appreciation for teams who align with these values, we have created The Y Sportsmanship Award, which awards teams who display high levels of sportsmanship and respect to others throughout the season, with prizes given out at the end of the season.

## FINALS SERIES

- Teams will play 2 weeks of finals/playoffs for all competitions, unless otherwise predetermined by the Competition Coordinator .
- Generally, the format for finals is: Semi Finals - 1st v 4th and 2nd v 3rd, with the winners playing each other in the Grand Final.  
This format is subject to change at the discretion of the Competition Coordinator.
- Teams that do not qualify for finals will be invited to participate in friendly matches across the finals weeks, if interested.
- A player must play a minimum of 5 games for their registered team during the regular season to qualify for finals (not including grading). A bye is considered a game played for all players registered with the team at the time. If a team forfeits, no players from that team will be credited with a game played. If your team is forfeited to (ie Win by forfeit), all currently listed players will be credited with a game played. **Any games where a player has not signed on for, either due to lateness or forgetting, does not count as a game played.**

## PENALTIES

- Straight ejection = 1-week suspension (Pending referee report more weeks or indefinite Centre ban may apply. Referees have the ability to eject any player and/or spectators acting outside the code of conduct)
- 2 Technical fouls in the same game = 1-week suspension
- 3 Technical fouls or straight ejections over the course of season = 2-week suspension.
- 4 Technical fouls or straight ejection over the course of season = 1 additional week suspension
- 5 Technical fouls or straight ejection over the course of the season = Whole season suspension.

Suspensions can apply for off the court incidents at the Centre, you are responsible for your actions and behavior at all times.

The Y at Ryde Community Sports Centre uses the Basketball NSW Schedule of Disciplinary Penalties as a guideline for warnings and suspensions.

## CHALLENGES

Any challenges made by a team towards another team i.e. suspected unregistered players playing or other match disputes must be done through competitions staff as soon as possible, preferably at the start of the game. Challenges cannot be lodged once the Team Captain or other nominated responsible adult has signed the scoresheet at the end of the game.

## FEEDBACK AND REPORTABLE CONDUCT PROCEDURE

The (acting) Team Captain may politely approach match officials to ask for clarification regarding rules and procedures at appropriate intervals (eg. quarter-time break). Teams are also encouraged to alert RCSC staff if they have any concerns during the game.

After a game, teams wanting to register feedback or reportable misconduct about another player, team, referee or Centre staff will need to email [sportprograms.rcsc@ymcansw.org.au](mailto:sportprograms.rcsc@ymcansw.org.au) within 24hrs of the game. Disputes raised with staff on game day will not be addressed.

PLEASE NOTE: That this is the correct way of registering feedback. Teams failing to comply with this and confronting referees, players or staff without adhering to the Code of Conduct may receive suspensions or dismissals from the competition.

All feedback will be taken seriously, and appropriate actions will be undertaken in the following weeks of competition. An email will be sent within 72hrs acknowledging receipt of your report. However, depending on the severity of the report, it may take longer to resolve.

Feedback can be handed in to staff on the day of competition or sent to [sportprograms.rcsc@ymcansw.org.au](mailto:sportprograms.rcsc@ymcansw.org.au)

Complaints involving staff members or very serious complaints will need to be emailed to [emily.donkin@ymcansw.org.au](mailto:emily.donkin@ymcansw.org.au)

## REFUNDS

Monies paid as Team Fee deposits, team fee balances and individual player registrations are **NON-REFUNDABLE** for change of mind.

Refund applications will be considered by the Centre Manager, in the event of documented extenuating circumstances, or in the event that the competition does not go ahead due to insufficient registrations.

Teams that request to leave the competition prior to fees being paid will still owe the full amount. Players will be banned from competing in any future Y Competitions until the fees have been paid.

YMCA NSW will not be responsible for any competition days and/or rounds cancelled due to factors beyond our control, such as, Environmental Issues (flooding, heat, smoke, wind) or cancellations due to advice from Authoritative Directions (NSW Police, NSW Emergency Services, Local and State Governments and or any other national, state and/or local authority) and or Abandonment due to illegal activity (vandalism, sabotage or criminal and illegal activity). In the event of any such cancellations and/or Abandonment, YMCA NSW reserves the right to NOT Refund any fees, deposits, payments or any other costs incurred by individual participants and or teams, spectators, players and supporters.

## FILMING AND PHOTOGRAPHY POLICY

As a YMCA NSW site, Ryde Community Sports Centre patrons are to abide by the YMCA NSW Filming and Photography Policy which has been designed to ensure all patrons and staff can feel safe at the Y. **Any patron wishing to take photos or videos in the facility must first complete a Filming and Photography Form, available at RCSC Reception.** This includes for taking photos your own children. This form only needs to be completed once for the season. Individuals wishing to take photos or videos then sign in and out at front reception each visit they are wanting to take photos/videos. Further information regarding the policy can be requested by contacting the Centre.

Anyone found to be filming / taking photos without signing in at Reception first will result in the game being forfeited.

# RULES + REQUIREMENTS

FIBA RULES APPLY UNLESS OTHERWISE STATED BELOW.

Referee reserves the right to alter these regulations below if deemed necessary.

## INFORMATION FOR STAFF, OFFICIALS AND PLAYERS

Sign On	Captains/Coaches are responsible to fill out score-sheets 10 mins prior to game at the referees table. Late players must sign on before taking the court. Borrowed players must also write their names on scoresheet and indicate which team are registered in. See above on borrowing players. Players found signing on as another player would not be able to continue playing, and will result the game being a forfeit.
Timing Regulations	<p>Standard timing regulations for round games shall be RUNNING CLOCK:</p> <p>2 x 18 minute halves 1 x 2 minute half time periods (Referees can reduce time if games are running late)</p> <p>During games with a running clock, teams shall be permitted:</p> <ul style="list-style-type: none"> <li>• 1 x 1 minute time-out per half. Clock will stop during time-out for Men's competition.</li> <li>• The clock will stop for the last minute if the score is seven points or less difference.</li> <li>• Tied score shall stand as a draw.</li> </ul>
Semi-Finals / Finals	<p>Games are as standard timing regulations for running clock. Except in a tied game, 3 minutes extra will be played running clock. All team/player fouls will remain.</p> <ul style="list-style-type: none"> <li>• One timeout per extra period is allowed per team.</li> <li>• Clock will stop for 1 minute time out.</li> <li>• The final minute shall be fully timed stop clock.</li> </ul> <p>Qualifying for Semis &amp; Finals Men's and Mixed players must have played a minimum of 5 games throughout the season to qualify for semis and finals (not including grading rounds).</p>
Bench/Substitutions	<p>Only Team Captain is allowed to stand, and is responsible to keep team and supporters 2 metres away from the bench scoring area so bench can have clear view of game. Substitution players advise bench and/or referee but cannot enter the floor till referee on court advises. Substitution(s) must stand clear of bench area's view after request. Any party or parties will be liable for a Technical Foul if the above are not followed.</p> <p>Any concerns can be addressed to the referees via Team Captain at timeouts/half time and/or full time. Please note referee has final decision and must be respected.</p>
Bench & Spectator Sitting Area	<p>Teams are not allowed to be sitting on the same side of the bench. Teams and their supporters must be sitting together on either side of the bench, and away from the opposing team they are playing.</p>
Forfeits & Late Starts	<p>Teams failing to comply with sign on procedures or any form of prevention to start the game as scheduled will be penalised 2 points per minute. Clock will still start at scheduled game time even if players are not ready to take the court. Clock will not be stopped or reset for the commencement of the game. A team may commence a game with a minimum of 4 players.</p> <ul style="list-style-type: none"> <li>• Team at fault will be penalised 2 points per minute for preventing game to start on time - Maximum 20 points</li> <li>• Teams not ready to play (ie still waiting for teammates to arrive) will be penalised 2 points per minute.</li> <li>• Where a team forfeits the score shall be recorded as 30 – 0.</li> </ul> <p>Where both teams fail to appear with less than 4 players after 10 minutes, the game shall be declared a double forfeit. The score recorded as 0-0 for both forfeited teams.</p> <ul style="list-style-type: none"> <li>• By mutual agreement between the teams a match may be played after the forfeit time has lapsed and if Referee agrees.</li> <li>• The match will be played at the remaining time left on the clock. If the match is then the scores will stand.</li> </ul>

INFORMATION FOR STAFF, OFFICIALS AND PLAYERS	
Injuries	Must be reported immediately to the Y Staff Reception.
Dangerous Items	As per FIBA Rules no player shall wear objects which may cause injury to others. Dangerous items include head gear, hair accessories and jewellery. Fingernails must be cut and any hard objects on hands, wrists, arms or body must be removed prior the game.
Mixed Rules	Up to 3 members of either gender can be on the court at any one time. Teams may start a game with only 4 players providing players of both genders are present.
Mixed Shot Block Rule	A male player may take a defensive position in front of a female player but must not attempt to block or move to screen her shot within the key. The male player s feet must remain on the ground stationary and his hands within his cylinder. A male player may defend the shot by placing his arms straight in the air, however, shall not jump or make contact with the ball in defending the shot. Infractions of this rule female shooter shall automatically receive 2 points as per the referee judgement. Persistent offenders of this rule may incur a technical foul, as well as a possession throw in from half court.
Players Misconduct	<p><b>TECHNICAL FOUL</b></p> <p>Player who receives a Tech Foul in a game will be automatically removed from the court for a period of 5 minutes of playing time.</p> <p><b>TWO TECHNICAL FOULS</b></p> <p>Player who receives a second Tech Foul in a game will be automatically removed from the court and will not play for the remainder of the game. Player will be automatically given a 1 week suspension.</p> <p>Players who receive a Technical Foul whilst on the bench are also subject to 5 minute penalty or removal from game (at the referees discretion). However, as per the FIBA rules this foul will not count as a personal foul nor against the team foul count. Hanging on the ring, backboard, or net will result in a Technical foul as per the FIBA rules of basketball. Please note that this rule applies during warm-up as well as actual game time.</p> <p><b>UNSPORTSMANLIKE FOUL</b></p> <p>Takes on same ruling for Technical fouls as above.</p> <p>Player who receives a Unsportsmanlike Foul in a game will be automatically removed from the court for a period of 5 minutes of playing time.</p> <p>Note: 1 Technical Foul plus 1 Unsportsmanlike Foul = ejection from the game. Player will be automatically given a 1 week suspension.</p> <p><b>DISQUALIFYING FOUL</b></p> <p>Player is ejected from the game and following YMCA management decision will be subject to permanent removal from competition. Player must leave premises once disqualified by referee.</p> <p>Technical fouls - 1 free throw shot to be taken with no line up and possession at half court throw in.</p> <p>U &amp; D Fouls - 2 free throw shots to be taken with no line up and possession at half court throw in.</p> <p>The referee has the right to call any of the above in any order if the behavior is disruptive and detrimental to other player's safety. Referee has the right to end the game if deemed necessary for serious offenses.</p>
Multiple Team Registrations	<p>A single player may not be registered on more than 1 team per competition regardless of divisions.</p> <p>This means a single player may be registered for 1 team in each Thursday Men's, Sunday Afternoon, Sunday Mixed and Sunday Evening Competitions.</p>