



Oakville Recreational Basketball League (ORBL)

Rules and League Standards

Revised: August 2023

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
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Recreation Coordinator
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325 Reynolds Street,
Oakville, ON
L6J3L7
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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+) Men's Recreational, Men's 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 and Thursday at Oakville Trafalgar Community Centre.

SESSION SET-UP

12 weeks of play per season including round robin play and playoffs (possible division rebalancing after week 4. All team's quality 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.

If 5 players are not available for at the start of the 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 players become short due to injury or fouling out the game continues. At minimum you can play with 3 players if the above situation were to occur.

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 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.

WARM-UPS

All warm-ups for each game, must be on-court in the time allotted.

Teams are not allowed to warm up on sidelines during a game. This is to avoid injury and interruption of game play.

MATCH START UP

If 5 players are not available for the start of the 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 players become short due to injury or fouling out the game continues. At minimum you can play with 3 players if the above situation were to occur.

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

Suspensions and Appeals will be determined by the ORBL League Coordinator, Kim McDonald.

PLEASE NOTE: All Technical and Unsporting fouls are recorded and tracked 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.

OFFENCE	1st OCCURRENCE	2nd OCCURRENCE	3rd OCCURENCE
Game Misconduct – Unsportsmanlike conduct or violation by team members on or off court	Review		
Game Ejection (2 technical, 2 unsporting or combination of 1 technical and 1 unsporting foul)	Game Balance	1 game	Review
<p><i>*If in any game a player is ejected due to a combination of fouls & continues to escalate the situation, they will be given an automatic 1 game suspension.</i></p>			
Physical or verbal altercation	1 game	2 games	Review
Deliberate Attempt to Injure	Review	Removal	
Inappropriate off court behavior	1 game	2 games	Review
Fighting	5 games	8 games + Review	Removal
Derogatory or Racial Slurs	Review	Removal	
Abuse of League Staff and/or Official	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 fouls per half.

FIBA RULES

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

NON-UNIFORM (No Jersey) & TECHNICAL and/or UNSPORTING FOULS

All teams are required to wear a matching set of jerseys (Same colour and style of jersey, same colour of numbers and logos). If a player does not have a matching jersey, this player will be served a Technical foul at the start of the game.

A combination of any Two technical or unsporting fouls will result in a game ejection for any reason in any game will result in an automatic one game suspension. Please see *Suspension and Appeals section* for more information.

If a player is ejected from a game due to a combination of fouls, and they continue to escalate the situation. This player will receive a 1 game automatic suspension.

GENERAL RULES

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

Teams can use players from other teams as long as it's been approved by the league convener and captain of the opposing team. 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 3 games to be eligible for the playoffs.

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 fourth 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, It must be reported to the league convener as soon as possible. The first option is to utilize subs off the team's roster.

Sub players must be registered in the league. Players subbing must also be from a lower division and/or an alternate league night within the ORBL. 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 **THREE** regular season games during the session. If there are extenuating circumstances, please discuss with the League.

Jerseys are required during playoffs in order to play.

All teams 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 fouling out the game continues. At minimum you can play with 2 players on a team due to injuries or fouling out.

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 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