

GCBA HOUSELEAGUE CONVENTIONS –

As approved by the GCBA EXEC **November 17, 2008** in consultation with the GCBA Technical Director.

<p><u>NOVICE</u> Play half court gyms Half court defence rule – all season 4 on 4 Size 5 Ball Basket at 8.5 ft Man-to-man defence only 8 periods of 4 min each-stopped time Shortened foul line Equal play</p>	<p><u>ATOM</u> Play full court gyms Half court defence rule until Xmas Full court in New Year (exception is the 15 point mercy rule) 5 on 5 Size 5 Ball Basket at 10ft Man-to-man defence only- NO ZONE defence 3 point shots allowed where court permits. 8 X 4 minutes stopped time Equal play</p>	<p><u>BANTAM</u> Play full court gyms (exception is the 15 point mercy rule) Man-to-man defence only- NO ZONE defence 5 on 5 Size 6 Ball Basket at 10 ft 3 point shots allowed where court permits. 8 X 4 minutes stopped time Equal play</p>	<p><u>MIDGET / JUVENILE</u> Full federated High School rules apply Size 6 Ball for Women Size 7 Ball for Men 8 X 4 minutes stopped time Equal play</p>
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30 second Time outs: Coaches are reminded that if they call a 30 second time out the players are to remain on the court. Water is not permitted onto the floor in the huddle. The HEAD coach may come onto the floor to speak with the team, everyone else should remain on the bench. During a Full Time-Out players may come off the court and get a quick water while coaches speak to them.

Injured players: Sick or injured player are to kneel down to indicate they are injured. This makes it obvious to the referee's and they will stop play as soon as possible. A Time Out is NOT given to the team in this case. If the coach comes onto the floor for an injury that player MUST leave the floor. Presence of blood also means the player MUST leave the floor.

PLEASE NOTE: in the House League there is **equal play** for all shifts. We **do not** have free substitutions during the last minute of the last shift.