



# 2014-15 SEASON GUIDE

## OVERVIEW

Basketball BC is excited to announce the launch of the 2014-2015 U13 Metro League season.

For those that have never been involved with the league, the U13 Metro League provides an excellent opportunity for clubs to enter athletes into a competitive tiered league, with guidelines that are conducive to development for all youth basketball players.

Once again, the beautiful Langley Events Centre will play host to the U13 Metro League, with the exception of a few weekends where games will be held locations near the LEC.

I will be your League Director so please address questions or concerns prior to or throughout the season to [srudnisky@basketball.bc.ca](mailto:srudnisky@basketball.bc.ca) or 604-455-2813.

We look forward to seeing you out on the court and wish you the best of luck this upcoming year!

-Stephanie Rudnisky, Basketball BC

## COMMUNICATION

[U13 METRO LEAGUE FACEBOOK](#)

[U13 METRO LEAGUE TWITTER](#)

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# LEAGUE HIGHLIGHTS

- **Up to 13 weeks of play**
  - 1 game per week
  - Always play on the same day of the week (Girls/Saturday | Boys/Sunday)
- **2 BCBOA officials per game**
- **2 minor scorekeepers per game including shot clock operator**
- **Games primarily held at the Langley Events Centre, (7888 200<sup>th</sup> St. Langley) and Trinity Western University**
- **Basketball BC “Fair Play” structure ensuring all players receive equal playing time.**
- **Tiered divisions (Boys guaranteed | Girls dependent on # of teams)**
- **2 week playoff at the end of season with prizes given out**
- **League specific website and social media sites that include club information, schedules, weekly updated results, standings, and links to photos.**

## COST

- **\$1200 per team PLUS**
  - **\$15 per player & coach for Basketball BC membership (valid until Apr 30/2014)**
    - *Steve Nash Youth Programs are exempt from the membership fee*
  - **Member benefits include:**
    - Comprehensive insurance liability coverage for players and coaches
    - Discount to future Basketball BC tournaments and events
    - Discounts to Basketball BC partners (Nike Vancouver, Boulevard Travel, Sandman Hotel, etc.)
    - 50% off admission to all CIS Basketball games in BC

- For more information on complete member benefits visit [basketball.bc.ca](http://basketball.bc.ca)

## LEAGUE GUIDELINES

- All players **MUST** be 12 years old or under, as of **December 31, 2014 OR registered in Grade 7 for the first time.**
  - Any team using ineligible players must forfeit the game and may be suspended from all league play should it occur a second time.
  - Age verification is based on roster sheets and birth certificates might be requested (if a challenge is made by an opposing coach)
- **There is no minimum age, but we caution clubs against entering teams that may not be able to develop or compete due to age disparity.**
- Players may only play for 1 team per season
- **Minimum roster size = 7. Maximum roster size = 14.** If you do not have 7 players for a game, please let us know before. The opposing coach will be informed and they will dictate whether the decision to play with less than 7 is acceptable. The game would be played regardless of the decision.
- All teams must have matching uniforms; reversibles or home & away versions.
- **Rosters and payment must be submitted to Basketball BC BEFORE your first game with players name, postal codes and birth dates (roster form will be provided). For consistency all coaches will be required to use Basketball BC roster forms. Failure to do so will result in forfeiture.**
- **Deadlines:** Deadlines set forth in the “Key Dates” calendar are strict and if they are not met, teams are subject to game or league forfeiture. We do not have time to chase coaches for roster, payment or declaration information.
- Recommended Penalties regarding misconducts by a player in the league can be found here: [Penalties Outline](#).
- Concerns are directed to the League Director, Stephanie Rudnisky. If necessary a committee of Stephanie and 2 disinterested coaches, selected by Basketball BC, will adjudicate any concerns. Their decision(s) will be FINAL.

## KEY DATES (2014-15)

DATE	DESCRIPTION
Fri, Oct 17 <sup>th</sup>	<b>Deadline:</b> Final declaration for entry into the league.
Thursday, Oct 23 <sup>th</sup> (7pm)	<b>Coaches/Admin Meeting:</b> Basketball BC Office @ Langley Events Centre
Fri, Oct 24 <sup>th</sup>	<b>Deadline:</b> Roster/Payment Submission
November 1 <sup>st</sup> /2 <sup>nd</sup>	U13 Metro League Tip-Off (Week 1)
November 23 <sup>rd</sup>	4 Week Exhibition Ends (Division realignment implemented)
December 20 <sup>th</sup> -January 2 <sup>nd</sup>	Holiday Break (2 weeks/no games scheduled)
January 3 <sup>rd</sup> /4 <sup>th</sup>	League resumes from Holiday Break
January 13 <sup>th</sup>	<b>Deadline:</b> Final Roster /Roster Freeze
February 15 <sup>th</sup> /16 <sup>th</sup>	Playoffs Begin
February 21 <sup>st</sup> /22 <sup>nd</sup>	Playoffs End/Season Ends

# GAME RULES

*Basketball BC would like to emphasize that the rules of play are to be strictly followed by all coaches, and failure to do so may result in game forfeiture. Officials will be aware of the rules however we are relying on coaches to self-enforce. No game directors will be present. It is vital that coaches respect one another and abide by the same rules. We hope coaches will set a good example for their athletes, and that we can all practice fair play. Please read the rules carefully and do your best to practice and implement them throughout the season.*

## Modified FIBA Rules

- **Zone defenses of ANY kind are NOT allowed**
- **Press - full court (person-to-person) press is allowed; however, when a lead exceeds 15 points, press must be taken off.**
- **Double teaming is permitted only inside of the key.**
- **During the first 3 quarters there will be equal playing time for all players - during the last 8 minutes and any overtime, substitutions will be at the discretion of the coach**
  - If a coach feels that he would like to play less developed players MORE in the first 24 minutes thereby playing his “better” players less than equally in those first 3 quarters that is acceptable with the agreement of the opposing coach.
  - Due to time constraints in some gyms, coaches may change length/timing of game if BOTH agree, but the equal play rule still is required
- Game format will be 4 - 8 minute stop time quarters
- A 30 second shot clock will be in effect or referee silent count if equipment malfunctions
- The 10 second half court rule is in effect
- 2 time outs in the 1st half, 3 in the 2nd – 60 seconds – non cumulative
- All other rules will be standard FIBA

# COACHES CODE OF CONDUCT

*Please note we encourage all coaches to follow the coaches' conduct and pass along the spectator code of conduct to their teams.*

- Build sound, fundamental basketball skills and develop a love for the game
- Encourage team play
- Every attempt should be made to give players equal playing time
- Reinforce good sportsmanship whenever possible
- Show respect for referees, other coaches and players at all times
- Be a resource person to players, helping them to develop their athletic and human potential
- Treat all players as equals while recognizing and respecting their individual differences

## B A SPECTATORS CODE OF CONDUCT B C

- Remember, children are involved in organized sports for their enjoyment, not your own
- Applaud the efforts of both teams, regardless of the game's outcome
- Support the efforts of all participants regardless of the mistakes they make
- Encourage players to follow the rules and abide by the officials' decisions
- Support the efforts of coaches, officials and administrators
- Use appropriate language at all times
- Condemn the use of violence in any form by anyone associated with the game
- **Failure to comply with Spectator Code of Conduct can result in forfeiture of the game, team suspension, or team expulsion**

# U13 METRO LEAGUE MEETING

The U13 Metro League meeting is scheduled for:

- **Thursday, October 23<sup>rd</sup>, 2014 from 7:00pm-8:00pm**
- **Basketball BC Office/Langley Events Centre (#210-7888 200<sup>th</sup> St. Langley, BC/[Google Map](#))**

The purpose of this meeting is to:

- **View a brief presentation on the overview of the 2013-14 season**
- **Pick up roster sheets (which need to be filled out and submitted by roster deadline). Can also be emailed.**
- **Get to know some of the other coaches and clubs involved in the league**
- **Ask any questions or address any concerns anyone might have regarding the league or the information in this guide**
- **Discuss additions or changes to the Basketball BC Metro League**
- **Declare entrance and division preference if you are ready to enter**
  - *Pizza and refreshments will be provided at the meeting*

We encourage all available coaches or administrators to attend, as the meeting creates a great foundation for the upcoming season, and helps participants to understand everything we are doing. We had strong attendance last year, and I'm sure this year will be similar.

Teams who cannot send a representative can contact me via email or phone the week of the meeting to discuss their participation in the league.

# METRO LEAGUE FAQ

## *How does the divisions/tiers system work?*

- Coaches submit division preference on registration form
- Basketball BC aligns divisions based on preferences and own research (**please note all division placements are at the discretion of Basketball BC**).
- We anticipate 3 boys divisions & 2 girls divisions. However the final number of divisions will be contingent on teams entered and division realignment decisions.

## *When/How does the division realignment occur?*

- Data and analysis after the first 4 weeks of exhibitions game will be reviewed
- A new schedule will be devised and posted on the website during the week of November 25th.
  - Placements will be determined based on results from the first 4 weeks, internal analysis and consultation with coaches.
  - Results will still be posted but the **first 4 weeks of the season will not count towards overall standings**.

## *What if we have to miss a game due to another commitment?*

- Missing game coach contacts the opposing coach to reschedule, with their own gym/officials.
  - We will not provide officials, gyms or scorekeepers for the make-up game.
- **Team who cannot play will automatically forfeit their game if a game cannot be made up within 2 weeks.**
- **If you miss or forfeit more than 2 games throughout the season, you will be subjected to league forfeiture.**
  - **All game scheduling changes/requests should be sent to me at least 1 week prior to the game.**



### *What if we can't play at a certain time of the day we are scheduled?*

- Adjusting the schedule based on specific requests is very challenging, considering gym availability, complexity of scheduling, and logistics.
- **If you enter the Metro League please be available for girls from 9-1:30pm on Saturday and boys from 9-4:30pm on Sunday.**
- You are not only affecting your own team by not attending a game but also the team you were scheduled to play.
- There may be a possibility to incorporate schedule requests, but they must be requested at the time of league entry.
  - No guarantees that requests will be fulfilled.

### *What if the weather is too poor to safely travel to the facility?*

- We will survey the weather situation and provide coaches/administrators with a status update **the night prior to the game via email.**
- If we deem it safe to travel and you do not show up, your team will forfeit. If your game is cancelled by Basketball BC, Basketball BC will organize make up games pending gym availability.

### *I have a team consisting primarily of Grade 5 players. Can they play?*

- The league's intention is primarily for Grade 7's however in recent years it has been very common to have Grade 6's involved as well. We have seen some Grade 5 players mixed in but not many Grade 5 teams.
- We are extremely cautious about this age group participating in organized rep leagues however we also know that with the rules and structure we have in place, their development can be managed to a certain extent.
- There are several factors we consider in respect to the presence of Grade 5 teams in the league. If we have a C division that has many other Grade 5 teams as well, then the presence of this age would be deemed more acceptable. We do not want a Grade 5 team

to enter the league and get blown out by opposing older teams. This is only 1 example but other considerations are being made.

- This can be discussed in more detail at the coaches meeting and we will have a better understanding of interest/feasibility at this age level as teams declare entry.

*Why do you have rule modifications? We want to play with no rules modifications so can you please change your rules?*

- Basketball BC strongly believes in our Long Term Athlete Development (LTAD) model and thus have modified game rules based on the age of participants.
- We feel by instituting these modified rules, ALL players will have the best chance to develop and continue participation in our sport.
- We have a competition committee and are continuing reviewing rules but at this time the rules put forth will be implemented into our league.