



2015 - 16 SEASON GUIDE

OVERVIEW

Basketball BC is excited to announce the launch of the 2015-2016 Metro League season.

For those that have never been involved with the league, the 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 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 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

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LEAGUE HIGHLIGHTS

- **Up to 12 weeks of play**
 - 1 game per week
 - Always play on the same day of the week (Girls/Saturday | Boys/Sunday)
- **U12 and U13 Division**
- **2 BCBOA officials per game**
- **2 minor scorekeepers per game including shot clock operator**
- **Games primarily held at the Langley Events Centre, (7888 200th 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)**
- **Max Number of teams – 24 boys and 24 girls, registration will be first come/first served**
- **One weekend of playoffs in a tournament style at the end of season with prizes given out.**

COST

- **\$1300 per team PLUS**
 - **\$15 per player & coach Basketball BC membership (valid until March 31, 2016)**
 - *Steve Nash Youth Memberships are not valid for Metro League **
 - *Membership in Metro League will not carry over to U13 Boys and Girls Provincial Club Championships – New memberships will be needed to take place in these events as the Metro League Membership will expire on March 31,2015**
 - ***NEW THIS YEAR**

- **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

LEAGUE GUIDELINES

➤ U13 METRO LEAGUE

- All players **MUST** be 12 years old or under, as of **December 31, 2015, OR registered in Grade 7 for the first time.**

➤ U12 METRO LEAGUE

- All players **MUST** be 11 years old or under, as of **December 31, 2015, OR registered in Grade 6 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.

- 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 (2015 - 16)

DATE	DESCRIPTION
Fri, Oct 12 th	Deadline: Final declaration for entry into the league. Registration must be done online.
October 31/November 1	Metro League Tip-Off (Week 1)
*There will be no exhibition/realignment period. Regular season starts today.	
November 7-8	Week 2
November 14-15	Week 3
November 21-22	Week 4
November 28-29	NO GAMES
December 5-6	Week 5
December 12-13	Week 6
January 9-10	Week 7
January 16-17	NO GAMES
January 23-24	Week 8
February 6-7	Week 9
February 13-14	Week 10
February 21-22	PLAYOFFS
February 27-28	FINALS
January 15 th	Deadline: Final Roster /Roster Freeze

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. Game Directors will not always be available we are relying on coaches to self-enforce.

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.

GAME FORMAT FOR ALL DIVISIONS:

- 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

U13 – A Division

Modified FIBA Rules:

- Press - full court (person-to-person) press is allowed; however, when a lead exceeds 15 points, press must be taken off.
- 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
 - SUBSTITUTIONS WILL BE AT THE FOUR MINUTE MARK OF THE FIRST THREE QUARTERS UNLESS A PLAYER IS IN FOUL TROUBLE (3 fouls in first half)

U13 B and U12 Divisions:

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
 - SUBSTITUTIONS WILL BE AT THE FOUR MINUTE MARK OF THE FIRST THREE QUARTERS UNLESS A PLAYER IS IN FOUL TROUBLE (3 fouls in first half)

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

SPECTATORS CODE OF CONDUCT

- 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**

METRO LEAGUE FAQ

How does the divisions/tiers system work?

- Coaches submit division preference on-online registration form
- Basketball BC aligns divisions based on preferences and own research (**please note all division placements are at the discretion of Basketball BC**).
- U13 – A and B Division, U12 – One division only

When/How does the division realignment occur?

- **New for the 2015-2016 Season - there will be no 4 week exhibition series to determine division realignment** - teams will play in the division they are registered in.

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.
 - You also must contact Basketball BC so we can cancel officials – if you fail to do this you will be charged for the game officials.
- **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 9-5pm on Saturday and boys from 9-5pm 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.

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.

What if our team is unavailable for playoffs?

- If you are unavailable for your playoffs games – **there will be no rescheduling allowed and you will forfeit those games.**
- Teams must be present and available for playoff weekend 1 and 2 in order to compete in playoffs.