

1. Each team must have a minimum of 4 players present on the court to begin play and **will play 2 games in one hour.**
2. All games are **two-12 min. halves run time played half-court (2 nets).** With 4 minutes warm-up & 2 mins half-time.
3. A coin toss will begin the game to determine which team will have the initial possession and will inbound from their baseline.
4. There is no overtime, and games tied will be recorded as such.
5. The ball changes hand after each made basket.
6. In the event of a held ball (tie up), the defensive team gains possession of the ball.
7. Substitutions can be at any time (on the fly) **but cannot be made as an offensive play.** Ex) Your team subs a player for an open lay-up that nobody on the other team saw. Please ensure the player subbing is off the court before a new player enters the court.
8. **All baskets are worth 1 point. Except during the last 3 minutes of the game, only the foul shot will be worth 2 points.**
9. **All fouls in the act of shooting is awarded 1 free throw. In the event of a made basket on a shooting foul ("and-1" situation) the basket will count, and player will shoot 1 free throw. If in the last 3 minutes of the game, that 1 free throw is worth 2 points.**
10. **Each team has ONE 30-seconds timeout per half. No stop time during timeouts. Timeout cannot be called in the last 3 minutes of the game.**
11. If a team fails to have 4 players on the court after 2 minutes of the scheduled game time (not including warm-up), the game is defaulted. +2 for the standings will be awarded to the team who was ready along with a 10-0 score. The defaulted team will earn -1 for the standings. The game carries on with 4 vs 3 for exercise. If both teams default after 2 minutes of the scheduled game time, both teams receive -10 for game points and -1 for standings.
12. **Forfeit Penalty Fee:** A \$10 per game (\$20 per week) will be levied to each player on a team who did not show up for their game that resulted in their team's forfeit. Only those players who showed up to play (even though it was a default game) are exempt. **Payment** is to be made to gabinfo@gmail.com within 24hrs of assigned game **or an additional \$1 per day late fee will be applied** until payment is made.
13. **All games are officiated.** The officials/referees have the final say.
14. **ZERO Tolerance:** Any dispute and or unsportsmanlike behaviour (see conduct expectations) or inappropriate conduct on and off the court in ear shot of a g.a.b staff member and or referee either to a ref, under your breath or towards another player will be considered as unsportsmanlike conduct and **will** be penalized with a technical foul, awarding the other team with 2 free throws and possession of the ball afterwards, while the player earning the technical foul will sit out for 3 minutes before returning to play. If technical foul happens in the last 3 minutes of the game, each free throw will be worth 2 points per shot for a total of a 4pt play.
15. In the event of a second technical foul from the same person throughout the duration of the season, it will result in permanent ejection from the league. **NO REFUNDS WILL BE ISSUED.** If a second technical foul is levied from the same team, the entire team will be immediately removed from the league with no refund and the league will change the format which will impact all teams.
16. **Deliberate delay of game will not be allowed. Examples are holding onto the ball or passing to waste time on the clock past 30 seconds.** A technical foul will be levied on the player that deliberately delays a game and **or official will change over possession.**
17. Any complaints or objections in regards to a game must be brought to the attention of the g.a.b authorities (Convenor/Coordinator/Director) during the game and provided **in writing** within 3 days.
18. All players must know the rules, policies, conduct and guidelines of this league and will sign-off as having read them.
19. **Each player has a maximum of 3 fouls for the entire duration of the game.** After the 3rd foul committed, that player can no longer play. There is **no foul reset** at half-time.
20. If a team is short players during this foul violation, that team plays short. No default will be awarded.
21. **When a team reaches 5 fouls, this is said to be a bonus, and the opposing team will automatically shoot 1 free shot even if it is not in the act of shooting and any proceeding foul afterwards will be awarded 1 free shot except in the last 3 minutes of the game, the foul shot will be worth 2pts.**
22. Team fouls will reset to zero at half-time, but not individual fouls.
23. League standings and tie break policy: Wins are worth 2 points, ties are worth 1 point, loses are worth 0, defaults are worth -1.
24. **Tie breakers in league standing will be assessed in this order:**
 1. Head to head record
 2. Head to head points (+/-)
 3. Head to head against (-)
 4. Overall points (+/-)
 5. Overall against
25. **No jewelry or wearable technology is to be worn during league play & NAILS MUST BE CLIPPED.** A player can be removed from the game if deemed unsafe by g.a.b staff and or officials.
26. **All teams must wear the assigned g.a.b shirt or you cannot play.** Extra shirts will be on site for purchase if you forget at a cost of \$20. Please note, we may not have your size available on site, hence the importance of bringing your league shirt.
27. **Player eligibility:** **Each team has up to 8 people MAX** to register on a team. Last date to assign a player to your team is **April 30, 2026.** After this date, no more players can be assigned to any team – even if there is room. **All players must play a minimum of 4 games and be on the roster to be eligible for playoffs games.**
28. There are NO refunds after the official registration deadline date.

Please keep in mind this is a good way to keep fit and exercise, NOT live out Hoop Dreams. Let's keep it fun & enjoyable!