



# 5v5 Co-ed Basketball Rules



**Updated May 26, 2026**

## 1. Pre-Game – Equipment, Game Time, Defaults, Fields

**Spirit of the League:** The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is all right and stop the game to seek appropriate help as required. This rule supersedes all others!

**Game Host:** You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

**Equipment/Set-Up:** FCSSC Game Hosts will provide basketballs for each game. Teams are welcome to bring their own balls for warm-up and practice. In addition, FCSSC's Game Host will keep score when possible (ie. Only one game in the gym at a time). If the FCSSC Game Host is unable to keep score, we ask that each team select a player to assist in keeping score and report to the Game Host at the end of the game. Each team should bring both light and dark-coloured shirts to each and every game.

**Mixed Gender Requirements:** FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

In this mixed gender league, teams are comprised of five (5) players with a minimum of two players of the non-majority gender (for example, a team of with 3 men must have 2 players of another gender on the court).

### **Game Time/Defaults:**

- Please arrive 15 minutes early so that you can start your games on time.
- Games are 55 minutes in length, with a 2-minute break at halftime.
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with only one (1) non-majority player, but must play with only 4 people on the court. Captains may agree to waive rules regarding gender requirements, but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

**Alcohol:** ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE EXPELLED FROM THE LEAGUE WITHOUT REFUND OR CREDIT. No exceptions.

## 2. In Game – General Rules, Fouls, Dunking

### General Rules:

1. Games begin with a tip-off at centre.
2. Defensive play is one-on-one only (no zone defense). You can pick up your person anywhere on the court, however double teaming can only be done on your side of half.
3. After a team has scored a basket they must begin defending at the half line, giving the offensive team room to move out of their half. Please note: If the shot is missed and the defensive team gets the rebound, the opposition must begin defending their basket at the centre line. If the offence team gets the rebound then possession begins immediately.
4. Regular baskets are worth 1 point each. Three-pointers from outside the three-point line are worth 2 points.
5. After a basket, the team scored upon will put the ball in play.
6. Players may substitute after a made basket or an out of bounds play.
7. An out of bounds ball in favour of the attacking team, or a defensive foul, results in the attacking team inbounding the ball from where it went out.
8. When the ball is 'tied up', and a jump ball call is made, the team who is on defense will be awarded possession of the ball.
9. Teams may call a one (1) minute time-out per half if needed except in the final 10 minutes of play.
  - a. The clock will continue to run during the time-out **\*updated May 26, 2026\***
10. "Three seconds in the key": If an offensive player is in the key for more than 3 seconds, the defensive player may warn the player. An offensive player can receive 2 warnings, after the 3rd warning an automatic turnover occurs. Please note that time starts when the ball crosses half court. Counting should go as follows: "one one thousand, two one thousand, three one thousand".
11. Backcourt violation (otherwise known as over-and-back) – the offensive team cannot cross back over the centre line once they have crossed it.
12. It is inevitable that there will be some incidental contact among players. However, any other contact i.e. pushing, hands, arms, shoulders, elbows, etc., is not allowed. (You should not touch any other player with your body at any time on purpose, and you should do your best to avoid unnecessary contact with your body).
13. **Stopped Games:** A Game Host may stop a game before the full time has expired due to overly aggressive play, persistent unsportsmanlike conduct or a general violation of the rules of the game. This decision is solely at the discretion of the Game Host. If the decision is made to stop the game early, the score may be recorded as a loss for BOTH teams. In addition, both teams will be given an automatic warning (Refer to the FCSSC General Indoor Policy sheet for specific details on warnings). One exception to this ruling is if the Game Host has stopped the game because of the inappropriate play of only one team. Under these circumstances, the non-offending team will receive the win, regardless of the score at the time that the game is stopped. This is also at the discretion of the Game Host.

### Fouls:

- Players are responsible for calling their own fouls. Please don't abuse this rule. If a foul call has not been made, the player who has been fouled can also make the foul call
- All standard basketball infractions are enforced (e.g. reaching-in, body contact of any kind, charging, etc).
- Purposely obstructing an opponent's vision by placing or waving a hand in his/her eyes is not allowed. This is a NCAA rule which will reduce the chances of eye injuries. Please keep a hand at least a foot away from someone's eyes.
- Only one of the two players involved with an infraction can make a foul call
- If a foul call is disputed and the two players cannot come to an agreement, the player who allegedly committed the foul will take a shot from the free-throw line. If it goes in, that team gains possession at the free-throw line (the basket does not count towards the final score). A missed basket results in the other team taking possession under their own hoop.
- Remember that games are timed, so it is not worth wasting time arguing over calls.
- During the last 10 minutes of a game (as announced by the designated timekeeper), if the offensive player with the ball is fouled (whether shooting or not), this person has the option of taking the ball at the top of the key (as usual) OR going to the line and shooting one foul shot. If the player elects to shoot a foul shot and it goes in, it is equivalent to one basket. The ball would then be turned over to the team that had originally committed the foul. If the foul shot does not go in, the ball is

live. To avoid defensive players from killing time during the setup for the foul shot, the shooter can attempt the foul shot as soon as the rest of his team is in position for the foul shot (regardless of the position of the defensive players). The foul shooter has a maximum of 20 seconds to take the shot - do not delay the game by taking an unnecessary amount of time.

- **Intentional fouls are not condoned by the league ie. a player is on a breakaway lay-up and fouled purposely from behind. This leads to an unsafe play and is not sportsmanlike and will result in a 1 point and the ball being awarded to the attacking team.**

**Dunking:** If you can dunk, **DO NOT HANG ON THE RIM!** We are responsible for damages at all facilities. In general, not a lot of dunking occurs in our leagues, so please choose your opportunities with safety and sportsmanship as priorities.

### **3. Post-Game – Departure & Score Reporting**

**Departure:** Each week after your game, it is important to leave the court in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.

**Score Reporting:** FCSSC Game Hosts will report the score for each game. Please be sure to inform your Game Host of the game's score before leaving the facility! Scores and standings can be viewed through your account at [www.forestcityssc.ca](http://www.forestcityssc.ca)

### **4. Playoff Games**

**No Ringers:** To play on playoff nights players must have played a minimum of 2 regular season games for that team.

**Substitutes:** A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

**Tiebreaker:** During playoffs, games will be 50 minutes in length in anticipation of extra time to settle a tie. In the playoffs, a game that is tied at the end of regulation time is decided by a three-minute overtime period. If the game is still tied after the overtime, the next basket will win.

**Playoff Matchups:** For more information about playoffs (including details about how matchups are determined), please visit our policies page at [www.forestcityssc.ca/page/policies](http://www.forestcityssc.ca/page/policies)