



Unless otherwise stated, all rules and regulations are in accordance with High School basketball rules (ie. “Federation” Rules)

The changes specific to TRSL 5 on 5 refereed basketball and other highlights are listed below:

TIMING

1. The game will consist of two 23-minute run-time halves with a 2-minute half-time break.
2. “Stop-time” will be played during the final minute of the 1st half; and during the final 2 minutes of the 2nd half if the difference in score is 12 or less.
3. Each team is allowed one 30-second time-out per half (no carry-over).
4. The game clock will start by 2 min. past scheduled start time whether the teams are ready to play or not.

START-UP

5. Each team must have **5 players** on the court to start a game. After the game has started, a team must have a minimum of 3 to continue. A team may not continue to play with fewer than 3 players.
6. At 2 minutes past scheduled start time (s.s.t.), if a team does not have the minimum number of players to start the game then 2 points will be awarded to the opposition. For each subsequent minute past s.s.t. that a team cannot meet the starting requirements, 2 points will be awarded to the opposition. If, after 10 minutes past s.s.t., a team is unable to field the minimum, a default score of 20-0 will be recorded.
7. If the game is tied at the end of regulation time, a 2-minute overtime will be played (stop-time, no timeouts). If the game is still tied at the end of overtime, the game is declared a tie (except in playoffs).

MISCELLANEOUS

8. During free throws, restrictions end on the release of the ball (ie. we play “on the release” not “off the rim”).

CONDUCT / DISCIPLINE

9. A player ejected during a game will receive an automatic minimum one game suspension. Subsequent ejections, history of conduct problems or continued poor behaviour after an ejection may result in further disciplinary action.
10. If a player is consistently receiving technical fouls game after game, they will be spoken to regarding their conduct, given a warning if necessary and suspended if their actions continue.

ROSTERS / ELIGIBILITY

11. A team may have a maximum of 10 players listed on their game sheet.
12. Only eligible players may play for a team. An eligible player is someone who is listed on a team’s roster AND has completed a current TRSL Waiver Form.
13. To be eligible for playoffs a player must have played in a minimum of 25% of a team’s regular season games.

PLAYERS’ EQUIPMENT

14. All players must wear a shirt with a permanent number (no tape). The number must be: different from the numbers of his/her teammates AND a minimum of 4” tall and proportionally wide so as to be easily visible.
15. The colour of the shirt must be the same / similar to those worn by teammates AND different from the colour of the shirts worn by the opponents.
16. One player per team will be allowed to play without a number. They will be listed on the game sheet as “0” or “blank”. If a 2nd player on the same team has no number, they will be allowed to play as “00” and as a penalty the opponents will be awarded 2 free throws. A 3rd such player will not be allowed to play.