



4v4 Co-ed Bootball Rules

Bootball is a combination of Basketball, Football, and Ultimate Frisbee!



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1. Pre-Game – Spirit Points, Equipment, Game Time, Defaults, Fields

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 alright and stop the game to seek appropriate help as required. **THIS RULE SUPERSEDES ALL OTHERS!**

Spirit of the League: The primary focus of the FCSSC is sportsmanship and to have FUN...NOT on competitive and aggressive sport.

Equipment/Set-Up: FCSSC Game Hosts will provide footballs 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. 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 co-ed league, teams on the court are comprised of four (4) players with a minimum of 1 player of the non-majority gender (for example, a team with a majority of male players must have 1 player 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.
- Teams may call a one (1) minute timeout per half if needed, except in the final 10 minutes of play
- A default will occur if any team cannot field a squad by 10-minute after the official start time. A team can play with a minimum of 3 people, as long as gender requirements are still met. Captains may agree to waive rules regarding gender minimums, but this should be decided before the game starts. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

2. In Game – General Rules

General Rules:

- The rules of Bootball are similar to Basketball, except the game is played with a football. However, similar to Ultimate Frisbee, you cannot dribble the ball: no steps with the ball are allowed.
- A player can only hold the ball for a maximum of 5 seconds before making a pass. The opponent counts this time out loud.
- Games begin with a tip-off
- If the ball hits the wall, it becomes 'dead'. The non-offending team gets the ball on the sideline of the foul, and makes a pass into play similar to basketball.
- Players CAN pass back over half once crossing over – no "over and back" fouls
- After a basket, the team that was scored on inbounds the ball under the net (like basketball)
- A 'turnover' occurs whenever the ball hits the ground.
- To score, a team must get the football through the basketball hoop.

- Defensive play is man-to-man only (no zone defense). You can pick up your man anywhere on the court, however double teaming can only be done on your side of half.
- Each basket is worth one point
- 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.
- "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".

Defaults:

- 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 i.e. 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 goes on in our leagues, so please choose your opportunities with safety and sportsmanship as priorities.

3. Post-Game – Score Reporting & Departure

Score Reporting: FCSSC Game hosts will report the score for each game. Please be sure to inform your GH of the game's score before leaving the facility! Scores and standings can be viewed through your account at www.forestcityssc.ca

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 FCSSC members will need to depart the building at that time.

3. 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 are 50 minutes in length to allow extra time in case of a tie. In the event that a playoff game is tied at the end of regulation time, the game will be decided by a three-minute overtime period. If the game is still tied after the overtime, the next basket will win