



**Quebec Basketball League General Regulations
Novice - Mini - Benjamin - Cadet - Juvenile
Season 2023-2024**



General layout

Article 1: The name

The official name is: **Quebec Basketball League (QBL)**

Article 2: Aims and objectives

The circuit aims to develop and promote men's and women's basketball, from novice to juvenile:

1. The age groups for the 2023-2024 season will be :
Benjamin (M-F): athletes born between October 1^{er} 2009 and September 30 2011
Cadet (F): athletes born between October 1, 2007 and September 30, 2009
Cadet (M): athletes born between October 1, 2008 and September 30, 2009
Juvenile (M-F): athletes born between October 1, 2005 and September 30, 2008
(See appendix: Age category - Quebec Basketball League - 2023-2024 Season)

NB: A "mini age" athlete may play on a youth team of an LBQ member club, but a request for exemption must be made to the LBQ commissioner.

2. The LBQ has the following objectives:
 - a. Offer high-quality circuit support;
 - b. To allow, under LBQ conditions, sports-study or sports-concentration programs as well as associative clubs and regional groups, preferably in connection with an existing structure, to join a circuit that extends beyond their local or regional framework;
 - c. Enable participating teams, under LBQ conditions, to play more regularly with teams of equivalent calibre;
 - d. Promote, at the level of each member school or organization, the maintenance or improvement of the caliber of competition and training.
 - e. Promote the implementation of a mini-basketball program;
 - f. Get interested organizations to achieve the level of support they need to join the circuit;
 - g. Attracting the attention of the news media;
3. The number of teams and matches will depend on the number of registrations.
 - a. For Novice and Mini categories: Matches will be held at the home of the local team. However, 3 time slots will be available for events under the same roof (if required)
 - b. For the Benjamin, Cadet and Juvenile categories: the home/away formula will be used.
 - c. For the Benjamin, Cadet and Juvenile categories, dates will be allocated for teams without a home base. This way, they can have their home matches.



Article 3: Head office

The LBQ head office is located at 7665, Boulevard Lacordaire, Montréal (Québec) H1S 2A7, at the Québec Basketball Federation office.

Members

Article 4: Members

4.1 Definition

A member of the LBQ is any school or club which, in accordance with the requirements of the LBQ, joins or maintains its membership status at the league's organizational meetings.

Article 5: Membership procedures

5.1 To join the LBQ, a school or club **duly affiliated with the FBBQ** must comply with the following requirements:

5.1.1 Demonstrate that its goals and objectives are related to those of the circuit.

5.1.2 Mandate a representative of your school or club association to attend official LBQ meetings.

5.1.3. Before an official meeting, send or give to the LBQ commissioner the letter of intent to participate in the LBQ for the following season.

5.1.4 Be represented by your proxy at a general meeting to support your candidacy.

5.1.5 Receiving FBBQ approval

5.2 Maintaining member status

To maintain its membership status, the school or club must comply with the following requirements:

5.2.1 Appointing a representative of your school or club to the LBQ

5.2.2 At the end-of-season meeting, submit the organization's (school or club) commitment form for the next season.

5.2.3 Be represented at LBQ meetings by a proxy.



5.3 Withdrawal of membership or change of representative

To relinquish its membership status, the school or club association must notify the LBQ commissioner of the withdrawal of its organization from the circuit before the date of the annual meeting preceding the season. The school or club must also notify the LBQ Commissioner of any change in its representative.

5.4 Loss of membership status

A school or club loses its membership status if :

- The FBBQ may refuse to maintain the member's status, following various sanctions.
- The latter ceases the participation of one of its teams in LBQ activities before the end of the season.
- He/she has an overdue account(s) with the FBBQ
- He was dismissed by a decision of the FBBQ.

Article 6: Members' privileges

Definition: The privilege is a member's ability to present a team in the LBQ.

Article 7: Membership categories

Benjamin (M-F): athletes born between October 1^{er} 2009 and September 30 2011

Cadet (F): athletes born between October 1, 2007 and September 30, 2009

Cadet (M): athletes born between October 1, 2008 and September 30, 2009

Juvenile (M-F): athletes born between October 1, 2005 and September 30, 2008

(See appendix: Age category - Quebec Basketball League - 2023-2024 Season)

NB: A "mini age" athlete may play on a youth team of an LBQ member club, but a request for exemption must be made to the LBQ commissioner.

Team composition

Article 8: Level of competition

The competition levels offered by the circuit are: Novice, Mini, Benjamin, Cadet and Juvenile.

Article 9: Team

Definition: A team is made up of a head coach, up to two assistant coaches if necessary, and players.



9.1 Sports manager: The sports manager is responsible for the administrative management of his team.

- 9.1.1 He must attend all special meetings called by the Commissioner.
- 9.1.2 He is responsible for registering his team in accordance with the procedure set out in article 5.
- 9.1.3 He must ensure that his team complies fully with the match schedule.
- 9.1.4 He is responsible for notifying the LBQ of any changes to be made to the schedule.
- 9.1.5 He must ensure that at all games, a responsible person known to the circuit, aged 18 and over, sits on the team bench for the duration of the game.
- 9.1.6 He must ensure payment of any fines incurred by his team.
- 9.1.7 In the event of a protest, he must ensure that the prescribed procedures are followed.

9.2 The coach: The coach is responsible for the sports management of his team.

- 9.2.1 It is **mandatory to** have at least one **active coach of the same gender on** each team's coaching staff.
- 9.2.2 A coach must attend all special meetings and training sessions called by the steward. Failure to do so may result in relegation.
- 9.2.3 A coach may have a maximum of two assistants.
- 9.2.4 During a match, a coach must have in his possession the team's player identification sheet, duly approved by the LBQ.
- 9.2.5 A coach must lead his team during the match.
- 9.2.6 A coach is responsible for the application of LBQ technical regulations.
- 9.2.7 A coach is responsible for his own behavior, that of his players, that of team attendants and that of spectators during games (in the event of non-compliance, suspensions will be considered). Any coach ejected during a game is automatically suspended for the next regular game on his team's schedule; however, the manager or sports director of the team whose coach has been so suspended may appeal to the commissioner within twenty-four (24) hours of the game in which the suspension occurred.



- 9.2.8 The coach is responsible for ensuring that the premises and equipment made available to his team are left in good condition (in the event of non-compliance, the costs incurred will be paid by the guilty team's organization and a reassessment of the case will be scheduled at the next official meeting).
- 9.2.9 Before the start of the match, a coach may ask the competition site manager to check the identity of one or more players from the other team.
- 9.2.10 A coach who believes his team has been wronged in an LBQ match may lodge a protest in accordance with the procedures laid down.
- 9.2.11 A coach who has taken part in a match during which situations have arisen that do not comply with LBQ rules, the proper conduct of the match or sporting ethics, must report the matter in writing to the commissioner.
- 9.2.12 The head coach must preferably hold an NCCP "Train to Train" level.

9.3 A player: any student-athlete, high school student or member of an associative club recognized by the FBBQ.

- 9.3.1 A player must provide LBQ with proof of age.

NB: A "mini age" athlete may play on a youth team of an LBQ member club, but a request for exemption must be made to the LBQ commissioner.
- 9.3.2 The player's full name, date of birth and school of origin must appear on the registration form for the current season, duly signed by the team manager. All players must also provide a photo on which the # of the jersey and the athlete's face are visible.
- 9.3.3 A player must play to the best of his ability, respecting the rules of the game, the opponents and the match officials (in the event of non-compliance, suspensions will be imposed).
- 9.3.4 A player ejected from a game for a disqualifying foul will be automatically suspended for his team's next regularly scheduled game. An appeal may be lodged, by the manager or sports manager, within twenty-four (24) hours of the disqualification.
- 9.3.5 A player who incurs a second suspension may be suspended for the remainder of the season and must appear before the commissioner before being allowed to play again in the LBQ or in a league sanctioned by the FBBQ.
- 9.3.6 For Novice and Mini categories: Only registered players whose names appear on the entry form before **January 31st of the current season** will be eligible to take part in the playoffs.



- 9.3.7 For the Benjamin, Cadet and Juvenile categories: a player who has taken part in at least sixty percent (**60%**) of his team's regular schedule matches is eligible to take part in the playoffs.
- 9.3.8 For Benjamin, Cadet and Juvenile categories: Final changes to the list of players must be made no later than the Friday before the block of matches that ensures new players play 60% of their mandatory matches in order to participate in the playoffs.

Player membership

Article 10: Membership

10.1 Membership

Any player registered by one of the teams of an LBQ member school or club is deemed to "belong by right" to that school or club for the duration of the season.

School: A school team registered in the LBQ must field a roster made up of players who all attend the same institution.

Club association: A club team registered in the LBQ must field a line-up composed of players who are duly affiliated with the club association, which is sanctioned by the FBBQ.

NB: Each school playing in the LBQ **must** have a team playing in the same level in the RSEQ.

10.2 Athletes in clubs and schools

- 10.2.1 An athlete may play for 2 different entities (school and association) within the Quebec Basketball League provided the following points are respected:
- 10.2.2 The 2 entities must agree to allow the athlete to play on 2 different teams.
- 10.2.3 It is compulsory for the athlete to play in 2 different categories and therefore the athlete is automatically upgraded in one of the 2 entities.
- 10.2.4 Only a single upgrade will be accepted: from benjamin to cadet or from cadet to juvenile.



- 10.2.5 The athlete may play a maximum of 2 matches per day (**safety regulations**).
- 10.2.6 In the Benjamin, Cadet and Juvenile categories, the line-up is made up of a minimum of 10 names and a maximum of 15 names: to qualify for the upgrade of 1 athlete, the line-up should include a maximum of 14 names and to qualify for the upgrade of 2 athletes, the line-up should include a maximum of 13 names.
- 10.2.7 In order to participate in the playoffs, the athlete must have participated in 60% or more of the regular season matches. This athlete may participate in only 1 championship.

10.3 Athlete upgraded within the same organization:

Only a **simple upgrade** may be carried out. An athlete may be upgraded provided the following points are met:

- 10.3.1 Novice to Mini or Mini to Benjamin:

Permanent upgrade - Novice to Mini or Mini to Benjamin:

A Novice player could play as a Mini and a Mini player could play as a Benjamin. This **permanent upgrade is** limited to a maximum of 2 Novice or Mini athletes. The youngster in question will no longer be able to play in the lower category of the Quebec Basketball League.

Temporary upgrade - Novice to Mini or Mini to Benjamin:

For association clubs, a Novice player can play as a Mini and a Mini player can play as a Benjamin. This **temporary upgrade is** limited to a maximum of 3 games per Novice or Mini athlete. Thereafter, the Novice or Mini athlete will be officially considered on the team's roster in the higher category, and consequently the limit of 2 upgraded players should be respected. The youngster in question will no longer be able to play in the lower category of the Quebec Basketball League.

- 10.3.2 Benjamin to cadet or cadet to juvenile:

Permanent upgrade - Benjamin to cadet or cadet to juvenile:

An organization may upgrade as many players as the line-up allows and as long as the simple upgrade rule is respected.

Temporary upgrade - Benjamin to cadet or cadet to juvenile:

- a. Upgraded athletes may play a maximum of 2 matches per day (**safety regulations**).



- b. A maximum of two (2) athletes per match may be upgraded during all regular season matches.
- c. The line-up is composed of a minimum of 10 names and a maximum of 15 names: to upgrade one (1) athlete, the line-up should contain a maximum of 14 names and to upgrade two (2) athletes, the line-up should contain a maximum of 13 names.
- d. All team members in the lower category may be transferred to the upgrade. There is no minimum or maximum number of players.
- e. In order to participate in the playoffs, the upgraded youngster must have played in 60% or more of the regular-season games.

10.4 Team registration.

- 10.4.1 A player is duly registered for the team with which he wishes to play if his name appears on the Athlete Commitment Form duly completed and submitted to the LBQ by the manager or sports manager of the team concerned.
- 10.4.2 The team manager or sports director must ensure that the LBQ receives an initial athlete commitment form containing the minimum number of players required no later than the Friday before the first regular season game. Failure to do so will result in the team losing its first match by default.
- 10.4.3 In the case of a player addition, if space is still available, the original athlete commitment form should be completed and returned to LBQ no later than the Friday before the next match.

10.5 In the Novice category: The minimum number of players to be registered is eight (8). The maximum number of players is twelve (12).

10.6 In the Mini category: The minimum number of players to be entered is eight (8). The maximum number of players is twenty (20). However, a maximum of 15 players per match may be in uniform (on the match sheet).

10.7 In the Benjamin, Cadet and Juvenile categories: The minimum number of players to be registered is ten (10) and the maximum is fifteen (15).

Match

Article 11: Match

11.1 Definition



An LBQ match in the Novice and Mini categories is played between two teams accompanied by a manager and is officiated by one or two major and two minor officials.

An LBQ match in the Benjamin, Cadet and Juvenile categories is played between two teams accompanied by a manager and is conducted by two major and three minor officials and filmed by a cameraman.

- 11.1.1 A team must have access to a dressing room and a warm-up area prior to the match.
- 11.1.2 A team has fifteen (15) minutes from the scheduled start time before the referee declares that the other team has won by forfeit.
- 11.1.3 A team benefits from a minimum warm-up period of ten (10) minutes, up to the scheduled time of the next game, as identified on the LBQ season calendar. If a team is late, the warm-up time is reduced. Games must start on time.
- 11.1.4 For Novice and Mini categories: A team must attend a match with a minimum of eight (8) players duly registered and available before the start of the match. For the Benjamin, Cadet and Juvenile categories: A team must attend a match with a minimum of five (5) players duly registered and available before the start of the match.
- 11.1.5 A team must complete a match. If it fails to do so, the team will be fined \$100 (Novice and Mini categories) and \$400 (Benjamin, Cadet and Juvenile categories). For a second infraction, the team will be disbanded.
- 11.1.6 If a team feels aggrieved, it may lodge a protest in accordance with the following procedure:
 - The coach signs the game sheet in the appropriate place.
 - Within seventy-two (72) hours of the end of the game being protested, the manager or person in charge of sports sends an e-mail to the commissioner with the content of the protest. A certified copy of this e-mail must be sent to the manager of the other team involved;
 - The protest is submitted to an FBBQ committee.
 - The committee's decision is final.

11.2 Major officials

- 11.2.1 A LBQ game is officiated by one (1) major official in Novice (A-AA) and Mini (A) and is officiated by two (2) major officials in Mini (AA), Benjamin, Cadet and Juvenile. Officials must arrive at least 30 minutes before the start of the game.
- 11.2.2 If one of the two assigned officials is absent, the match is played by a single official.



- 11.2.3 A major official may report any event on the back of the game sheet.

11.3 Minor officials

- 11.3.1 For Novice and Mini categories: The proper conduct of a game requires the presence of two (2) minor officials (scorekeeper and timekeeper) with the knowledge and sufficient experience to assume their role. For the Benjamin, Cadet and Juvenile categories: The proper conduct of a match requires the presence of three (3) minor officials (scorekeeper, timekeeper and a 24-second operator) with sufficient knowledge and experience to assume their role.
- 11.3.2 Minor officials must be present at the officials' table located in the center of the field between the two teams at least ten (10) minutes before the scheduled start of the match.

11.4 Match duration

For Novice and Mini categories: Matches are of 4 quarters of 8 minutes each, timed with participation rules (***see appendix: Specific rules for Novice / Mini***).

For Benjamin, Cadet and Juvenile categories: Matches are 4 quarters of 10 minutes each, timed. FIBA regulations.

Half-time is 5-7 minutes, at the discretion of the referees who will take into account the pace of the game. The break between the 1^{er} / 2^{ème} quarter and the 3^{ème} / 4^{ème} quarter is 1 :30 minutes.

In the event of overtime, the break between regular time and overtime is 1:30 minutes. The duration of overtime will be two (2) timed minutes without time-outs.

In the event of a second overtime, following an intermission, the first basket will decide the winner.

Season

Article 12: Season

12.1 Timetable

For all categories, the calendar begins with the FBBQ Fall Festival (October 20-22, 2023).

For the qualifiers :

Novice / Mini: March 16-17, 2024

Benjamin, Cadet and Juvenile: February 17-18, 2024

12.2 Number of team matches



The number of regular-season games for a team will range from ten (10) to fourteen (14), depending on the category.

12.3 Schedule changes

- 12.3.1 The only valid reason for modifying the established schedule is the physical impediment for a team participating in a match to have access to or reach the competition site without endangering the lives or safety of team members.
- 12.3.2. In this case, the manager or sports director of the team requesting the schedule change must notify the other team involved and the LBQ as soon as possible. The late team will forfeit the match unless the 2 teams agree to replay the match.

Ranking

Article 13: Classification

For ranking purposes, at any time during the season, team rank is determined by taking into account the following factors:

- The number of victories obtained during the entire season.
- If there is a tie between two or more teams: the greatest number of wins against the team or teams in question will determine the ranking.
- If there is still a tie: the highest quotient of points for/points against in the matches played by the teams concerned will determine the final ranking.
- If the tie still persists: the highest quotient between points for/points against in all matches played by the teams concerned will determine the final ranking.

For the Novice and Mini categories, the ranking will also take into account "bonus points" for participation in matches (*see appendix: Specific rules for Novice / Mini*).

Article 14: Playoffs

14.1 To be eligible for the playoffs in the Novice and Mini categories: Only registered players whose names appear on the registration form before **January 31st of the current season** will be eligible to participate in the playoffs.

14.2 To be eligible for the playoffs in the Benjamin, Cadet and Juvenile categories: only a player who has taken part in at least sixty percent (60%) of his team's regular schedule games is eligible to participate in the playoffs.

- Any injured or ill player may take part in the playoffs, provided that the number of games he played plus the number of games he was absent from (due to injury or illness), covers the period stipulated in article 14.2; The player must submit to the LBQ, within 30 days of stopping playing or the time of his injury



or illness, a medical certificate attesting to the nature of the injury or illness and the length of inactivity recommended for recovery.

- In the case of a match won by forfeit (20-0), the players entered on the score sheet will be deemed to have taken part in the match.

14.3 The playoff format is single elimination, with the exception of Novice A and Mini A, who will play 2 matches.

14.3 The heats will take place over 2 days:

Novice / Mini: March 16-17, 2024

Benjamin, Cadet and Juvenile: February 17-18, 2024

Final provisions

Article 15: Fees

Each team must ensure that it has duly paid the LBQ fees. Payment must be made by cheque to the Fédération de Basketball du Québec or by bank transfer. The total amount must be paid within 30 days of receipt of the invoice. Failure to do so will result in the team's ineligibility to participate in the LBQ.

Article 16: General provisions :

For any document that must be sent to the league within a time limit set out in the rules, the date on which the postmark or e-mail is sent will be taken as proof that the said time limit has been met.

Article 17: Rules of the game

The only game rules recognized by the LBQ are those approved by the International Federation of Amateur Basketball (FIBA) with a few adaptations (***see appendix: Specific rules for Novice / Mini***).

Article 18: Coaches' dress code

For the entire season, the dress code will be enforced for all coaches, whose primary aim is to reflect an image of excellence that lives up to the reputation of the circuit and the sport. Accepted: Wearing a polo shirt (team colors) or clean shirt (tie of choice), clean pants, clean shoes or running shoes. The following are forbidden: caps, T-shirts, jeans, sports shorts, tracksuits, etc.

Article 19: Athletes' dress code

Participating teams should **ideally** have two distinct uniforms of different colors: a light-colored uniform and a dark-colored uniform.



The schedule will dictate who will be the home team (light color) and who will be the visiting team (dark color).

In the playoffs, the team with the best record will be considered the home team.

Article 20: Sanctions / Athletes

Technical, disqualifying and unsportsmanlike faults will be compiled over the course of the season and sanctions applied:

Technical faults :

2^{ème} technical foul = 1 match suspended (next match on the calendar)

3^{ème} technical foul = 2-match suspension (next 2 matches on the calendar)

4^{ème} technical fault = suspension for the rest of the season.

Disqualifying fouls :

1^{ère} disqualifying foul = 1 match suspension (next match on the calendar)

2^{ème} disqualifying fault = suspension for the rest of the season.

Unsportsmanlike fouls :

2^{ème} unsportsmanlike conduct = 1-match suspension (next match on the calendar)

3^{ème} unsportsmanlike conduct = 2-match suspension (next 2 matches on the calendar)

4^{ème} unsportsmanlike conduct = suspension for the rest of the season.

In the event of an athlete's suspension, she may accompany her team but may not be in uniform and may not take part in the warm-up.

Article 21: Sanctions / Coaches

The suspended coach may not be in the gymnasium area during the suspended game, nor have verbal or visual contact with his team.

Article 22: Unjustified absence or forfeit of a team

All teams are required to attend scheduled matches. Any unjustified absence or forfeit will result in a fine of \$100 (Novice and Mini categories) and \$400 (Benjamin, Cadet and Juvenile categories) in addition to the loss of the match by a score of 20-0 and the loss of one (1) point in the standings.

However, exceptions may be made for uncontrollable reasons (road accidents, weather conditions, etc.).

Article 23: Video

For the Benjamin, Cadet and Juvenile categories, all matches will be filmed and the videos uploaded to an online platform (choice of software to be announced) within 72 hours.



Article 24: Prices and banners

All participants in the Novice and Mini categories will receive a certificate of participation in the LBQ season.

For the Novice AA, Mini AA, Benjamin, Cadet and Juvenile categories: the champion team of the Novice AA, Mini AA final and of the first Benjamin, Cadet and Juvenile "Élite 8" will receive a permanent banner: "Champion Ligue Basketball Québec".
Medals = gold medals (to members of the first-ranked team), silver medals (to members of the second-ranked team).

In the Benjamin, Cadet and Juvenile categories: For team pools ranked 9 and over, the winner will receive a permanent "Group Winner ..." banner. There will be no medals.

Article 25: Sports ethics

Carefully follow the coach's and athlete's code of ethics. Any breach of the code of ethics may result in sanctions.