

FREDCOM Basketball

Competition Rules and Regulations



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1. Foundation and purpose

FREDCOM Basketball League (FREDCOM) was created to achieve and promote community connectivity of individuals through a social sporting basketball league.

The purpose of FREDCOM is to provide and encourage individuals within the Canberra community to participate in a friendly, yet exhibitionist style competition of basketball, whereby players are encouraged to display good sportsmanship alongside competitive skills.

FREDCOM endorses individuals, players and teams with spirit, passion and all-round positive attitudes towards the great game of basketball.

2. Competition Structure

- 2.1 The official rules and regulations of FREDCOM are adopted from the [FIBA](#) Rules. This document contains the additions, amendments and exceptions as determined by members of the FREDCOM committee.
- 2.2 FREDCOM will be organised and managed by the FREDCOM Committee, who will decide on matters which may fall outside the scope of the written rules and will advise the competition participants accordingly. The FREDCOM committee can be contacted if clarification is required for any of the rules and regulations outlined in this document at contact@fredcombasketball.com.au
- 2.3 For items that are not covered by this rulebook and are outside the immediate domain of basketball, guidance will be through [Common Law and Corporations Law](#) as applicable within Australia.
- 2.4 FREDCOM's competition is composed of two leagues: League A; and League B. FREDCOM's Committee members will use their discretion upon receiving any and all team registration and nomination forms in determining which teams are approved to play in the two league divisions.
- 2.5 FREDCOM is an invitation only competition therefore FREDCOM reserves the right to refuse inclusion of any player(s) or team(s). A player or team may also lose eligibility or be excluded for a given game, or number of games, or period of time. For example: a suspension.
- 2.6 While there is no age requirement for FREDCOM, any participants under the age of 18 must have written permission/consent from their parent(s) or legal guardian(s) before they are permitted to participate in the FREDCOM competition. Females?

- 2.7 All participants must be physically and medically fit to participate in sporting activities with no pre-existing medical conditions/issues or injuries. Full disclosure regarding any pre-existing illness, medical condition or injury is required upon player and team registration. FREDCOM is unable to provide any medical advice or approval to an injured player to continue playing whilst injured, this should be consulted with a medical practitioner.

3. Standings & Playoffs

- 3.1 Teams will be awarded the following competition points:
- i. Three (3) points for each game won;
 - ii. Two (2) points for each game drawn
 - iii. One (1) point for each game lost;
 - iv. One (1) point for a game lost by default; and
 - v. Zero (0) points for forfeits Rule
- 3.2 Other competition points may be assessed for reasons outlined in the document, along with minus three (-3) competition points for failure to provide a representative at the FREDCOM AGM.
- 3.3 At the end of the regular season, team standings will be determined by the number of competition points awarded throughout the season and if teams are equal on competition points then their ranking will be based on the following factors:
- i. team that won the series between those teams (calculated by the number of competition points awarded in games between the teams);
 - ii. if teams are equal W/L in head to head then points differential between those games will determine the standings;
 - iii. number of technical fouls
 - iv. The above will continue to apply to all instances where more than two teams are equal on competition points.
- 3.4 The Playoffs and Finals structure will be determined by the FREDCOM Committee based on the number of teams participating in each league. The structure and schedule will be released to players as soon as practicable during the season.

4. Team Uniforms

- 4.1 Teams are to wear uniforms consistent with the requirements of the FIBA Official Basketball rules.
- 4.2 If two teams have very similar coloured uniforms and this makes it hard to officiate the game, the team with less tenure in the league is to wear a alternate uniform. If teams have the same tenure, then the court manager will select the team required

to wear alternate uniforms. It is each individual team's responsibility to arrange alternate Uniforms before turning up to the game.

- 4.3 The referee shall not permit any player to wear equipment which in his or her judgement presents as dangerous to other players or oneself:
- i. shorts with pockets;
 - ii. guards;
 - iii. any jewellery.
- 4.4 Teams have until round ten (10) of the FREDCOM season to comply with uniform requirements before penalties are applied. This grace period does not apply to rule 4.3 (above).
- 4.5 Teams that fail to comply with uniform rules will receive five (5) game points penalty per player. Therefore, if you have two players not in Uniform, the opposing team will start the game with ten (10) points. This includes but is not limited to:
- i. No numbers on the front and/or back of the jersey;
 - ii. Two players on the same team wearing the same number;
 - iii. Jersey being worn inside out as '00';
 - iv. Not an identical matching jersey to the rest of the team.

5. Team / Player Eligibility

- 5.1 Teams must complete and submit a designated FREDCOM Team Nomination Form, available through the FREDCOM website or from the FREDCOM committee. Each player that participates in the game must read the following FREDCOM Game Rules and Regulations outlined in this document, including all agreements within the FREDCOM Team Nomination Form. It is the Team Captain's responsibility to ensure this occurs and that each player participating with the team is aware of the competition's rules and regulations.
- 5.2 Each nominated team roster can have up to a maximum of fifteen (15) players and must have a minimum of seven (7) players. Teams are only permitted to play ten (10) players during regular or playoff games.
- 5.3 A player may only be Registered for one (1) FREDCOM team in one (1) league at a time during a season. A player is considered Registered for a team upon playing their first game for that team.
- 5.4 Players must play a minimum of ten (10) regular season games with one (1) team in a FREDCOM competition season to be eligible to play in a season's playoff games.

- 5.5 A player who is released by the team's captain is permitted to join another team in the same division. That player is no longer eligible to return to the original team during the season. If a player is released and joins another team, their game count for the season is reset to zero.
- 5.6 FREDCOM League B teams are not permitted to have any Premier or Elite Players in their teams, refer to definitions. There will not be an exception to this rule.
- 5.7 FREDCOM League A teams will be permitted a maximum of two (2) Premier League Players in each team, refer to definitions. There will not be an exception to this rule.
- 5.8 No Elite Players will be permitted to participate in the FREDCOM competition to keep the competition fair and balanced, refer to definitions. There will not be an exception to this rule.
- 5.9 Where a player is unable to take part in the game, attendance on their teams' bench will count toward a player's qualifying games. This rule is designed to reward players who are committed to FREDCOM and their team. "In attendance" players must report to the duty bench to ensure this is marked on the score sheet. Scheduled byes, including Court Manager duties, do not count towards a player's qualifying game total. This rule is only available to Registered Players and not Fill-Ins.
- 5.10 Any team who if found to be playing with an unregistered player for any game will result in a forfeit, regardless of the result, and the non-offending team will receive points for a won game.

6. Fill-in Eligibility

- 6.1 A Fill-In is defined as Player(s) not registered on a team's roster. They are subject to the same rules and regulations as Registered Players.
- 6.2 Any team who wishes to have a fill-in player for a week must register the new fill-in player prior to the commencement of the game. Fill-in players can be registered by sending the players full name, date of birth and home address to the following email address: contact@fredcombasketball.com.au.
- 6.3 No registered FREDCOM League A player is permitted to Fill-In for a FREDCOM League B team. Any breaches of this rule are considered a forfeit by the offending team and will result in the loss of one (1) competition point.
- 6.4 Premier League and Elite Players will not be permitted to fill-in at any time during the competition.

- 6.5 An individual player from the FREDCOM B-League competition will be permitted to fill-in for a maximum of eight (8) A-League games.
- 6.6 Any breaches of Fill-in players will result in a forfeit game, in addition to any other penalties specified.

7. Game Rules and Procedures

- 7.1 Playing time for all games will be four (4) x 10-minute quarters with a running clock. The last two (2) minutes of each game will be fully timed, where the clock is stopped for;
- i. every stoppage in play; where the whistle is blown by the referee
 - ii. after every made basket and until the ball is back in play
 - iii. during time-outs
- 7.2 In between each quarter, a one (1) minute intermission will occur, and for half time a three (3) minute intermission will occur.
- 7.3 There will not be a stopped clock if there is a difference greater than 15 points between the teams in the final two (2) minutes of the fourth quarter.
- 7.4 A timeout can be called on live ball situations at any given time during the game by the offensive team, only by the person with possession of the ball. This must be signalled to the referee. The clock will stop with the duration of stoppage to be (1) minute.
- 7.5 All other timeouts must be called through the table officials and can be granted on dead ball situations or where there is a stoppage in play. A timeout in a dead ball situation can be called by either team if they are entitled to a timeout.
- 7.6 An official's timeout can be called by the referee/s or Court Manager at any time during the game. This can be used to sort out any technical matter or to assist in player safety, e.g. assisting an injured player off the court.
- 7.7 In FREDCOM the shot clock will actively operate. The shot clock is to run for and provide a team with twenty-four (24) seconds of ball possession. Every time that ball possession changes between the teams playing, the shot clock is to be reset. If the shot clock of 24 seconds expires the duty team is responsible for alerting the referee to ensure that a change of ball possession occurs. The shot clock will be reset to 24 seconds when the ball hits the ring as well as when a team foul or violation occurs.
- 7.8 Overtime will be of three (3) minutes duration, with full running clock until the final minute. The last minute of overtime is fully-timed, regardless of the score difference.

- 7.9 There are no possession arrows in FREDCOM and Jump Balls will be in place. The start of the game will be determined via jump ball at the middle of the court. Any held ball situations or interruptions on play, including where a ball is stuck on the ring, will be decided via a jump ball either at the middle of the court or at the foul line closest to where the play was disrupted.
- 7.10 Ball possession at the start of the second quarter is given to the team with the iPad to the left of the referee when facing the bench from centre court. The start of the third quarter is decided once again via a jump ball in the middle of the court. At the beginning of the fourth quarter, possession is given to the opposite team whom started the second quarter.
- 7.11 Each team is entitled to two (2) timeouts per half. Timeouts can only be carried forward for each half. For example, if a team has not used their time out in the first quarter, they can use both in the second quarter, but they cannot carry forward any unused timeouts in the second half (third or fourth quarter).
- 7.12 There are no timeouts permitted in Overtime during the regular season. For Semi-Finals & Finals, FREDCOM will allow each team one (1) timeout per Overtime. No unused timeouts from regulation can be carried forward to overtime.
- 7.13 One and One free throws will be used when a team has accumulated five (5) team fouls within one (1) quarter; where the player that is awarded the free throws must make the first free throw in order to attempt their remaining shot(s). Where there are ten (10) fouls accumulated for one team within a half, two free throws are awarded regardless if the first shot is made.
- 7.14 Four points will be awarded to a team for successfully scoring a field goal from beyond half court (in the offensive teams back court). The score will be recorded as a three (3) point field goal plus one (1) point.
- 7.15 Statistics for players will be kept and published by the FREDCOM Committee. Statistics for fill-in players may or may not be taken into account for league- leader statistics, recognitions or awards. FREDCOM may impose a limit on the number of games participated before publishing statistics. FREDCOM reserves the right to make corrections to any Statistics gathered and published.

8. Duty Responsibility

- 8.1 At least five (5) minutes before the scheduled game starting time, each participating team captain shall supply or confirm with the duty officials:
- i. Name and number of each team member who may participate in the game; and

- ii. Any changes to the registered Team Captain for the game.
- 8.2 All teams must be prepared to provide a minimum of four (4) bench representatives for every game the team is rostered for duty. Failure to comply, or to perform the Duty to a satisfactory level, will result in three (3) competition points deduction from the team. This will be determined at the discretion of the FREDCOM Committee.
- 8.3 Duty teams are required to accurately complete and operate the scoreboard, shot clock, two iPad devices to record team statistics and game score.
- 8.4 Teams on a scheduled bye week will be required to provide one (1) team representative to perform as assistant to FRECOM court manager. Teams who fail to provide a representative will result in three (3) competitions points deduction from the team.

9. Sin Bin

- 9.1 A player who receives a technical foul will incur a two (2) minute 'Sin Bin' and must return immediately to the bench from active game play. No substitutions can be made for the player(s) receiving a sin bin penalty. The team with the player in the sin bin is only permitted to have four (4) players on the court for the duration of the penalty.
- 9.2 The two (2) minute penalty will begin after the ball has been inbounded to resume play. This is after the technical free throws.
- 9.3 The referee and the team captain is responsible for removing the offending player from the court. The Duty team is responsible for timing the two (2) minute 'Sin Bin' and informing the team captain and referee once the two (2) minutes has passed.
- 9.4 A player in the 'Sin Bin' will be permitted to return to playing when two (2) minutes of game time has passed. The 'Sin Bin' player can return via the normal substitution procedure or when the opposing team has scored. The team shall notify the referee and the game will be stopped to allow the 'Sin Bin' player to re-enter the game.
- 9.5 All Bench Technical Fouls will be recorded against the specific offending player. The Technical Foul will be recorded against the Team Captain if no player is specified. Automatically subject to review, any team that has two (2) Bench Technical Fouls recorded in one game, will forfeit the game. Any team that accumulates more than five (5) bench technical fouls in a season will forfeit two (2) competition points per technical foul thereafter.

- 9.6 A team that receives a bench technical foul is required to nominate a player currently on the court to serve the 'Sin Bin' penalty. The captain shall notify the bench and referees of the nominated player to serve the 'Sin Bin' penalty.
- 9.7 In a situation where a fight has arisen; substitutes, excluded players or team followers who leave the team bench area, or during any situation that may lead to a fight (clearing the bench), shall be issued a disqualification foul resulting in ejection from the game and stadium.

10. Automatic Suspensions

- 10.1 If an individual player receives five (5) technical fouls during the season, they will be suspended for the remainder of the season, also subject to review by the referees and committee members.
- 10.2 If a player accumulates a total of two (2) technical fouls in two (2) consecutive games, an automatic suspension of one (1) game will apply.
- 10.3 An accumulation of two (2) technical fouls, or one (1) disqualification, during one (1) game, an automatic suspension of one (1) game will apply.
- 10.4 Any player who receives a technical or disqualifying foul while representing FREDCOM in a tournament or other official event will receive an automatic suspension for one (1) game.
- 10.5 Any imposed suspension still left to be served at the conclusion of the FREDCOM season will be carried over to the following FREDCOM season. There are no exceptions to this rule.
- 10.6 In the event of a player receiving a suspension, the FREDCOM Committee reserves the right to impose any additional consequences that is deemed necessary; for example, not allowing the offending player to attend the stadium during a suspension to watch a game.
- 10.7 A player shall not use unsportsmanlike tactics which may include but are not limited to:
- i. Disrespectfully addressing, contacting or gesturing an official;
 - ii. Using profanity to players, officials and spectators;
 - iii. Baiting an opponent or obstructing their vision by waving hands near his or her eyes;
 - iv. Climbing on a team-mate to secure greater height to handle the ball;
 - v. Knowingly attempting a free throw, to which the player was not entitled to by switching players. This is only allowed where the player through injury is

unable to take the shots. If the injured player has a substitute, he/she will take the free throws. If there are no substitutes available, the Team Captain must nominate who will take the free throws; and

- vi. Shouting or clapping to distract a player during their act of shooting, during ordinary game play and or during a foul.
- 10.8 If an individual player accumulates five (5) or more technical fouls in a season, they will be placed on a 10-game probation for the next season. Should the player be awarded another technical foul within their probationary period, they will be disqualified for the remainder of the season or face a disciplinary committee to decide on disqualification.
- 10.9 The FREDCOM Committee has a zero-tolerance policy regarding unsportsmanlike behaviour and may initiate an investigation after a game has concluded, where an incident is reported to the FREDCOM Committee. All reports will be managed through the FREDCOM Committee.

11. Competition Penalties, Forfeits and Defaults

- 11.1 A team is considered at default when one of the following conditions is met:
- i. A team has three (3) or less active players on the court. A team must start the game with at least four (4), and the game cannot continue if the team has fewer than three (3) active players on the court; or
 - ii. A team plays a disqualified player or player that results in a breach of Team/Player Eligibility, regarding player eligibility.
- 11.2 In any default situation, the team will incur a competition/game loss with the opposition recorded as the winner, regardless of the game result.
- 11.3 A forfeit will be deemed to occur when one of the following conditions is met:
- i. A team is considered un-financial;
 - ii. A team is unable to have four (4) active players on the court at the start of the game, and by the time the first quarter ends;
 - iii. the bench receives three (3) technical fouls;
 - iv. or other circumstances as determined by the FREDCOM Committee.
- 11.4 The forfeiting team will record a forfeit loss and the opposition is recorded as the winner, regardless of the game result.
- 11.5 Any team that forfeits a game will incur a \$100 penalty. This penalty will be used to reimburse the opposing team for the loss of a game.

- 11.6 In instances where a game is forfeited, all Registered Players on the winning team will be considered to have been “in attendance” for the purposes of qualifying games.
- 11.7 Minus three (-3) competition points for team who do not provide a representative at the FREDCOM AGM.
- 11.8 Minus two (-2) competition points for bench technical fouls received after accumulating more than five (5) bench technical fouls in a season.

DEFINITIONS

Refer [FIBA Rules](#) for official basketball rules, regulation and definitions. the below terms are the additions/addendums for the FREDCOM Basketball League's Rules and regulations.

Elite Players: A player who played three (3) games with the ACT Premier League division one (1), Waratah, SEABL, ABA, SBL or equivalent league in the past thirty-six (36) months. The classification always applies and can result in players losing eligibility to participate in FREDCOM.

NOTE: Queanbeyan Yowies and Canberra Gunners Academy Players who play in the NSW State League will be considered an Elite Player.

FREDCOM Committee: The group of administrators establishing the competition, although the members can potentially change.

Premier League Player: A player whom plays in three (3) games for a Basketball ACT Premier League division two (2) team(s) in the past thirty-six (36) months. The classification always applies and can result in players losing eligibility to participate in FREDCOM.

NOTE: This ruling does not apply to Basketball ACT's Summer Slam and Summer Open Competitions.

Sin Bin: a penalty area where player(s) serve the time of a penalty given by a referee for an offence not severe enough to merit ejection from the game

Un-financial: Is a term that applies to a player or team, who has failed to meet their financial obligations to FREDCOM.

ANNEXURE A

COURT MANAGER RESPONSIBILITIES

Background

Court manager/s have the responsibility to ensure that the games run smoothly from an administrative point of view. Where the referees, or referee manager, are not in a position to make a firm decision in any given situation, or where the mistake was made by the table Officials / Bench Duty, (e.g. time left on clock), the court manager/s have the deciding power. FREDCOM Committee Members and/or a FREDCOM Team Captain can be assigned as Court Manager. The Court Manager is responsible for sorting out matters not clearly articulated in the rules and regulations. If necessary, matters will be forwarded to the FREDCOM Committee for consideration.

Key Responsibilities:

- A. Facility Management;
- B. Game Set-up;
- C. Bench QA;
- D. Refereeing;
- E. First Aid (Limited);
- F. Incident Management;
- G. Clearing the Venue

FREDCOM will also nominate a committee member who will be present on the night as the first contact for any additional questions/issues etc.

Facility Management

- Court Managers should arrive at the courts as early as possible (at least 5-10 minutes before first game);
- Familiarise yourself with the Venue, e.g. lights, ice, toilets;
- Make sure the courts have good lighting and there are no obstacles on the court or immediate area, e.g. baseline, bench.
- Ensure all scoreboards and shot clocks are connected and working.

Game Set-up

- Familiarise yourself with the game schedule so that you have an idea of which teams are playing on which courts and which teams are on bench Duty.

- A copy of the referee roster can also be made available, please see a Committee Member for details. This how you know who has been scheduled to referee on which court including duty referees. Please note that referees are paid in cash on the night.
- Each round, a member of the FREDCOM Committee will bring the FREDCOM game bag which contains most of the required equipment for the night.
- Scoresheets and stat sheets will be printed by one of the FREDCOM Committee members and will be handed to you for distribution to the relevant courts. If there is an issue with this, there will be blank sheets in the FREDCOM gamebag.
- The FREDCOM gamebag will have pens, spare whistles and game balls. The bag is usually placed near the score bench on Court 1.
- Court Managers are responsible for distributing the game balls, scoresheets and pens to each court and ensuring that games can get underway on time
- It is recommended that you assign/place the scoresheets and pens in the relevant courts as soon as you are able to, not just for the first game but for subsequent games. This way, the bench Duty can also update their game sheets prior to the game.
- Court Managers may also be asked to assist with bench Duty to help out where there is a shortage. Each game should have a total of four (4) people performing bench Duty (three [3] for Division 3 games).
- At the end of each game: 1. Collect the stat sheets and scoresheets for each game.

Clarify any obvious anomalies and ensure that the sheets are easily understood and MVP votes have been distributed correctly.

Put aside completed scoresheets and stat sheets. This is to be given to one of the FREDCOM Committee Members for input into our system, e.g. stats, box score, etc. at the end of the evening.

Bench QA:

- Familiarise yourself with the scoresheets and stats sheets and how to do bench Duty. One of your key roles is to provide guidance and control on the quality of bench Duty.
- Make sure team captains are marked and team line-ups confirmed on the scoresheets before the start of the game, e.g. absent players are crossed off. If a player is injured but present, please make sure this is noted as an 'in

attendance' (IA) on the score sheet, as it counts towards their number of games to qualify for finals.

- Make sure the bench Duty is being performed and done well. Make sure that they are communicating during the game. The following is a list of common mistakes:
- Teams not confirming their line-up. Missing or incorrectly spelt or incomplete names. First name only is not acceptable. If a player is injured but present, they can be credited as IA.
- Fouls not being recorded correctly. A personal foul is marked differently from a technical foul which is again marked differently from an unsportsmanlike foul. Bench technical fouls are also often not recorded correctly. This may lead to disciplinary action and should be recorded correctly in case of judicial action.
- Scores not being done correctly for the players and the team. For every free-throw, two-point or three-point basket made, the number of the player credited needs to appear under the score. This way, we can gather their stats correctly at the end of the game.
- Tallying the quarter end score for each quarter is usually missed. This is the total for the quarter not a running total. There is a total for the game at the end.
- Time outs taken are not recorded properly.
- MVP votes are often not recorded correctly – three for the bench and one for each referee, for a total tally of five per game. MVP votes can be given to players on the losing team.

First Aid (Limited):

- The FREDCOM game bag contains a simple first aid kit. Court Managers are not expected to be qualified first aid officers or provide treatment in an emergency. However, the Court Managers should be the first point contact to assist players in treatment of minor injuries, i.e. collecting ice (the FREDCOM bag should contain plastic bags if none are available at the Venue).
- Directing players to the first aid kit.
- If there is a major accident, one of the FREDCOM Committee Members will drive the person to hospital or call an ambulance. You may have to do this if all the FREDCOM Committee members are playing or not at the game.

Incident Management:

- Court Managers should keep an eye on all games, especially when things begin to look like escalating.
- Where an incident occurs, e.g. double technical foul/ejection, excessively violent foul, or physical altercation, the Court Managers along with any available FREDCOM Committee Members should take the lead role in managing the situation.
- Court Managers should make any notes of such incidents and submit a summary report to FREDCOM Committee.
- This can take the simple form of an email to the FREDCOM mailbox.

Refereeing:

- Referees are usually pre-scheduled and assigned. As the Court Manager, you may be asked to referee if you are capable or get someone from the bench Duty to do and you may need to take their place on the bench instead.
- Check with the referees if there are any issues, e.g. water leakage on the floor, physicality of the game. Discuss any concerns with one of the FREDCOM Committee Members.

Clearing the Venue:

- Help collect all the stats sheets and score sheets.
- Either you or a FREDCOM Committee Member must take the sheets and on the next day scan them and email them to all FREDCOM Committee Members.
- Help repack the FREDCOM gamebag – pens, balls, spare whistles, etc.
- Assist in getting people to clear the Venue.
- Pick up any visible rubbish where possible.

Game Reviews:

- While not a compulsory aspect of Court Managing, if a team or player wishes to do a write-up of selected games using either their own, or notes from the sheets, these can be sent to the FREDCOM Committee to be published on the FREDCOM website.

ANNEXURE B

CODE OF CONDUCT

This agreement exists and is applicable between the players, coaches, officials, guests, supporters and the league. It is a condition to abide by this Agreement to be able to participate in FREDCOM.

FREDCOM's code requires that you:

- A. abide by the rules of the sport (see rules and regulations for more details);
- B. follow directions given by FREDCOM officials, this includes referees, table officials, etc.;
- C. demonstrate the principle of mutual respect; and
- D. exercise good sportsmanship.

Designated FREDCOM officials (Court Manager, Referees and Referee Manager) are authorised to require a person to leave the premises if that person breaches the code through:

- A. Verbal or physical abuse of other participants;
- B. Harassment or discrimination of individuals or groups;
- C. Constant or aggressive questioning of decisions;
- D. Ridicule, baiting or uttering audible obscenities; and/or
- E. Engaging in behaviour which fails to display mutual respect

Further action is not precluded where a person is asked to leave the premises or if bullying, harassment or threat continues.

Designated FREDCOM officials are authorised to refuse a player from participating in a game, e.g. alcohol consumption, visible medical condition, etc. This is in line with protecting the league, its players, its patrons and in line with our Public Liability and Player Injury Insurance.

FREDCOM recognises that disagreements and disputes can occur as a natural part of competitive sport. Players, coaches & officials are expected to address issues in a polite and calm manner in line with this Code of Conduct. Failure to adhere to the Code of Conduct may result in disciplinary action and the application of a suspension/fine or other penalty at the discretion of the FREDCOM Committee.

Players are reminded that any suspensions applied during the season may affect their team's nomination for the following season.