

FBC CODE OF ETHICS

- Play to enjoy, to improve your skills and to make friends.
- Follow the rules of the game and the club.
- Always accept and respect the referee's decision.
- Play with grace and control. Do not lose your temper.
- Always remember that you owe a duty of care for your opponents. Play hard but do not intend to hurt your opponent that will impair them for a long time.
- Encourage positive comments rather than negative remarks to your teammate whenever they made a mistake.
- Win with humility – loose with dignity.

FBC RULES

- Four quarters per game, 10 minutes per quarter
- 1st and 2nd Quarter – 10 Minutes (Barangayan/Passarelle System – is a system where 5 players will have to play for 5 minutes without substitution)
- 3rd and 4th - 10 minutes standard time
- Running time for all the quarters, except for the **last 3 minutes of the fourth quarter (stop clock)**
- **24 SECONDS SHOT CLOCK will be used on the 3rd and 4th QUARTER ONLY**
- **TIMEOUTS**
 - NO TIMEOUT is allowed for the 1st and 2nd quarter due to the barangayan/passarelle system
 - ONE TIMEOUT is allowed for the 3rd Quarter, Timeout is not permitted with 3 minutes remaining of the 3rd quarter.
 - TWO TIMEOUTS for the 4th Quarter, no restrictions applied
- **OVERTIME**
 - 3 minutes [2 mins (run. time), 1 minute (stop clock)]
- **SUBSTITUTIONS**
 - You must approach the table committee and request for substitution. Substitution will not be permitted once you requested from your bench area and not waiting near the committee's table.
- **NO UNIFORM / INCOMPLETE UNIFORM POLICY**
 - In the event of 1-2 players wearing incomplete FBC uniforms, 5 Points will be added to the opposing team
 - 3 players and above wearing incomplete FBC uniforms, 10 points will be added to opposing team
 - In the meantime, we will consider new players who doesn't have the last batch of FBC uniforms yet.
- Unable to complete at least 5 players after 15 minutes of the scheduled game will be automatically forfeited. However, 4 Players are still allowed to play. 3 players will be forfeited.

- **TECHNICAL FOULS**

In the event where:

- 2 technical fouls or 2 unsportsmanlike fouls per player during the game will automatically be out of the game
- 1 technical foul and 1 unsportsmanlike foul per player during the game will automatically be out of the game
- Player who committed the technical foul needs to be subbed out and needs to rest for 3 minutes

- **SUSPENSION OF GAMES**

- Players will be suspended if unnecessary action has been made or an intention to hurt opponents, referees, committees, and anyone in the court. ONE GAME SUSPENSION will be applied.
 - THREE intentional foul for the season causing trouble will be ban for the entire season and might be ban in FBC depending on the severity of the player's intention. Disrespecting anyone is not allowed in the court.
- Teams that allow players not included to the final lineups will be penalized with a suspension of one game and that game will be awarded to the opposing team. This is to uphold the integrity of the league.
 - 5 minutes will be allotted for the team's warmup per team. Committees will automatically set 5 minutes after each game. Players should be ready prior to their scheduled games, to avoid delays of the court bookings.
 - After the game, players should move out from their respected benches to allow the new players or teams to settle down for their game.

FBC BARANGAYAN/PASSARELLE SYSTEM:

The **Barangayan/Passarelle System** will only be applied to the first and second quarters of the game.

- The first 5 minutes of the quarter will be played by the first 5 players
- The second 5 minutes of the quarter will be played by the next set of 5 players
- Next 5 players should sub out straight away after the first 5 minutes to avoid delaying of the game. Team Captains or the team should already organize their players for these quarters
- No Substitution/Timeout granted for the 5 minutes, unless an injury or incident occurs
- Same thing applies to the second quarter. First 5 players for the first 5 mins and another 5 players for the second 5 mins
- Players cannot play two consecutive 5 minutes, unless they have been chosen by the opposing team
- A team that has more than 10 players, the team captain/team should give the remaining players an opportunity to play on the 2nd quarter 1st five minutes
- Opponents are only allowed to choose every 2nd 5 minutes of the first and 2nd quarter once the opposing team is incomplete or less than 10 players.
- 10 players and above is considered as complete team. Less than 10 players is incomplete
- 6-9 players is considered incomplete, so opposing team has the opportunity to select players to fill in the complete set of 5 players of the second five minutes

- **In the event of less than 10 players are playing** (Example 7 players are only playing in that game, and opposing team has more than 10 players, this will be the scenario:
 - First 5 mins - first 5 players
 - Second 5 mins - the remaining 2 players who haven't played yet plus 3 players chosen by the opponent team. (The opposing team will have the opportunity to choose 3 players from the first 5 to be added to the last 2 players.)
- **In the event where both teams are less than 10 players** (Example, 8 players in team A, and 9 players in Team B, both teams are allowed and has the opportunity to choose a player to fill in those lacking players. Unless both teams agreed not to apply the condition.
- **In the event of 12 players, make sure your team captain will give their players an opportunity and allows their 12 players to play at least 10 minutes. It will be your team's discretion.**
 - Ex. 1st Quarter: 1st 5 mins- first 5 players
 - 2nd 5 mins - second batch of 5 players
 - 2nd Quarter: 1st 5 mins- 2 remaining players plus 3 players (depending on the team)
 - 2nd 5 mins- any players except from the 5 players of first 5 mins of the second quarter

Overall, the main goal of FBC's Barangayan/Passarelle System is to allow all players the opportunity to enjoy the games every week.