



## **BGC Winnipeg Basketball Tournament 2026**

**LOCATION:** All games will take place at **Paul Albrechtsen MultiPlex which is located off Holland Blvd** in St. Paul's High School ([2200 Grant Ave.](#)) Please only use this entrance. (parking is allowed in visitor and staff lots)

**CHECK-IN:** Before your first game please check in at our registration desk (just inside the main gym doors) to pick up your team package which will include: game schedule, tournament shirts, a team snack pack (granola bars), tournament surveys and tournament programs. Included in the tournament program will be the rosters of all the teams participating.

***Please return your team bag to the registration desk before the end of the tournament.***

**ROSTERS:** Please let me know by Friday, April 17<sup>th</sup> if there are any changes to your roster so we can ensure their name gets included in the program. No new players can be added to your team after this point and only players listed on the roster can play in the tournament for your team.

### **GAME RULES:**

- Games will follow WMBA rules and game modifications.
- If a game is tied after regulation time overtime periods will consist of three (3) minutes each until a winner has been determined. The overtime period will consist of one (1) minute of running time and two (2) minutes of stopped time.
- Finals will be determined by the best win/loss records of the teams.
  - If a tie exists between two (2) teams at the completion of the schedule, the winner of the game played by the two teams involved (head-to-head match-up) will be given priority ranking.
- **GAME TIMES** –Games will consist of 4–10-minute quarters. The first 3 quarters will be running time. The last quarter will be running time for the 1<sup>st</sup> 6 minutes and stop time for the last 4 minutes.
- **TIMEOUTS** –Two timeouts of one minute each are permitted per team per game and can be taken at any time. The game time will be stopped for all timeouts.
- **DEFENSE.** Teams are to play 'person to person' defence only (no zone defences allowed) "Double-teaming" will be allowed ON THE BALL only.
- **SUBSTITUTIONS** –must follow the mandatory substitution rule. All players must receive equal playing time as the other players on their team. Teams must substitute their players at all mandatory substitutions throughout the games. The clock will stop at 4-minute intervals throughout the games: 1<sup>st</sup> and 3<sup>rd</sup> quarters: 6 minutes and 2 minutes remaining on the clock, 2<sup>nd</sup> and 4<sup>th</sup> quarters: 8 minutes and 4 minutes remaining on the clock. During these stoppages of



play 5 new players from the bench must be subbed in. Teams with less than 10 players must sub all players that are sitting on the bench. The last 4 minutes of the game is stopping time. In the last 4 minutes of the game AFTER the 4-minute substitution occurs, coaches can substitute any players at their leisure.

**SPORTSPERSON OF THE GAME:** At the end of each game a sportsperson of the game will be selected for each team. The coaches/players will select the sportsperson of the game from their opposing team, teams will then line up and these players will be recognized publicly at centre court and will receive a gift. What we ask you to look for is not the “best” player but the player that demonstrates teamwork, sportsmanship, and effort. No player can receive this recognition in the tournament more than once, for your second and all proceeding games we ask that when filling out the game sheet roster that you put an asterisk beside your players name/s that has already received the sportsperson of the game.

**CANTEEN:** This year we are happy to say that we will once again have a canteen open for the duration of the tournament. Items available for purchase will include but not limited to, water, sports drinks, pizza, hot dogs, taco in a bag, popcorn, and a variety of other snacks. (all proceeds from the canteen will go to the Boys and Girls Clubs of Winnipeg)

**DONATIONS:** There is no cost to register for this tournament, but donation will gladly be accepted (cash, cheque, or credit cards) All proceeds from this tournament will go to *Boys and Girls Clubs of Winnipeg* which will support the costs of our free sports, recreation, and after-school programs in our clubs. We strive to make these things accessible for all children and youth. For more information on Boys and Girls Clubs of Winnipeg please visit our website [www.bgcwinnipeg.ca](http://www.bgcwinnipeg.ca)

**TOURNAMENT WAIVERS:** Tournament waivers must be completed by all players and coaches. These can be brought in on the day of the tournament or sent in ahead of time. There will be extra copies at the Registration desk.

**TOURNAMENT SURVEYS:** We appreciate everyone's feedback after the tournament. In your team bag will be surveys as well as at the front registration desk. We encourage all players, coaches, and spectators to complete.

If you have any questions before the tournament, please contact me by email or my work phone 204-982-5555.

**Good luck, have fun and I look forward to meeting all of you.**

Coach's Name (First, Last): \_\_\_\_\_ Signature: \_\_\_\_\_

Sincerely,

Khamisa Joseph  
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