

Guidelines for Rainbow Intermediate Basketball

Guiding Principle: As educators, first and foremost, our goal is promote healthy, active living and a lifelong love of sport. To help accomplish this goal, we believe that dressed players should receive meaningful court time to encourage confidence as well as skill development.

Eligibility: All teams must submit results from a minimum of three games to Randy Wallingford prior to participating in the board championships. Please email results; score sheets are not required. These games may be tournament or exhibition games. Teams who do not submit results will be ineligible to enter the board championships.

Defensive Restriction: Teams may employ a full-court man-to-man press until there is a twenty-point difference in the score. At that point, the team in the lead must play half-court defence until the differential is below twenty. All teams must employ man-to-man defense; no zone defense is allowed at this level. No double-teaming or traps are permitted and a player must be beaten cleanly before a help defender can **switch** checks to provide coverage.

Game Time: All games will be 2 x 12 minute stop time

halves with a five-minute half time occurring after the fourth period. Full line substitutions will occur after each period. As many three minute overtime periods as required will be used to break ties after regulation. As stated in our rules, coaches have five full (60 seconds) timeouts to use per game, and one full (60 seconds) timeout which can be used in overtime (if required).

Rules: Modified FIBA will be used in all Rainbow intermediate basketball games.

Ball Size: As per OBA guidelines, a size 6 ball will be used at the intermediate level (girls & boys).