

RDSB Elementary Intermediate Basketball Rules

These rules are designed to align as closely as possible with the high school rules players will encounter in the coming years. Included in this document are the key points and some slight differences between elementary and high school rules.

Game Time: Each game will be 2 x 12 minute halves (stop time). The clock will stop after each basket in the last two minutes of regulation time (and in overtime). Time will resume after a player on the court touches the ball after the inbound.

Timeouts: Each team is allowed 2 60-second timeouts in the first half and 3 60-second timeouts in the second half. If overtime is needed, each team will have one additional timeout in overtime. Timeouts may be requested in the following instances:

- Any stoppage in play
- A successful last free throw
- If a basket is scored

In the last 2 minutes of the 4th quarter or overtime, following a time-out taken by the team that is entitled to the possession of the ball from its backcourt, the head coach may decide to inbound from either the frontcourt or backcourt.

Overtime: One three-minute stop time overtime period. One timeout per team with no carryovers from regulation. Repeat if necessary.

Foul Shots: Foul shots will be awarded to a player who is fouled in the act of shooting, or if the opposing team commits a foul in a “penalty” situation (on the 7th team foul per half). Five players may line the lane (three defenders and two offensive rebounders). Lane players may move in upon release of the ball on the final shot. Players outside the three point line and the shooter may not move in until the ball makes contact with the rim on the final foul shot. Players will shoot 2 free throws in all bonus situations (no 1-and-1)

Defensive Restriction: In Rainbow elementary tournaments, teams must play man-to-man defense. This means every player on the court should have an identifiable “check” and no players should ever be guarding “positions” on the court (i.e. the net). No player should ever be “double-teamed”. Teams may impose a “help defense” system where players can come off their check to help teammates who have been beaten or play the basket side of their checks closer to the “help line”. The expectation would be that players would “switch” checks in these situations, not abandon them entirely.

Full-Court Press: Teams may employ a fullcourt 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.