

Guidelines for Rainbow Junior 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 have a minimum of 8 players dressed and ready to play at the beginning of each game. If a team has fewer than 8 players, the game may still be played, but it will result in a forfeit (0-20) for the offending team. Teams with fewer than 8 players may request an exemption from the RDSB Elementary Basketball Committee, however these exemptions will only be granted for exceptional circumstances.

Defensive Restriction: Teams must play man-to-man, half-court defence at all times at the junior level. This means that teams in the offensive zone must retreat to half once clear possession has been established by the defending team.

Game Time: All games will be 8 x 3 minute stop time

Modified FIBA Rules (2019)

Rainbow Elementary Basketball

Safety: As the safety of players is paramount, no players may now wear any jewelry or metal/hard plastic hair clips on the court.

General Rules **Jump Ball:** Jump ball will only occur at the beginning of the game. Possession during “jump balls” for the duration of the game will be alternated using a possession arrow. **Inbound:** The clock will not start on the inbound until a player on the court has touched it. **Substitutions:** Substitutions may only occur during stoppages in play. Players must “check in” at the score table and be called in by an official before taking their place on the court.

Game Time: Each game will be 2 x 12 minute halves (stop time). **Overtime:** One three-minute overtime period (stop time / one timeout per team with no carry-overs from regulation). Repeat if necessary.

Violations

Moving Violations

Traveling: Moving illegally with the ball, this foul includes movement without dribbling, “carrying/cradling” the ball, jumping with the ball, falling with the ball and getting up with the ball. **Double-Dribble:** The act of dribbling, stopping and then continuing to dribble or using two hands to dribble.

Team Violations

Back Court: Once a team has entered the front court during a possession, it may not move back into the back court with the ball.

Three Seconds: Offensive players may only spend three inactive (i.e. not shooting/rebounding) seconds in the key **Closely Guarded:** A player who is closely guarded (within an arm's length) with the ball in the front court has 5 seconds to move, pass or shoot the ball. Replacing the “shot clock”, this rule is designed to keep the game moving. Teams who are deemed to be deliberately a game may also be given a 5 count as well. Players/teams who commit a violation will lose possession of the ball.

Fouls/Discipline

Personal Fouls (Illegal Contact)

Blocking: Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball. **Charging:** Charging occurs when any player makes contact with another player who is firmly planted in a legal, defensive

position.

Pushing: Any impact imposed on a player by another player (may include incidental contact)

Holding: Any contact that restricts the movement of an opposing player.

Illegal Use of Hands: Illegal contact often made against an opponent while shooting/passing the ball.

Time Outs: Each team is allowed five full (60 second) time outs and per regulation game. If overtime is needed, each team will have one additional full (60 second) time out in overtime. Time outs may be requested at any stoppage in play or when a team is in clear possession of the ball on the court. **Time outs may be called from the bench by the coach or by a player who has possession of the ball.**

Substitutions may occur at time outs. 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 in bound.

Eight Seconds: A team has 8 seconds to advance the ball over half into the front court. This time does not reset in the event of a stoppage in play (except in the case of a foul or an injury)

Team Control: A foul that illegally restricts the movement of players without the ball on the court (i.e. an illegal screen)

Ejection: A player will not be able to play the remainder of the game on his/her fifth personal foul. Any player will be ejected from the game if he/she is assessed two flagrant, technical or intentional fouls. Ejection can occur after the first flagrant foul at the discretion of the official depending on the severity of the infraction.

Intentional Fouls (*treated as a technical foul = two shots and possession)**

An intentional foul is a personal or technical foul which neutralizes an opponent's obvious advantageous position. Contact away from the ball or when not making a legitimate attempt to play the ball or a player, specifically designed to stop or keep the clock from starting, shall be intentional. Intentional fouls may or may not be premeditated and are not based solely on the severity of the act. A foul also shall be ruled intentional if while playing the ball a player causes excessive contact with an opponent.

Flagrant Fouls (*treated as a technical foul = two shots and possession)**

A flagrant foul may be a personal or technical foul of a violent or savage nature, or a technical non-contact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking and kneeling. If technical, it involves dead-ball contact or non-contact at any time which is extreme or persistent, vulgar or abusive conduct. Fighting is a flagrant act.

Technical Fouls

A foul that is committed during a dead ball situation. It can include unsportmanlike contact by players or coaches, a plane violation on an inbound etc. The violation will result in two shots from the opposing team and possession of the ball at half.

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 "bonus" situation (on the seventh team foul per half). Six players may line the lane (four 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 rim on the final foul shot.

Defensive Restriction: Man-to-Man Defense

In Rainbow Elementary Tournaments, teams must play man-to-man defense. This means... every player on the court should have an identifiable "check"; 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.