

RDSB Elementary Junior Basketball Rules

Junior-Specific Rules of Play

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 on offence must retreat to half once clear possession has been established by the defending team or a basket has been scored. 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.

Game Time: All games will be 8 x 3 minute stop time. Junior basketball operates under fair play and equal participation guidelines:

- Each player must play a minimum of one shift per half
- The sequence of shifting is not relevant as long as each player receives the minimum number of shifts, does not exceed the maximum, and plays at least one shift per half.
- Substitutions only occur at the end of each period or for medical reasons.
- **There is no scenario where a player should be playing 5 of the 8 shifts in regulation time (see below).**
- **There is no scenario where a player plays 2+ shifts more than any of his/her teammates.**
- If a game goes to overtime, equal participation continues (players who have played 3 shifts for instance must begin overtime before you can play a player on their 5th shift).

Number of Players	Minimum Shifts Per Player	Maximum Shifts Per Player
8	4	4
9	3	4
10	3	4
11	2	3
12	2	3

General Rules

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

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.

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). 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.

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.

Back Court: Once a team has entered the front court during a possession, it may not move back into the backcourt 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 frontcourt 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 delaying a game may also be given a 5 count as well. Players/teams who commit a violation will lose possession of the ball.

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).

Fouls

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.

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: 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 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. The result of an intentional foul is 2 shots and possession of the ball.

Flagrant Fouls: A flagrant foul may be a personal or technical foul of a violent 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 kneeing. 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. The result of a flagrant foul is 2 shots and possession of the ball.

Technical Fouls: A foul that is committed during a dead ball situation. It can include unsportmanlike conduct by players or coaches. 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 “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.