

8. Ontario Basketball Game Rules

8.1 Overview

All sanctioned Ontario Basketball games will be governed by FIBA (International Basketball Federation), whose rule books are adopted for use at all Ontario Basketball sanctioned games and/or tournaments. Ontario Basketball has added and made certain modifications to the FIBA rules to include components of FIBA Mini Manual for Novice-Major Atom division games in order to meet the needs of a young players and its members.

The rules and modifications for each specific age category can be found in each age category's rules and regulations section.

Each Ontario Basketball game must be refereed by two OABO carded officials and assigned through the local officials' board.

8.2 The Intent of Young Player Rule Modification

These rules apply to the U10 Novice, U11 Atom, U12 Major Atom, U13 Bantam and U14 Major Bantam categories of play and are formulated with the best interests of the children playing the game in mind. It is expected that each coach and club with respect the intent of these rules and adhere to them. Officials' boards that are responsible for calling provincial championship games have been provided with a copy of the Young Player Rule Modifications in order to familiarize themselves with the Ontario Basketball game rules.

8.3 Game Forfeiture

A 15-minute grace period from the scheduled start of the game will be granted for a late team.

- At a sanctioned tournament, the tournament convener shall decide if a forfeit is to be called after the 15-minute grace period has expired.
- At the Ontario Cup Provincial Championship, Ontario Basketball shall decide if a forfeit is to be called after the 15-minute grace period has expired.

In forfeit game, the score shall be recorded as 20-0. If both teams forfeit (due to insufficient players), the score shall be recorded as 0-0.

8.4 Time-Outs

Each team receives:

- Two 60 second time-outs in the first half.
- Three 60 second time-outs in the second half.
- Any unused time-outs do not carry over into overtime periods. One time-out per overtime period is granted.

8.5 Free Throws After Time has Expired

Free throws shall be attempted after time has expired in the last period of the game provided a foul occurs:

- So near the expiration of time that the timer could not stop the clock before game time had expired; or
- After time expired but while the ball as in flight, during a try or tap for a field goal.

10. U11 Atom and U12 Major Atom Rules & Regulations

10.1 Playing Court Dimensions

Minimum: 44' x 74' Maximum: 50' x 84'
Free Throw Line: 15' Three Point Line: In effect
Ball Size: 5

10.2 Entire Game

- The game will be eight periods of four minutes each.
- During the first seven periods, substitution will occur only at the end of each period.
- Open substitution will only be permitted in the eighth and final four-minute period of the game and any overtime periods.
- The time between period four and five is halftime.
- Substitutions are permitted for medical reasons at any time and if an injury occurs during the first seven periods.
- The throw-in shall be from the out-of-bounds at the division line in the backcourt opposite the scorer and timer's table.

10.3 Players Equal Participation Rule

- Coaches are required to provide playing time for all players present at the game who have been registered with Ontario Basketball.
- This rule will be in effect for the first seven periods.
- Each eligible player must play the minimum number of shifts required **before the eighth period begins**. Please see the chart below.
- All Atom & Major Atom teams must abide by this rule for all Ontario Basketball games including exhibition games, sanctioned tournaments and the provincial championships. If any team is found with a player(s) shift totals exceeding the maximum number of shifts per player or any player(s) that do not meet the minimum number of shifts per player, the game will be considered a forfeit game (20-0).

10.4 Minimum/Maximum Shifts for U11 Atom and U12 Major Atom

Number of Players	Minimum Shifts per Player	Maximum Shifts per Player
15	2	3
14	2	3
13	2	3
12	2	3
11	3	4
10	3	4

Note: An eligible player is defined as one who is registered online and on the team registration form and by virtue of the same, shall, subject to injury or illness, be placed on the team roster and/or score sheet for all games. Coaches are not permitted to instruct any players on the roster that they are not able to play in randomly selected games. Ontario Basketball recognizes the fact that not every child will attend every game due to various other commitments but the choice must be left up to the player and player's parents. If you have signed a player to your roster they must then be given an equal chance to play.

10.5 Back-to-Back Shift Substitution

Players may not play back-to-back periods in the game.

Exceptions:

- The shifts immediately before and immediately following half time are not considered to be back-to-back in the U11 Atom/U12 Major Atom level of play. Free substitutions may occur at half time. This rule is contingent upon equal participating conditions being met for all team members.
- A player may play back-to-back shifts as a result of medical reasons and/or injuries and only if the coach has no other player to substitute.
- For the purpose of shift assignment for equal participation only, each shift shall be divided into four one-minute intervals, and assignment of the shift shall take place as follows:
 - If substitution occurs during the first three minutes (0:00-2:59), the shift belongs to player two ("the Substitute);
 - If substitution occurs in the last minute (3:00-4:00), the shift belongs to player one ("the Intended Player").

10.6 Overtime

- The length of each extra shift shall be four minutes long.
- Teams are not required to provide playing time for all players in overtime.
- Time-outs do not carry over to overtime period. Each team receives one time out per overtime period.
- Each overtime period will begin with the possession arrow.

10.7 Faking an Injury and Not Dressing Players

- The equal participation rules were formulated with the best interests in mind of the children playing the game at the U11 Atom and U12 Major Atom level.
- Every child who is registered and signed the team registration form must participate under the equal participating rules. Every coach must respect the intent of these rules and adhere to them.

10.8 Late Players

- Although adding eligible player(s) after the game has started to the official score sheet is permitted, the equal participating rule must be met for all players including the late player(s).

10.9 Tracking Playing Time – U11 Atom/U12 Major Atom

- The scorer is required to track all players’ shifts including substitutions due to medical reasons and/or injuries.
- Each time a player is on the court for a shift, a checkmark will be made in the space provided on the score sheet.

Example:

Team:		Date:				Location:		
Player	First Quarter		Second Quarter		Third Quarter		Fourth Quarter	
Shift	One	Two	Three	Four	Five	Six	Seven	Eight
McPhee		✓		✓		✓		
Jansson	✓		✓		✓		✓	
Thain	✓		✓		✓		✓	
D’Ornellas		✓		✓		✓		
Mallia		✓		✓		✓		
Albright	✓		✓		✓		✓	
O’Keefe		✓		✓		✓		
Hurtubise	✓		✓		✓		✓	
Stryker		✓		✓		✓		
Ghassemi	✓		✓		✓		✓	
Total	5	5	5	5	5	5	5	

10.10 Person-to-Person Rules

Ontario Basketball requires its registered clubs and coaches to have as one of their most important priorities, the development of long-term basketball skills. For this reason:

- Ontario Basketball believes that teaching person-to-person defensive skills is critical to children’s overall skill development, enjoyment and success in the game of basketball.
- Registered member clubs and coaches are required, therefore, to teach their players the necessary skills needed to use only person-to-person defence during Ontario Basketball’s U11 Atom and U12 Major Atom games.
- **The spirit of the rule is to not encourage any athlete to stand in the key playing a one-man zone and to teach the athletes to help and recover to their offensive check.**

Explanation of Terms

Legal Guarding Position: The position of a defensive player who is guarding the offensive player with the ball. The defender must be attempting to stay within an arm’s length of his or her check and separation as defined below has not occurred.

Gapping: Where a defensive player is within one stride away from what would be legal guarding position of his or her check if that check passed the ball.

Help Situation: Where there is separation and a defender (the Help Defender) leaves his or her check to defend the offensive player who has caused the separation to occur.

Help Position: As per the Ontario Basketball young player rule modification, a defensive position which is not guarding the ball and is outside the three-second area. In this position the defensive player should have no feet inside the three-second area, unless the person who is guarding the ball has clearly beaten his or her opponent.

Separation: Occurs when a defender (aka “Beaten Defender”) has been clearly beaten by his or her check and the offensive player has a visible advantage (shoulder or feet past the defenders back foot) over the defender.

Quarter Court: The area on the floor closest to the basket below an imaginary line drawn perpendicular to the sideline through the top of the three-point arc.

Recover: Where a help defender assists and (either the help defender or the beaten defender) establishes legal guarding position, then either the beaten defender must switch to cover the check left open by the help defender or the help defender must return to his or her original check. At no point should two defenders be left guarding one offensive player.

Weak side: The side of the quarter court that is opposite the side where the ball is situated.

Zone Defence: When any player defends an area on the court as opposed to guarding an offensive player.

Definition of Person-to-Person

Zone defences are illegal and not allowed.

- When the ball is inside the boundaries of the half court, each defensive player must guard an offensive player and make all moves associated with the offensive player's positioning and movement including the rules further set out below.
- Defenders are entitled to provide help but only where there is separation. **Double teams are not permitted! In no situation should a double team occur beyond a help situation. The spirit of the rule is not to encourage any athlete to stand in the key playing a one-man zone and to teach the athletes to help and recover to their offensive check.**
- Where help is provided, the help defender or the beaten defender must recover once one of them establishes legal guarding position.
- **The only time defenders can defend from within the three-second area is:**
 - When they are guarding an offensive player who is standing in the three-second area; OR
 - The defender is within one arm's length of his or her check who does not have the ball: OR
 - They are guarding the ball with respect to their check; OR
 - There has been separation and they are providing help.

Defensive Positions when the ball is in the quarter court:

Defender Guarding the Ball

- The defensive player guarding the ball must defend the player with no gapping permitted. The defender must be attempting to stay one arm's length away from the offensive player and may not slack off by gapping.

Defender is One Pass Away from the Ball

- The defensive player must be committed to an offensive player. The defender is permitted to gap from his or her check, however

the defensive player is not permitted to provide help unless there is separation.

Defender is Two Passes Away or on Weak side

- Defenders who, on the weak side or at least two passes away, are not restrained as to the distance they can play from their check and may assume a help position provided that the defender stays on the weak side. They are reminded that this means that the defender must remain outside the key area with no feet in the key area and be in help position as demonstrated in Diagram 1, Triangle 4. The defender is not permitted to provide help unless there is separation.

Defending Players Above the Top of the Three-Point Line

- When defending a check who does not have the ball and is above the line which defines the quarter court, the defender can play below the quarter court line but must stay above a line extending across the free throw line to the sideline. Defenders must remain on the same side of the court as his or her check (diagram 6).

Please review the following diagrams for defensive positioning when defending the half court.

Diagram Number	On the Ball	One Pass Away	Two Passes Away
1	1	5 & 2	3 & 4
2	3	4 & 5	1 & 2
3	5	1 & 3	4 & 2
4	4	3	5, 1, & 2
5	2	1	5, 3, & 4
6	2 & 3 Positioning when defending above the 3-pt line		

Diagram 1

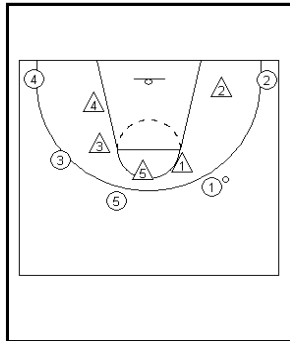


Diagram 2

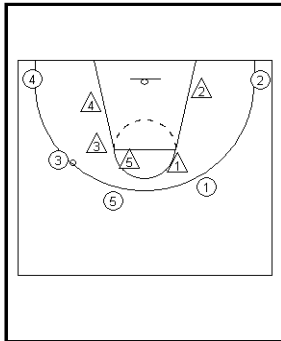


Diagram 3

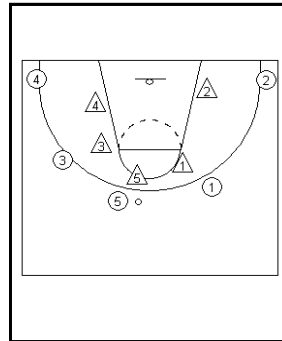


Diagram 4

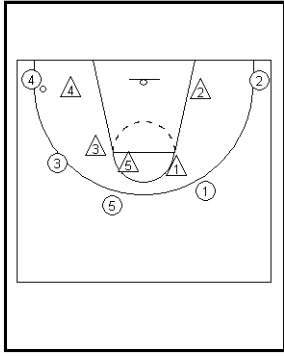


Diagram 5

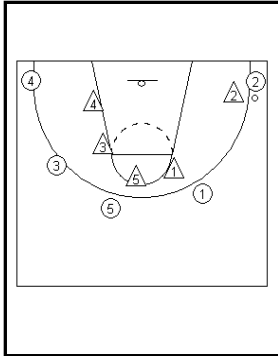
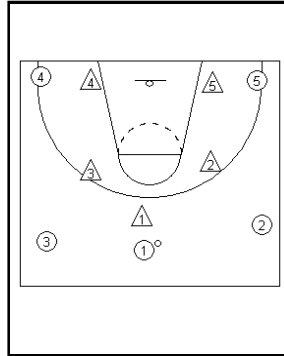


Diagram 6



Intentional Double Teaming

- Double teaming and trapped is not permitted the entire length of the floor.
- Accidental double teams (i.e. when an offensive player dribbles towards a teammate and their defender is in the same part of floor) is not a violation unless the defensive players do not immediately retreat back to their original checks.

The intent of this rule is to eliminate intentional double teaming, so please inform your parents of this rule so a positive playing environment is maintained at all times.

10.10.1 Consequences for Person-to-Person Rule Infractions

First Infraction:

- The site convener will provide one warning to the offending team.
- The scorer must then notate the warning on the game sheet.

Subsequent infraction(s):

- The site convener will instruct the referee to assess a team technical foul against the defensive team for each and every infraction.
- Two free throws and possession of the ball at half court will be awarded to the offensive team.

10.10.2 Procedures to the Consequences to Person-to-Person Rule Infractions

- Any player of the offensive team listed on the game sheet (on or off the court) may shoot one or both free throws.

- An offensive player coming on to the court from the bench to take one or both of the free throws must return immediately to the bench after the free throw(s) have been taken and before play resumes.
- Coaches are not to use this violation as a substitute opportunity.
- The team's coach whose team receives three or more team technicals as a result of person-to-person infractions in any one game, will be reported to Ontario Basketball by the sanctioned tournament convener or league representative and investigated under Ontario Basketball's Fair Play Policy.

10.10.3 Person-to-Person Recommendations

- Coaches must take a more active role in reminding their young players throughout the game to play according to the rules and guidelines as set out in this manual.
- For example:
 - Coaches should monitor their score and remind players during the eighth shift to stop pressing whenever the score warrants.
 - Coaches should remind their players to defend their offensive opponent throughout the game to avoid person-to-person defence rule infractions.
- **Coaches are encouraged to review the person-to-person rules with the parents of their players so a positive playing environment can be maintained at all times.**

10.11 Drop Back Rule

- Pressing is permitted except when one team leads by 15 points or more, its players must 'drop back' behind the eight-second line.
- Once the losing team secures player control of the ball (dribbling or holding the ball) in its backcourt, the winning team must retreat immediately into their backcourt behind the eight-second line.
- The losing team shall be allowed to dribble the ball unimpeded across the eight-second line and establish frontcourt status.

10.11.1 Drop Back Rule Penalty

- Violation of the rule stated above will result in the ball being awarded out-of-bounds to the losing team at the frontcourt sideline at the extended free throw line.

11. U13 Bantam to U14 Major Bantam Rules & Regulations

11.1 Playing Court Dimensions

Minimum: 44' x 74' Maximum: 50' x 84'
Free Throw Line: 15' Three Point Line: In effect
Ball Size: 6

11.2 Entire Game

- The game will consist of four quarters of play. Each quarter is eight minutes long.
- After the first quarter, each quarter will start in the direction of the possession arrow.
- The throw-in shall be from the out-of-bounds at the division line in the backcourt opposite the scorer and timer's table.

11.3 Overtime

- The length of each extra shift shall be four minutes long.
- Time-outs do not carry over to overtime period. Each team receives one time-out per overtime period.

11.4 Drop Back Rule

- When a team leads by 20 points or more, its players must 'drop back' behind the eight-second line.
- Once the losing team secures player control of the ball (dribbling or holding the ball) in its backcourt, the winning team must retreat immediately into their backcourt behind the eight-second line.
- The losing team shall be allowed to dribble the ball unimpeded across the eight-second line and establish frontcourt status.

11.4.1 Drop Back Rule Penalty

- Violation of the rule stated above will result in the ball being awarded out-of-bounds to the losing team at the frontcourt sideline at the extended free throw line.