

U12 (Atom)

1. Games will consist of eight (5-minute) shifts. Straight time for all games. There are two exceptions:
 - a. The clock will be stopped as a result of injury
 - b. The clock will be stopped when there is a foul/free throw situation
2. All teams shall have a minimum of 5 players to start the game.
3. **Coaches must ensure that the next shift of players is at the scorer's table with 30 seconds remaining in the current shift.**
4. All games will be equal time for all players throughout the game (no player shall play more than one shift more than any other player). No substitutions will be permitted in periods 1 through 7, unless an injury occurs.
5. Open substitution will only be permitted in the 8th period, as well as any overtime period.
6. There will be a two-minute half time.
7. Each team will be given 1 timeout per half (30 seconds). Timeouts do not carry through to any overtime period. Each team will receive one timeout in an overtime period.
8. An overtime period is 4-minute stop time
9. All periods will start in the direction of the possession arrow.
10. Intervals between periods shall be no longer than 1 minute with the exception of half time.
11. No 3-second (in the key) violations will be called for the first half of the season. Refs will issue warnings to players. Beginning with games after the Christmas Break, refs will enforce this rule.
12. The 8 second backcourt count rule applies
13. Teams **MUST** give their opponents half court after each made basket or change of possession. Full court defense is not permitted at this age group.
14. Man to man defense only for this age group, no zone defenses. First infraction will be a verbal reminder to coaches. Second infraction will be a formal bench warning on the score sheet. Subsequent infractions will result in technical free throws.
15. Games must be completed in the 60 minute time slot allotted. No new shifts can start within 5 minutes of the scheduled tip off for the next game.

U14 (Bantam)

1. Games will consist of 8 (4-minute) shifts, stop time.
2. **Coaches must ensure that the next shift of players is at the scorer's table with 30 seconds remaining in the current shift.**
3. All teams shall have a minimum of 5 players to start the game.
4. All games will be equal time for all players throughout the game (no player shall play more than one shift more than any other player). No substitutions will be permitted in periods 1 through 7, unless an injury occurs.
5. Open substitution will only be permitted in the 8th period, as well as any overtime period.
6. There will be a 4-minute half-time break.
7. Each team will be given 1 timeout per half (30 seconds). Timeouts do not carry through to any overtime period. Each team will receive one timeout in an overtime period.
8. An overtime period is 4-minute stop time
9. For overtime, playing time is at coaches discretion.

10. All periods will start in the direction of the possession arrow.
11. Intervals between periods shall be no longer than 1 minute with the exception of half time.
12. 3-second (in the key) violations will be called from the beginning of the season
13. The 8 second backcourt count rule applies
14. No full court press until after the Christmas Break.
15. At any point if a team is up by 15 or more points, they must allow the defense to establish position across the halfcourt line before engaging.
16. Man to man defense only for this age group, no zone defenses. First infraction will be a verbal reminder to coaches. Second infraction will be a formal bench warning on the score sheet. Subsequent infractions will result in technical free throws.
17. Games must be completed in the 75 minute time slot allotted. No new shifts can start within 5 minutes of the scheduled tip off for the next game.

U16-U19 (High School)

New for 2024-25:

U16 Boys House B will run 8 x 4 minute stop time shifts.

- i) All games will be equal time for all players throughout the game (no player shall play more than one shift more than any other player). No substitutions will be permitted in periods 1 through 7, unless an injury occurs.
- ii) For overtime, playing time is at coaches discretion.
- iii) Open substitution will only be permitted in the 8th period, as well as any overtime period.
- iv) All other rules at this age/level will be the same as below

U16 Girls, U16 Boys House A, U19 Girls and U19 Boys

1. Games will consist of 4 x 8 minute stop time quarters.
2. Full FIBA rules in effect, however there will be no shot clock used for games.
3. All teams shall have a minimum of 5 players to start the game.
4. There will be a 2 minute halftime break.
5. An overtime period is 4-minute stop time
6. All periods will start in the direction of the possession arrow.
7. At any point if a team is up by 15 or more points, they must allow the defense to establish position across the halfcourt line before engaging.

Ejections

1. Any player or team official who is ejected from a game will serve a minimum 1 game suspension for the team's following game. This suspension can be increased depending on the severity of the situation after conveners and officials are able to debrief.
2. Absolutely no verbal or physical abuse of officials will be tolerated. Repeat offenders or particularly egregious cases may result in removal from the league altogether with no refunds provided.