



GAME RULES

Junior

1. BALL
 - a. Juniors shall play with a No. 6 leather ball that shall be provided by the home team
2. PLAYING TIME
 - a. Games shall be 4 quarters of 10 minutes running time. The last 2 minutes of the fourth quarter is stop time. The clock stops for all free throws and time-outs. In the event of an overtime, there shall be a 2-minute rest followed by a 5-minute period. The first team to 7 points or the team with the most points after 5-minutes, will be declared the winner. Teams will not be allowed to stall to waste unnecessary time: the referee could ask for a 30 second count to be made.
3. SUBSTITUTION
 - a. We believe that each player should play at least 10 minutes per game, and must play in each half. If a player is injured, ill, late, has 4 fouls, or is being disciplined, this player requirement may be waived.
4. BEGINNING OF GAME
 - a. The game shall be started with a jump ball. Overtime shall also be started with a jump ball. Otherwise, there shall be alternating possession.
5. THROW-IN
 - a. On all throw-ins, the defensive player must be 1 meter from the line (hands and feet). The referee will not handle the ball in the backcourt.
6. FREE THROWS
 - a. After 5 fouls per quarter against one team, bonus shall be shot on any further fouls by the opposing team.
7. PRESSES
 - a. A press is defined as full-court person-to-person defense with no double-teaming in the back court. First half of season: once a team obtains possession of the ball on an out of bounds or throw-in, in their backcourt, the defensive team must retreat over half. Second half of season: a press is allowed: a) for the losing team at any score; b) for the winning team if they lead by 20 points or less.
8. NO ZONES
 - a. person-to-person defense must be played. The maximum number of players that can play on the ball is two. Only one player may guard a player without the ball. Help side defense is allowed, assuming that only one player gives help. Officials will be asked to use the following guidelines to determine



whether person-to-person rather than zone defense is being played: a) When players cut on offense, there should be some motion to identify person-to-person defense. b) Players must play relatively close to their man that has the ball. c) Players must play on the side of the floor nearest their check (use an imaginary line from the center of the basket). The defensive player can only straddle this line before going to help a teammate that has been beaten or to join a teammate in a double team. d) A knowledgeable, unbiased representative appointed by the executive will monitor zone defense in playoff games.

9. TIMELINES

- a. There will be 8 seconds to bring the ball over the centre line. There will be 24 seconds to shoot the ball. (This rule will only be used if teams deliberately try to stall a game).

Note: Shirts may be worn underneath the uniform top, leggings may be worn beneath shorts.