

FIBA Rules apply with the following modifications for North Langley Basketball Association games
Effective October 2018

	U9	U11	U13	U15 & U18
Number of players	4-on-4	4-on-4	5-on-5	5-on-5
Defense Allowed	Half court only Man-to-man	Half court only Man-to-man	Half court only Man-to-man Legal screens/pick allowed	Full Court Press Legal screens/pick allowed Man-to-Man U15 Zone Allowed U18
Height of basket	8 Feet – no shot clock	9 Feet – no shot clock	10 Feet – no shot clock	10 Feet – no shot clock
Size of basketball	Size 5	Size 5	Size 6	Size 7
Free throws	No free throws. Inbound foul line extended opposite bench	Shooter at bottom of circle Rebounders: 3 Defense vs 2 Offense Bonus: 2 free throw shots	Shooter at foul line Rebounders: 3 Defense vs 2 Offense Bonus: 2 free throw shots	Shooter at foul line Rebounders: 3 Defense vs 2 Offense Bonus: 2 free throw shots
Warm-up Time	5 minute warm-up time	5 minute warm-up time	5 minute warm-up time	5 minute warm-up time
First Half Playing Time	5 shifts of 4 minutes (running clock)	20 minute stop time (4 minute shifts)	20 minute stop time (4 minute shifts)	20 minute stop time (4 minute shifts)
Half Time Break	4 minutes	4 minutes	4 minutes	4 minutes
Second Half Playing Time	5 shifts of 4 minutes (running clock)	20 minute stop time (4 minute shifts)	20 minute stop time (4 minute shifts)	20 minute stop time (4 minute shifts)
Time out (1 minute)	No time outs - 1 minute shift change	2 in First Half 3 in Second Half	2 in First Half 3 in Second Half	2 in First Half 3 in Second Half
First Overtime (if necessary AND only if time permits)	Not Applicable	3 minutes running clock. No time outs. Team fouls situation continues. Start with a jump ball	3 minutes running clock. No time outs. Team fouls situation continues. Start with a jump ball	3 minutes running clock. No time outs. Team fouls situation continues. Start with a jump ball
Second Overtime (if necessary AND only if time permits)	Not Applicable	3 minutes running clock. Sudden death format – first basket wins. No time outs. Team fouls situation continues. Start with a jump ball	3 minutes running clock. Sudden death format – first basket wins. No time outs. Team fouls situation continues. Start with a jump ball	3 minutes running clock. Sudden death format – first basket wins. No time outs. Team fouls situation continues. Start with a jump ball
Shift Distribution	Equal play time – No triple shifts	Equal play time – No triple shifts	Equal play time – No triple shifts	Equal play time – No triple shifts
Mercy Rules	Not Applicable	Mercy rules will apply once the points differential exceeds 20 and will continue until the differential is less than 8. Team Leading to play Half Court. Trailing team may continue with full court press if desired. Other applicable mercy rule measures include: Lead team to promote ball handling by weaker players. Lead team to promote shooting by weaker players. Lead team to employ 3 (or 4) pass in the forecourt rule before shooting	Mercy rules will apply once the points differential exceeds 20 and will continue until the differential is less than 8. Team Leading to play Half Court. Trailing team may continue with full court press if desired. Other applicable mercy rule measures include: Lead team to promote ball handling by weaker players. Lead team to promote shooting by weaker players. Lead team to employ 3 (or 4) pass in the forecourt rule before shooting	Mercy rules will apply once the points differential exceeds 20 and will continue until the differential is less than 8. Team Leading to play Half Court. Trailing team may continue with full court press if desired. Other applicable mercy rule measures include: Lead team to promote ball handling by weaker players. Lead team to promote shooting by weaker players. Lead team to employ 3 (or 4) pass in the forecourt rule before shooting

EXPLANATION OF HOW THE VIOLATIONS ARE CALLED

3 seconds in the key: Called when an offensive player is in the key, with or without the ball, for more than 3 seconds while offense has no attempt to the basket.	5 second inbound violation: Called when the offensive team's in-bounder is not able to release the ball from out of bounds.	10 second back court violation: Called when the offensive team is unable to advance the ball pass the half court line within 10 seconds.	5 second closely guarded violation: Called when an offensive player with the ball is not able to release the ball within 5 seconds for a pass, dribble or shot while guarded.	There is not shot clock therefore there will be no shot clock violations called.
Illegal (or double) dribble violation will be called in all the divisions according to the level of the game. Meaning U9 will have more leeway than U15/U18.	Traveling violation will be called in all the divisions according to the level of the game. Meaning U9 will have more leeway than U15/U18.	Free Throw (FT) violations will be called, and is at the referee's discretion in all the divisions according to the level of the game. Meaning U9 will have more leeway than U15/U18.	Over and back violation will be called in all the divisions. Offensive players in U9, losing the ball out of bounds in the back court will retain possession.	Any Player with 5 Personal Fouls is disqualified for the remainder of the game. (The Player may remain with their team).
A Head Coach is disqualified for 2 Technical Fouls. And must leave the gym.	A Head Coach is disqualified for 2 Bench Technicals + 1 Technical Foul. And must leave the gym.	A Player is disqualified for: [2 Technical Fouls] or [1 Technical Foul + 1 Unsportsmanlike Foul] or [2 Unsportsmanlike Fouls]. And must leave the gym.	Penalty for: • A Technical Foul • An Unsportsmanlike Foul Is → 1 FT + Possession.	

Discussion with referees regarding calls or the application of rules is permitted only during shift changes, half time, or during a coach's time out. Our referees are young and still learning their trade and this must be considered by coaches. Discussions with opposing coaches and referees alike, are required to be **respectful and non-threatening. Do not expect referees to reverse calls when challenged (even if they are at fault).** Constructive criticism, suggestions and positive feedback from coaches is invaluable in helping our referees learn and progress.
Coaches are responsible for controlling the behavior of their team players AND supporters (parents).