



## GAME RULES- updated Jan/06

### CIS MEN'S RULES WILL APPLY WITH THE FOLLOWING VARIATIONS:

1. No dunking in pre-game warm up
2. FIBA (Wide) key will be used
3. Half time intermission no longer than 10 minutes
4. Four full time outs to be used at any time. One time out added in each overtime period.

### ALSO NOTE THE FURTHER VARIATIONS FOR BANTAM, MINI, AND JUNIOR MINI

(These have been adopted to insure age appropriate skill development and participation)

#### **Bantam**

**Game time**-16 minute halves, 5-minute half time. Overtime -4 minute periods until winner determined.

**Defense**-No half court zone defenses, man to man only.

Note: For clarity and violations, refer to the Rule on Zone defenses Notice. Noted violations: warning will be issued to the coach/ team and any further zone activity will result in suspension of the offending coach.

No full or half court pressure by a team up by more than 20 points

**Basketball**- size 6

#### **Junior Mini and Mini**

**Team**- shall consist of not less than 8 players. 5 players must be present to start a game; if 8 or more players have not been used in accordance with Playing Time Guidelines below, at the **end** of the game the Scorer shall clearly mark on the score sheet that the game is a **default**.

Note; due to the shift advantages in having less than 10 players; all teams **are encouraged to have at least 10 players** on their roster and at games.

**Dimensions**- Basket Height-8.5 feet (2.61 m). Foul line 13 feet (4 m)

**Basketball**- size 5(27.5)

**Game time**- 8x4 minute stop time shifts, 5-minute half time. Substitutions occur between each shift.

## **Playing Time- Equal for all Divisions**

### **Equal time clarity- If more or less than 10 players, no more than 1 shift differential per player**

10 players-4 shifts each, 11 players-7 with 4 shifts and 4 players with 3, 9 players-4 with 5 shifts and 5 players with 4 (See shift management suggestions at the end of this document).

If a player fouls out or becomes injured and unable to play, he/she must be replaced by a player who has not played more than 5 shifts. If a player cannot complete a shift and is replaced, the substitute players shift will count towards their total number of shifts. A coach may decide not to replace that player for the remainder of the shift.

If the original player is not replaced and is able to return to the game during that shift, they may do so at the next whistle. If they are replaced, the substitute must complete the shift.

If a player becomes injured during the eighth (last) shift and no substitute is available having played less than 5 shifts, that team must finish the game with one less player.

Scorer shall record number of shifts played on the score sheet. No player shall begin play until their number has been recorded.

**Note: any coach/team determined to have intentionally violated this rule will result in forfeiture of the game and shall be subject to appropriate disciplinary action, as per BNS policy.**

**Overtime** -When the game ends in a tie, one overtime periods of 4 minutes will be played, during which **any player** may play, even if they have already played 5 shifts. If still tied, subsequent overtime periods shall be played until a winner is declared.

**Time Outs**- Each team is allowed 4 full timeouts for the regulation game. 1 timeout per overtime period. No carry over.

**Bonus**- on the **seventh** foul of the half, bonus of 1 and 1 will be in effect. For **10 fouls and above**, two foul shots will be awarded.

**Defense**- Man to man only. After a violation or offensive foul in the front court or the score of a basket, the team now going on defense must fall behind the top of the free throw circle until the offensive team brings the ball **over the mid court line**. See the last section in relation to last few seconds of a game and outcome of game still in doubt.

**This rule does not apply to Mini boys and girls Division One where full court presses are allowed.**

No full or half court pressure by a team up by more than 15 points.

A player without the ball, cannot be guarded by two defenders and a player with the ball cannot be triple teamed. See Rule on Zone Defenses notice

## **No three(3) point field goals**

**Alternating Possession**- Games begin with a jump ball. As soon as a team gains control of the ball after the jump ball, the scorer will point the Alternating Possession Arrow the opposite direction to which the team that first gained control is shooting. Any jump balls at other times will be given to the team with the AP Arrow on the scorers table. When periods end, the ball will remain in possession of the team that had the ball when the time expires. If no team had control of the ball, then the AP Arrow will be used. At half time, the referees and scorekeeper will confirm direction change. In some gyms, the scoreboard will indicate next possession to Home or Visitor.

### **Last 10 seconds of the game**

In all divisions **except Division One**, if the score in a game is within three points or less between the teams and there are 10 seconds or less to go in the game and play has stopped, then the following rule shall apply in relation to providing the defensive team with an opportunity to influence the outcome of the game.

Should a game have 10 seconds or less remaining on the clock and the offensive team has a lead in the game of three points or less then the clock shall not start until the offensive team has brought the ball over centre.

### **Shift Management**

1. Number your players i.e. 13 players

shift 1- players 1,2,3,4,5

shift 2- players 6,7,8,9,10

shift 3- players 11,12,13,1,2

etc. , etc.

2. If you decide not to number the players than you can prepare your own shift chart prior to the game (chart attached)) and/or refer to the scorers shift chart.

10 players-4 shifts each

9 players-4 players with 5 shifts and 5 with 4

8 players-5 shifts each

11 players-7 players with 4 shifts and 4 with 3

12 players-4 players with 4 shifts and 8 with 3

13 players-1 player with 4 shifts and 12 with 3