



## **BASKETBALL CAPE BRETON RECREATIONAL SPRING LEAGUE RULES OF PLAY**

### **FIBA RULES**

All BCB games are to be played under the current “FIBA Official Basketball Rules,” except for the variations approved by BCB and recorded in this document.

### **START OF EACH SHIFT (Jr Mini and Mini)**

Players are to line up in front of the scores table at the start of every shift. This allows the scores table to see the numbers of the players. This also allows kids to identify who they are guarding.

### **FAIR PLAY**

The Recreational Spring League is focused on fair play. Junior Mini, Mini, Bantam, Midget, & Juvenile are to follow the below shifting patterns.

Example 1 (12 Players)

#### Shift 1

1, 2, 3, 4, 5

#### Shift 2

6, 7, 8, 9, 10

#### Shift 3

11, 12, 1, 2, 3

\*This is to be followed throughout the entire game and does not reset at halftime.

Example 2 (14 Players)

#### Shift 1

1, 2, 3, 4, 5

#### Shift 2

6, 7, 8, 9, 10

Shift 3

11, 12, 13, 14, 1

\*This is to be followed throughout the entire game and does not reset at halftime.

**GAME TIMING**

Games in all divisions are to consist of nine shifts. There will be four shifts in the first half and five shifts in the second half.

Jr. Minis will play nine 3 minute and 30 second shifts. No stop time.

Minis will play nine 4 minute shifts. Stop time on free throws only.

\*If the game is within 3 points, the last minute of the game is to be stop time and the clock doesn't start after a basket until ball crosses half.

**Free Throw Line** - The free throw line will be shortened by 3 feet to a 12 foot length.

Bantams will play nine 3 minute and 30 second shifts. Stop time.

Midgets will play nine 4 minute shifts. Stop time.

Half-time will be 5 minutes.

Overtime will be 4 minutes. (Excluding Jr Mini)

**SPECIFIC TO JR MINI, MINI AND BANTAM DIVISIONS**

Defense must be man to man.

Zone defenses of any kind are not permitted.

Double teaming is not permitted. Help defense is permitted but not in a sustained manner such as a trap. When an offensive player has beaten their defender another defender may step in to help momentarily but then must immediately return to guard their own offensive player or switch players to return to man to man.

No ball screens are permitted. Screens are permitted off the ball.

**RETREAT RULES**

**Jr Mini & Mini**

No full court defense. After a made basket, or dead ball in the front court, the team now going on defense must retreat back to half court.

**Bantam, Midget, & Juvenile**

No full court pressure after a made basket after a 20 point margin.

**BALL SIZES**

The ball sizes to be used for each division are as follows:

- Jr. Mini and Mini Girls and Boys - Size 5
- Bantam, Midget and Juvenile Girls - Size 6 (28.5)
- Bantam Boys - Size 6 (28.5)
- Midget and Juvenile Boys - Size 7

**SHOT CLOCK AND BACK COURT POSSESSION**

The shot clock in BCB games will be 24 seconds for all divisions. This will be enforced at the referee's discretion. No physical shot clock will be used.

A team will be permitted to have possession of the ball in their back court for 8 seconds prior to crossing midcourt.

**TIME OUTS**

Each team shall be permitted a total of 5 time outs 2 of which may be taken in the first half and 3 of which may be taken in the second half.

**BONUS SITUATIONS**

There will be a team in bonus on the 5th foul every 2 shifts or "quarter". (Ex. Shifts 1-2 then reset to 0 for shift 3-4) The last shift (Shift 9) will shoot bonus on the 3rd foul of that shift.