

VHBA Rules

Valley- Hants Basketball Association

Rules of Play

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Valley Hants Basketball Association Rules of Play

1. Game Schedules

- 1.1 All games are to be played as scheduled.
- 1.2 When weather makes travelling to a game inadvisable, it is the responsibility of the visiting team to contact the hosting team to cancel (with sufficient notice such that the hosting team can inform the referee scheduler)
- 1.3 If a team is a “no-show” at a game without notifying the host, or does not provide adequate notice to the hosting team to have referee services cancelled, the team in violation will be billed for all referee fees for that game via the club president.

2. FIBA Rules

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

3. Ball Sizes

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

- Jr. Mini and Mini Girls and Boys - Size 27.5
- Bantam Girls & Boys, Midget Girls - Size 28.5
- Midget Boys, Juvenile Boys & Girl - Size 29.5

4. Heights of Nets

- 4.1 Junior Mini teams will play on an 8’6| net
- 4.2 Mini teams will play on a 10’ net.
- 4.3 Bantam & Midget teams will play games on 10’ nets

5. Age Requirements

- 5.1 Age requirements will follow the BNS age categories.
- 5.2 Players may play up in older age classes but shall not be permitted to play down in younger age classes.
- 5.3 In extenuating circumstances, due to physical or mental challenges, club executives by majority vote, may permit a player to play in a lower level.
- 5.4 Any person permanently assigned to a team higher than their eligibility, by choice or club assignment, cannot be called down to their rightful age group to play for a team

6. Number of Players/ Playing time

6.1 Junior Mini:

- 6.1.1 All players must play equal playing time (no one player shall play more than one shift difference than any other team mate)
- 6.1.2 If a player becomes injured or fouled out, they may be replaced by another player. Both the injured player and the replacement player will be charged for the shifts (care must be taken to ensure that the less than 1 shift differential is maintained)

6.2 Mini:

- 6.2.1 Teams will play 5 on 5 with a minimum number of 8 players by the start of the second half (minimum of 5 players to start the game)
- 6.2.2 All players must play equal playing time (no one player shall play more than one shift difference than any other team mate)
- 6.2.3 If a player becomes injured or fouled out they may be replaced by a player who has not played for more than the maximum 20 minutes (5 shifts of 4 minutes). The players replacing this player will be charged for the full shift along with the injured player (care must be taken to ensure that the less than 1 shift differential is maintained and no player exceeds the maximum number of shifts)..

6.3 Bantam & Midget:

- 6.3.1. Teams will play 5 on 5.
- 6.3.2. At the Bantam level, equal play will be required for the first three quarters of play (6 equal shifts of 4 minutes duration), after which, playing time is at the discretion of the coach.

7. Tiering

7.1 Tiering is not permitted at the Junior Mini.

7.2 Tiering of Mini, Bantam & Midget level teams shall be a year-to-year decision at the league level, based on the number of players & teams playing that season.

8. Team Rosters & Call-ups

- 8.1 If the coach knows or suspects that they may be in a forfeiture position for an upcoming game they may call up players as follows:
 - 8.1.1 A player may be called up from any team with the same club in a lower division or level of play.
 - 8.1.2 Lateral call ups are permitted but are to be done in an equitable manner
 - 8.1.3 The coach can call up enough players to bring the team total for that game to a maximum of 10
- 8.2 If a call-up player is not registered as a player within the same club, the coach will face disciplinary action.
- 8.3 If a player is found to be a "Call-down" (Player from a higher division), the game will be forfeited.

9. Shifts

- 9.1 Jr Mini players play ten 3 minute, 20 second stop time shifts, with equal play required
- 9.2 Mini players play eight 4 minute stop time shifts, with equal play required.
- 9.3 Bantam players play four quarters of 8 minutes with a 1 minute break between quarters. A mandatory shift changes will happen close to the 4 minute mark of each of the first three quarters to ensure equal play for the first three quarters.
- 9.4 Midget players play 4 quarters of 10 minutes with a 1 minute break between quarters.
- 9.5 Half-time will be 5 minutes when and where possible. Half-time may be shortened if games are significantly behind schedule.
- 9.6 In Jr Mini and Mini levels, there shall be no overtime played during the regular season games.
- 9.7 In Bantam and Midget, overtime will be 5 minutes in duration.

10. Foul Shots

- 10.1 Junior and Mini free throw line will be 12' from the basket
- 10.2 Bantam and Midget free throw line will be 15' from the basket.

- 10.3 In Mini, 2 shifts will count as 1 quarter. (Shifts 1 and 2 – 1st quarter; shifts 3 and 4 – 2nd quarter; etc.) A team with a total of 5 team fouls in a quarter, puts the opposing team in a bonus situation where they shoot 2 free throws for every foul thereafter in the quarter. The foul count is reset to 0 at the start of quarter.
- 10.4 In Bantam & Midget, a team with a total of 5 team fouls in a quarter, puts the opposing team in a bonus situation where they shoot 2 free throws for every foul thereafter in the quarter. The foul count is reset to 0 at the start of each quarter.

11. Shot Clock

- 11.1 The shot clock for Junior Mini and Mini games will be of 30 seconds duration.
- 11.2 The shot clock for Bantam and Midget games will be of 24 seconds duration.

12. Back Court Possession

- 12.1 Junior Mini & Mini teams will be permitted to have possession of the ball in their back court for 10 seconds prior to crossing midcourt.
- 12.2 Bantam and Midget teams will be permitted to have possession of the ball in their back court for 8 seconds prior to crossing midcourt

13. Time Outs

- 13.1 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.

14. Mercy Rules

- 14.1. Teams are to show respect for their opponents at all times. Failure to do so will result in disciplinary actions.
- 14.2. In Jr. Mini play, scores will be eliminated from the score clock at the end of every shift.
- 14.3. In Mini when a team is ahead by 20 points or more the scores shall be set to 0 for the remainder of the game.
- 14.4. In Bantam and Midget, if a team is ahead by 25 points or more, the leading team shall no longer be permitted to employ full court pressure defense of any kind.

15. Defense

- 15.1. **Man to man** defense is required at Junior Mini, Mini and Bantam levels. Zone defenses of any kind are not permitted.
- 15.2. **Double teaming** is not permitted.
- 15.3. **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.
- 15.4. **Full Court Defense** is not permitted at the Junior Mini and Mini levels (After a made basket, or dead ball in the front court, the team now going on defense must retreat back to the 3 point line area in their own back court until the opposing team crosses half court. In the case where there is no 3 point line, the top of the key area should be used)
- 15.5. **Screens** – Valley Hants will follow the direction of Basketball Nova Scotia with respect to rules re: screening.

16. Last 30 Seconds Timing

- 16.1 **Last 30 Seconds Timing** –In order to allow the defense to attempt to gain possession of the ball without the clock expiring, the clock shall not start when:
 - 16.1.1 The offensive team has a 3 point lead or less;
 - 16.1.2 There is 30 seconds or less remaining in the game;
 - 16.1.3 And the offensive team has not yet brought the ball over half.

17. Playoff Eligibility

- 17.1 In order to be eligible to participate in playoffs, all players must have played in a minimum of 5 games during the regular season. Exception will be made in the case of serious illness/ injury.

Defence Enforcement:

It is not the role of the offensive coach, players and/or team followers to judge if the opponent is committing illegal defence. The officials will be responsible for making these calls, and must identify that there was intent on the player or team to violate the rules. It is not the intent of the modifications to penalize players for a brief loss of concentration.

It is expected that all teams at these levels will abide by the modifications. If the intent to play a zone defense or double team is detected, this is the procedure that will be followed:

- (1) First offence – a warning will be given to the coach
- (2) Second offence – the opposing team will be given a free shot and will be given the ball on the side. A report will be sent to the Club President.
- (3) Third offence – the referee will report on score sheet and the game will be automatic default.

*****Note that in the provincials this is how it will be called:***

- (1) First offence – a warning will be given to the coach***
- (2) Second offence – a technical foul will be given to the coach***
- (3) Third offence – a second technical foul will be assessed to the coach (coach removed from the game as per FIBA rules)***