

Edmonton Catholic Schools Junior High Athletic Association
2021-2022 Basketball Rules and Modifications

- Games shall be played according to the current FIBA rulebook!
- Games start 15 minutes after the visiting team arrives or earlier if both coaches so agree, with Officials being present.
- Boys/Girls league games will play **4 nine-minute stop time quarters** with a five minute intermission.
- Overtime- 5 minute quarter(s) to be used until tie is broken.
- **Zone Defense is Not allowed!** Man to Man Play only! (see Zone Defence Clarification below)
- The three point line will be used where available.
- Teams should have matching shirts/sleeves under uniform. These colors may include, all black, all white or dominant color of the team's uniform. If one player chooses to wear a white shirt under the uniform, then any other player(s) wishing to wear a white shirt, they too should be wearing a white one. This rule is lenient at the Junior High level, but is strictly enforced in high school play. Thus it is a good idea and practice to have players pack both a white and black t-shirt. This also goes for any accessories such as wrist and headbands. Headbands of the tie style are not permitted any longer.
- T-shirts are to be worn under the team uniform; torn sleeves are not allowed, and shirts must be tucked into the shorts before coming onto the floor. Players will be asked to tuck in their jerseys during stoppage of play if there is a need.
- No Front court press from the leading team when the score differential is greater than 20 points. Time outs: 2 in the first half,
- 3 in the second half with time outs only being 60 sec in length. Coaches need to notify the table of time outs (Officials will note that table crews are young and inexperienced and may not get the signal in for time outs, thus may call the time out from the floor)
- Officials will be responsible for calling the 24 sec. Violation where shot clocks are not available, giving a verbal 10 count left in the clock.
- There is no rule about running time, so the game proceeds as a normal game even if point spread is greater than 20 points. (see no press rule)

ECSD JUNIOR HIGH SCHOOL BASKETBALL ZONE DEFENCE CLARIFICATION

Man-to-man defence is to be played during league play AND playoffs.

This means that half-court zone defence is NOT allowed.

Teams may employ a full court zone press, but once the press is broken, the defending team must return to man on man defence. This is implemented and enforced to teach the student athletes to play good fundamental defence. To aid in this effort, the following guidelines shall be enforced with regards to illegal defence:

- a) Defensive players are required to play one-on-one defense. Each defensive player must be responsible for guarding one offensive player. No specific distance is stated for the purpose of guarding an offensive player. If an offensive player moves from ball side to non-ball side, or vice versa, the defensive player must move to the same side of the floor as well.
- b) A defensive player may leave his/her player to help on/with another offensive player with the ball, either in the front or back court. If the offensive player who had the ball passes the ball to another offensive player, the defensive player must return to guard his/her offensive player.
- c) Two defensive players may not guard the same offensive player who is not in possession of the ball.
- d) At NO time can an offensive player be guarded by three defensive players.
- e) No team may employ defence (man or full court zone press) *in the back court* when they are leading by 20 points or more at anytime during the game. Once ahead by 20 points, the defence may only play man-to-man defence in the half court.

PENALTY/RULING:

1st offense: The referee(s) will stop play and warn the Coach and the Player(s). *One warning will be given per guideline violation above.* Play will resume with a throw-in by the offensive team from the point where the play was interrupted.

Further offenses: A technical foul will be called against the defensive player which means one foul shot awarded followed by the ball coming back into play with a throw-in at the point of interruption ie. The point where the T-foul was called.

Please note: these rules apply for the ECSD Jr. High Basketball league; high schools &/or other Jr. High tournaments, as well as other leagues such as EYBA, may use different rules.