



RULES

- All FIBA rules will apply with the exceptions of modifications listed below.

Regulation Ball

- Jr Boys/ Girls, Sr Girls – Size 6 ball
- Senior Boys – Size 7 ball

Game Duration

- Both Junior and Senior teams will play 4 – 8-minute quarters stop time.
- There will be a two-minute break between quarters and five-minute break at the half.
- Once a score reaches a 25-point spread , the remainder of the game will be run time.

Ties

- No game shall end in a tie.
- An overtime period of 3 minutes will be used to break the tie.
- If the game is still tied after the first overtime, teams will continue to play 3-minute overtime periods until the tie is broken.
- There will be a one-minute break between overtime periods.

Playoff Tie Breakers

Two-way Ties

- Records in head-to-head competition, with the higher seed going to the team that has won the most games against the other.
- If head-to-head competition does not break the tie, the deadlock will be broken by points for/against between the tied teams.
- If a tie still exists points for/against in all of the league games will be used.
- If a tie still exists a coin toss will be used to determine the tie breaker.

Multiple Ties

- If three or more teams are tied after the regular season, the first tie breaker will be wins and losses between the tied teams.
- The seconds tie breaker will be points for/against among the tied teams.
- If a tie still exists points for/against in all the league games will be used.
- If a tie still exists a coin toss will be used to determine the tie breaker.

Remember there is no going backwards in the tie breaking procedures.

Defaults - If a team defaults any game during the regular season, they will be ranked below a team (s) that they are tied with and their points will not be used in any of the tie breaking steps.

Time Outs

- Each team will be allotted 2 -30 second time outs in the first half.
- Each team will be allotted 3 – 30 second time outs in the second half.
- Teams are not permitted to use more than 2 time outs during the last two minutes of the fourth quarter.
- Each team will be allotted one 30 second time out in each overtime period.
- Time outs are requested by the coach only through the timers table. Some flexibility should be given based on the abilities of the scorekeepers.

Substitutions

- Substitutes must be at the score table, visible for an obvious substitution request.
- Coaches cannot use the free substitutions rule on any possession to gain advantage by stopping the play and calling for a sub that is not ready and waiting at the table.
- Subs are permitted during dead balls, after the last or only successful free throw, or (for the non-scoring team) a field goal is scored in the last 2 minutes of the 4th quarter (or game in EIPS case) or the last 2 minutes of each O/T period.

Shot Clock

- There will be a 24 second shot clock in effect , however there will not be an actual digital 24 shot clock used.
- The officials will be requested to track the time and give a verbal warning when the time is running down (“10 seconds to shoot, 5 seconds”) teams must gain half in 8 seconds and have a 24 second shot clock.

Three Point Line

- If the hosting gym has a three-point line it will be used for all league and playoff games.

Key

- A wide key is to be used during all league and playoff games. Schools without a wide key are required to tape one down for the season.

Fouls and Shooting Bonus

- A player will be deemed to have fouled out after their 5th personal foul and or direct technical fouls.
- Shooting bonus on the 5th team foul.
- Team fouls are reset after each quarter and overtime period.
- Only 5 players allowed to line up in the key. Three defensive players and two offensive players plus the shooter.
- Shooter must wait for the ball to contact the rim.

Defense

- Man to man defense is mandatory at both the Jr and Sr levels.
- Players may double team the ball carrier but must go back to man to man after the pass.

Presses

- In the Small School Junior Team Division teams will not be permitted to press until after February 1st. Once the offensive team has lost possession they must retreat to half court and play defense.
- This does not preclude a team from attempting to rebound a ball.
- Small School Jr Teams may use a man to man press the entire season during the last two minutes of the game.
- After February 1st, Small School Jr Teams may use a man to man press.
- Large School Jr Teams may use a man to man press the entire season.
- At all Jr Levels they can be no area presses with 2 or 3 players starting at a specific spot. This demonstrates a zone press and is not permitted.
- All Sr Teams may use a zone press but must pick up their man after half court has been obtained.
- There is a 20-point mercy rule at all levels where no presses will be permitted. Officials will give a verbal warning if a team forgets.

Scoresheets

- EIPS will use Edmonton Metro Score Sheets

Dress

- Players may wear under shirts, arm and leg compression sleeves, wristbands, ankle supports, and taping of any solid colour
- The above listed items do not need to match the dominant uniform colour and all players on the team do not need to match.
- Players may wear shoes of any colour combination, and the left and right shoes do not need to match.

Pregame Warm-up

- There is no dunking or hanging on the rim during warm-up.

Coaches

- Coaches are to keep all non-verbal communication and posture positive, and in good taste.
- Please ensure fans/spectators exhibit proper conduct and sportsmanship and are supervised. No booing or criticism of those involved in the game-officials, coaches, volunteers, and players.

- This is Junior High Basketball. It's about promoting skill development, sportsmanship, teamwork, citizenship, and having a whole lot of fun. Coaches should be positive role models.

Player Eligibility

- Small schools (less than 230 students) may use players in grade 7 and 8 during the regular season to play on both Jr and Sr teams if they are short players.
- Once playoffs start, they may only play for one team.
- Up to two grade nine players may play as Junior team members in schools with a junior high population of less than 100.
- If they have 3 or more grade 9's playing, then the team must play in the Senior League.

Canceled Games

- If a team needs to cancel a game, the game should be rescheduled within 1 week of when it was cancelled based on the most convenient time for the non-canceling team.
- All make-up games must be rescheduled before the last regular season game is played.
- Teams that are canceling 3:30/4:00 pm games must be canceled no later than 12:00 noon.
- When a game is canceled and there are additional costs incurred the canceling team will cover those costs.
- Teams that cancel must talk to the athletic coordinator or the team coach (sending an email or voice mail is not acceptable)
- Acceptable cancellation may be due to poor road conditions, bus breaks down.
- Teams are expected to stick to the league schedule as much as possible

