

Minor Division Basketball Policies and Manual



Table of Contents

Minor Basketball Rules.....	4
General Regulations.....	4
Court Size.....	4
Basketball Heights	4
Basketball Sizes.....	4
Uniforms.....	4
Team Equipment.....	5
Schedule Divisions.....	5
Scheduling	5
Teams Withdrawing Once Event Has Commenced.....	6
Inclement Weather.....	6
Rosters.....	6
Ten (10) Players to Start Tournament (Grades 5-9)	7
Home Team	8
Completion of Score Sheets	8
Coaches/Officials Code of Communication	8
Tournament Tie Breaking Rules.....	9
Video Recordings.....	9
Player-to-Player Defence	10
Athlete Participation.....	12
Coach Eligibility	14
Safe Sport:	14
Grade Restrictions	15
Playing Up in Older Grade Categories	15
Championship Team in “A” Division Moving Up Following Year.....	15
Competing Outside Your Region.....	15
Labrador Region	15
Weekend Contacts, Commissioners	16
Finances.....	16
Awards Provided to Host.....	16
Tournament Fees.....	16
Tournament Registration Deadlines	17
Refund Policies	17
Host Responsibilities	17
Responsibilities.....	17
Accommodations.....	19
NLBA Healthy Eating Policy.....	19

Ranking Teams Policy	19
NLBA Ranking Process for Provincial Championships.....	19
Grade Level Game Specific Rules	20
Grade 4 (3 on 3 Tournament)	20
Grade 5 and 6	22
Grade 7	24
Grade 8 & 9	27
Grade 10 & 11	29
Club Game Specific Rules	30
Under 10 Non Competitive (U10).....	30
Under 10 Competitive & 12 (U12)	32
Under 14 (U14), Under 16 (U16) & Under 18 (U18).....	34
Discipline and Complaints Policy	35
Appeal Policy.....	35
Appendix A: Rotation Sheets	36

Minor Basketball Rules

ALL NLBA BASKETBALL GAMES ARE GOVERNED BY POLICIES, RULES AND REGULATIONS AS OUTLINED IN THE GENERAL NLBA POLICY MANUAL. ALL POLICIES, RULES AND REGULATIONS IN THIS MANUAL ARE SPECIFIC TO MINOR DIVISION BASKETBALL PLAY AND ARE TO BE USED IN CONJUNCTION WITH THE GENERAL POLICY MANUAL. REFER TO THE GENERAL POLICY MANUAL FOR ALL OTHER BASKETBALL POLICIES, RULES AND REGULATIONS NOT ADDRESSED IN THIS MANUAL.

With the growth of basketball increasing at a rapid pace, the **Newfoundland and Labrador Basketball Association** has developed this **Minor Rules and Regulations Handbook** as a means of regulating the sport of basketball at all grades. As the skill level develops over the next few years, rules will be altered to suit the needs of that specific grade category. This handbook is to be used for all provincial tournaments and will be reviewed and up-dated annually until the system is perfected in the best interests of the participants and the sport.

The NLBA addresses rules for each specific grade category, general information, hosting responsibilities and special requests. All coaches entered in provincial play are asked to review the rules in their grade category as well as other additional information related to billets, grade restrictions, etc.

Individuals, who would like to add or see rules changed for future years, are asked to state their case in writing and send it to our provincial office for review. It will then be presented at the Annual General Meeting for discussion.

General Regulations

Court Size

1. Due to the various court sizes in regions of the province a decision will be made by the NLBA executive during the **HOSTING APPLICATION** phase to determine what sites are suitable for the specific grade/age categories.

Basketball Heights

2. Basket heights are:
 - I. Grade 4 & 5, U10 @ 8 feet
 - II. Grade 6, U12 @ 9 feet
 - III. Grade 7 and higher, U14 and U16 @ 10 feet

Basketball Sizes

3. Basketball sizes are:
 - a) Size 27.5 (Size 5): both male and female up to and including U12 and grade 6.
 - b) Size 28.5 (Size 6): grades 7 & 8; female U14-U18 and from grade 9 up to and including university.
 - c) Size 29.5 (Size 7): for male U14&U16 (club) and grade 9 up to and including university.

Uniforms

4. All teams entered in provincials are asked to wear uniforms and numbers outlined by the FIBA rulebook. FIBA number regulations state:
 - I. Teams shall use numbers 0 and 00 and from 1 to 99.
 - II. Players on the same team shall not wear the same number.
 - III. Teams should also have numbers on the front and back to avoid on court confusion in the transition and defensive zones.
5. Players shall not wear equipment (objects) that may cause injury to other players.

- I. The following are **not** permitted:
 - i. Finger, hand, wrist, elbow or forearm guards, casts or braces made of leather, plastic, pliable (soft) plastic, metal, or any other hard substance, even if covered with soft padding.
 - ii. Objects that could cut or cause abrasions (fingernails must be closely cut).
 - iii. Hair accessories, jewelry of any sort (bracelets, earrings, nose rings, brow rings, etc.)
- II. The following **are** permitted:
 - i. Shoulder, upper arm, thigh, or lower leg protective equipment if the material is sufficiently padded.
 - ii. Compression sleeves of the same dominant color as the shirts.
 - iii. Compression stockings of the same dominant color as the shorts. If for the upper leg it must end above the knee, if for the lower leg it must end below the knee.
 - iv. Knee braces if they are properly covered.
 - v. Protector for an injured nose, even if made of a hard material.
 - vi. Non-colored transparent mouth guard.
 - vii. Spectacles, if they do not pose a danger to other players.
 - viii. Headbands, maximum 5 cm in width, made of non-abrasive, unicolor cloth, pliable plastic, or rubber.
 - ix. Non-colored transparent taping of arms, shoulders, legs, etc.

Team Equipment

6. All teams must supply their own basketballs and medical kits at the tournaments. Host teams are to supply a suitable game ball for the tournament. The cost of lost basketballs and medical tape for injuries has escalated over the past couple of seasons and this has placed undo expenses on several hosts. It is the responsibility of the individual teams to be prepared for warm-ups and medical supplies.

Schedule Divisions

7. A standard 8 team tournament would be divided into two divisions with the rankings of teams as noted below. Semi-finals would be played by crossing over the top two finishers in each division. These rankings ensure proper semi-finals with 1 vs. 4 and 2 vs. 3 if rankings hold true.
8. 8 team tournament divisions are:

<u>Division "A"</u>		<u>Division "B"</u>	
1 st		2 nd	
3 rd		4 th	
6 th		5 th	
8 th		7 th	

Scheduling

9. All teams will receive a minimum of three games when they enter any Provincial Championship. Teams may have to compete in a maximum of 3 games in one day. It will not be mandatory for teams to compete in any more than 3 games in one day unless extenuating circumstances arise (weather etc.). The NLBA realizes that in this circumstance the team may be required to be at the gymnasium for a large part of the day, but this is unavoidable under certain circumstances.
 - I. Games may be played on Friday, Saturday, and Sunday. Earlier days may be utilized in events where there are more than the usual number of teams.
10. Due to the time limits and travelling involved with any provincial championship, special requests tend to have an impact on the scheduling of the event. The NLBA will attempt to meet the needs of each individual team however once the schedule is completed there will be no changes due the snowball effect it has on other teams.
 - I. Teams travelling long distances to the site along with host requests for prime times will always be

taken into consideration.

- II. If you have a special request regarding scheduling, please make a note of it on your Tournament Entry Application.
 - III. The NLBA reserves the right to make any changes to schedules as they deem fit. Teams travelling the furthest will obviously compete in the late games during day one unless otherwise requested. There may be times where teams will have to compete in the final game of the night and the first game of the following morning. The office will attempt to stay away from this format where possible.
 - IV. Back-to-back games will not be scheduled unless absolutely needed.
 - V. For tournaments only having 5 or less teams entered in a grade level that has an A and B division offered...the office will place everyone in the A division and the B event will be cancelled. The host of the event will be the school that applied for the "A" championship.
 - VI. There will be at least a one-hour break for teams competing in the final.
11. There will be possible suspensions for teams dropping out of an event a week prior to the start.

Teams Withdrawing Once Event Has Commenced

- 12. Once an event commences, teams are not permitted to withdraw. Teams must attend all games even if they do not impact the standings for teams advancing to the playoffs. This does not apply where inclement weather is impending.
- 13. Teams who default games or withdraw from the tournament may be subject to discipline by the NLBA. This could include a sanction or fine and a report will be sent directly to the school principal and the athletic director of that school.

Inclement Weather

- 14. Because of our unique weather conditions, teams are asked to notify both the host and the office at the earliest opportunity, if they are unable to attend a tournament. Many school districts have policies that prevent schools from travelling during weather advisories. Weather advisories could be restricted to a small region and many teams may travel to the event under clear conditions. Your cooperation with the host and the provincial office would be greatly appreciated during these advisories. This will provide all parties the opportunity to make alternate arrangements for the tournaments.
- 15. Once a tournament starts, it will not be cancelled if one or two teams are unable to attend. The host committee will have the authority to redo the schedule as best they can within the scheduled time frame to ensure the event is concluded. In this case it will not be necessary to contact the provincial office as it is closed on weekends. Teams not attending will have to apply in writing to the NLBA for a tournament refund.

Rosters

- 16. Team rosters MUST be in the provincial office no later than 14 days prior to the tournament. This will allow the host ample time to produce a brochure for the tournament. No changes will be permitted 48 hours before an event is to begin.
- 17. Teams competing in Grade 5 and 6 events will be permitted to exceed the 18-player rule to accommodate the school's policies on "all inclusivity".
- 18. Teams competing in Grade 7-9 events may register up to 18 individuals for the tournament, but only 15 are permitted to dress per game.
- 19. Teams competing in the grade 10 & 11 age groups can register 15, but only 12 permitted to dress per game.
- 20. Club team rosters MUST be in the provincial office no later than 21 days prior to the tournament. This will allow the host ample time to produce a brochure for the tournament. No changes will be permitted 48 hours

before an event is to begin. Teams competing in U10 & U12 events may register up to 18 individuals for the tournament, but only 15 are permitted to be dressed per game. Teams competing in the U14 and above age groups can only register and dress 15 players.

21. Rosters must contain all addresses, phone numbers and email addresses. They must also show school grade and birthdate for grade and age verification. Athletes should also be asked to carry their MCP number with them to all events for medical emergencies.

Ten (10) Players to Start Tournament (Grades 5-9)

22. A team must register at least 10 players. You need to explore all options before seeking approval to register with less than 10 players (min of 8). This rule is designed to support teams, ensuring you have a full roster and not to limit your bench. Teams not meeting the min 8 player requirement will be permitted 15 minutes. After 15 minutes the game will be defaulted.

- I. Teams will default a game if they cannot floor a five-person line-up at any point during the game, including overtime.
- II. Teams defaulting games due to not having 8 or more players must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
- III. If you do not have 10 players to register for the event you can apply to play with less by sending an email to nlbainfo@sportnl.ca explaining why you do not have 10 and what you have done to try to fill your team. If approved, you will be expected to follow the same rotations by numbering players as outlined below. If you are found to have applied for this with dishonorable intentions or do not follow the fair play rules through the tournament you will be sanctioned.
- IV. Teams who register for an event with 10 or more players and lose an individual due to uncontrollable circumstance are still eligible to compete as long as they abide by shifting lines below.

23. **Shifting Rule with 8 or 9 players:** If a team has 8 or 9 players, coaches have no choice in what periods a player plays, all players must be numbered 1 to 8 or 9 and played in the rotations below. There is no power shift when using rotations. No player is allowed to exceed 4 shifts for any reason. The same maximum period restriction is true if a player(s) is lost during a game to injury, illness, or disqualification. Coaches must review shifts with the score table prior to the start of the game.

(8) Player Rotation:

Shift 1 Players 1 2 3 4 5
Shift 2 Players 6 7 8 1 2
Shift 3 Players 3 4 5 6 7
Shift 4 Players 8 1 2 3 4
Shift 5 Players 5 6 7 8 1
Shift 6 Players 2 3 4 5 6

(9) Player Rotation:

Shift 1 Players 1 2 3 4 5

Shift 2 Players 6 7 8 9 1

Shift 3 Players 2 3 4 5 6

Shift 4 Players 7 8 9 1 2

Shift 5 Players 3 4 5 6 7

Shift 6 Players 8 9 1 2 3

- I. If teams proceed with 8 or 9 players in consecutive games, the coach is required to alternate players receiving 4 shifts. Coaches are not permitted to favor stronger players throughout the tournament. Coaches must review game sheets with the score table prior to the start of subsequent games.
- II. A coach who is found to have sat players out of a game unnecessarily, asked players not to attend or dress for a game unnecessarily will be subject to discipline up to and including suspensions and forfeiture of games or championships won. Discrepancies in numbers of players between round robin games and play-off games must be explained either in advance to the NLBA or to the convenor on site.

Home Team

24. The first team listed in the schedule for each game is the home team. The home team will use the bench to the left of the scorer's table- they will use this bench for the entire game. Consideration will be given to the host school who will be allowed to use their normal bench regardless of if they are the home team on the schedule. Teams' warm-up at the same end of the floor as their bench and shoot in this direction for the first half of the game. The teams will change the direction in which they shoot in the second half of the game and remain shooting in that same direction until the game is completed (including overtime).

Completion of Score Sheets

25. Due to several situations concerning the completion of team rosters prior to fair play games, the following will be enforced.
 - I. Each team will be presented with individual score sheets simultaneously prior to the game by the minor officials or the host.
 - II. Coaches will complete their team roster on the score sheets and pass them directly to the minor officials at the scorer's table.
 - III. Under no circumstances are coaches permitted to review the opposing team's line-ups prior to the start of the game.
 - IV. The first 5-7 names placed on the score sheet will be referred to as line 1. The remaining names will be referred to as line 2.

Coaches/Officials Code of Communication

26. Over the past few years, it has become common practice for coaches to approach officials following a game and question calls that took place during the game. At times, these conversations become heated and resolve nothing and usually take place in a public setting.
 - I. Coaches have to learn that nothing can be changed at the end of the game by discussing missed or inaccurate calls.
 - II. Immediately following a game is NOT the appropriate time to have these discussions.
 - III. Coaches must remain courteous and respectful to officials during all phases of the game. Violations

of this code could result in sanctions by the NLBA.

Tournament Tie Breaking Rules

27. The usual NLBA tie breaking rules will be used during all tournaments. They are as follows:

I. Two-Way Ties

- i. For First Place - the team that won the game when the two teams in question played each other will be awarded first place.
- ii. For Second Place - the team that won the game when the two teams in question played each other will advance.

II. Three-Way Ties

- i. For First and Second Place - "Point Spread" between each of the three teams tied will determine which team is awarded first and second places. Games in the round robin not involving the teams in the 3-way tie do not count. Point Spread is defined as "points against subtracted from points scored." Any 3-way ties that remain after these calculations will then be determined by taking all games played into the Point Spread Formula. Head-to-Head will determine placings if there are only 2 teams tied after determining the original point spread.

III. Three-Way Tie Breaking Process (Example)

For First and Second Place - "Point Spread" between each of the three teams tied will determine which team is awarded first and second places. Games in the round robin not involving the teams in the 3-way tie do not count. Point Spread is defined as "points against subtracted from points scored." Any 3-way ties that remain after these calculations will then be determined by taking all games played into the Point Spread Formula. Head-to-Head will determine placings if there are only 2 teams tied after determining the original point spread.

Round Robin Scores with 3 teams tied:

Game 1	Team A	55	Team B	58
Game 2	Team C	40	Team A	46
Game 3	Team B	37	Team C	43

Tie Breaking Process:

Team A	Game 1 (-3)	Game 2 (+6)	Total (+3)
Team B	Game 1 (+3)	Game 3 (-6)	Total (-3)
Team C	Game 2 (-6)	Game 3 (+6)	Total (0)

According to the above example Team A would be awarded 1st place, Team C would be 2nd place and Team B 3rd place.

IV. Extended scenario for three-way ties

- i. If there was a situation where the 1st and 2nd place teams were tied (both were +3) then 1st place would be awarded to the team that won head-to-head. The other team would be second.
- ii. If there was a situation where 2nd and 3rd place were tied (both had -3) then 2nd place would be awarded to the team that won head-to-head. Defaulted games are scored at 20-0.

Video Recordings

28. Individuals looking to set up a tripod or Go-Pro camera at an NLBA event must have the convener's approval. The NLBA respects the Right to Privacy Act and will, to the best of its ability, uphold a person's right to not have their image taken or used without consent. If, for any reason, a team has a player who has not signed the school's Consent to Use of Image Form, or is not permitted to be photographed or videoed, it

is the coach's responsibility to notify the NLBA so that appropriate decisions can be made. Coaches (clubs and school teams) should contact the NLBA, to notify us if a specific team should not be videoed / photographed.

Player-to-Player Defence

29. The NLBA has attempted to define the player-to-player defence in such a way that it would not hinder the development of the sport and the participants. The rules outlined below have been cultivated to achieve our goals. They are

reviewed annually by our Minor Committee. The committee has

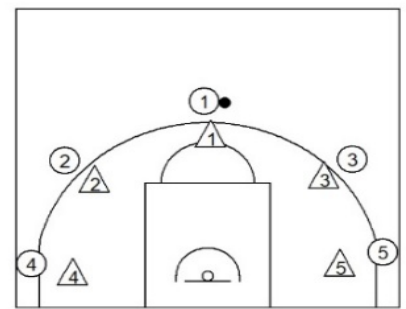


Figure 2

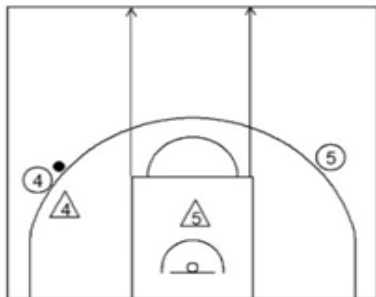


Figure 4

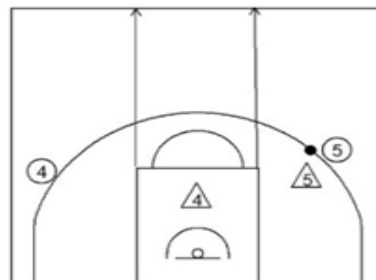


Figure 5

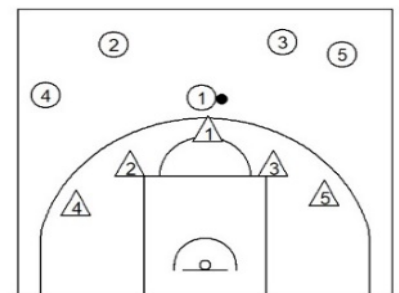


Figure 3

dedicated an immense amount of time to

the development of the “Player to Player Defence Rule”. If you are unclear as to the overall concept of the rules listed below, please contact the Provincial office for further clarification or refer to the video links on our website which help to explain the rules below.

30. Grades 4-7 and U10 and U12 Club teams) are required to play player to player defence.

31. When a team is in the scoring area; usually inside the 3-point line

- I. Court Regions: The defensive court will be divided into three regions in the offensive end of the court as outlined in Figure 1. Two regions will extend from the side-line to the Key area (wing). The third area will be comprised of the key and the area immediately in front of the key outline (channel).
- II. Normal defensive position is considered to be within an arms-length of your offensive player. When the ball is in the channel area of the court, defenders must be within an arms-length of any offensive player at or within the 3-point line, Figure 2.
- III. Defensive players do not need to be within arm’s length of players who are positioned well beyond the 3-point line, they just need to be within a step of the three-point line, Fig. 3
- IV. Weak Side Position: If the basketball is located on either wing region, the defenders located on the opposite side of the ball (weak side) are permitted to occupy the adjacent area. Figures 4 & 5.

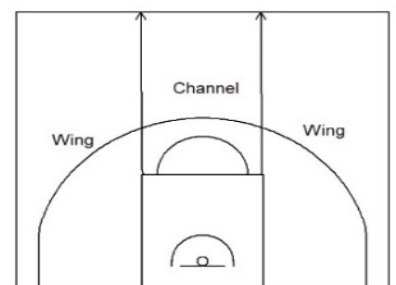


Figure 1

- V. Ball Penetration: Once “Ball Penetration” (passing, shooting, or dribbling) occurs from the ball side, the opposite side defenders (weak side) are permitted to help by collapsing on the ball. Ball Penetration is defined as:
- The offensive player dribbling past the defender.
 - Passing the ball into the post area.
 - Shooting the ball.
 - The easiest way to identify a zone is if an offensive player cuts from the weak side wing to the ball side wing without a defender following them. If they are not followed, the defence is in a zone. Figures 6 & 7.

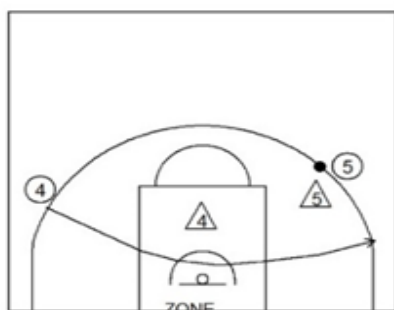


Figure 6

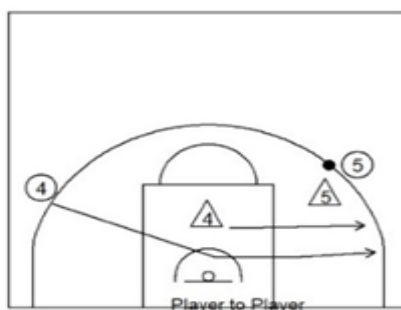


Figure 7

- VI. These rules apply only when the basketball is in scoring range, not when the offensive team crosses centre- court.
- VII. During NLBA provincial tournaments, a commissioner will be in place to monitor the defensive rules. During club league, invitationals or exhibition games, it is the responsibility of the convenor/ host to decide if they wish to have a person in place to monitor these rules. Failure to comply with the above rules will result in:
- First Offence – During a dead ball situation the Commissioner will inform the official and the coaches that they were playing a zone
 - Second Offence – During a dead ball a technical foul will be assessed on the coach.
 - Third Offence – A second technical will be assessed to the coach (the coach will be removed from the game as per FIBA rules).
 - Fourth Offence – The game will continue but will be a forfeit. The team will receive no points for the classification of this game. After two warnings from the officials the team will receive two free throws and the ball for each subsequent act.
- VIII. Failure for club coaches to comply with the above rules, which must be confirmed either with video evidence or by a game official, that a team was using either a quarter court zone or a zone press, will result in:
- First Offence – An official warning from the NLBA that states the games and conditions under which the rule was violated and that a second offense will result in forfeiture of

- games.
- ii. Second Offence – Forfeiture of the second game and the previous game in which the first warning was issued.

Athlete Participation

- 32. Athletes are permitted to compete in more than one grade or age category as long as they meet the specific grade or age requirements.
- 33. All ages are as of January 1st, of that year. Ex. U10 for 2019 must be born in 2009.
- 34. Athletes, who meet the correct age group, but may be attending a grade higher.... are eligible to compete in that event. For example, if an individual is in grade 11, but because they started school early or were pushed ahead, that person is permitted to compete in the grade 10 event.
- 35. For minor events, teams must compete as a school team. Club championships will be offered separate from the school championships. Schools are permitted to add athletes from feeder schools. Feeder schools are defined as elementary schools entering junior high schools and junior highs entering high schools. Schools may be permitted to add players from other schools of the same grade as long as they follow the NLBA process in section 18.5.5.
- 36. School Teams:
 - I. While feeder schools are permitted for the grade 7 to 11 tournaments, teams are not permitted to use feeder schools if it interferes with the feeder school entering another provincial event on the same date.
 - II. Teams are not permitted to use feeder schools if they have adequate numbers within their own schools to compete. In other words, schools are not permitted to cut athletes from their normal school team in order to pick up athletes from feeder schools.
 - III. Teams are NOT permitted to use feeder schools to select stronger teams or strengthen their team.
 - IV. Grade 5 & 6 school teams are permitted to add players from other elementary schools of the same grade, provided they follow the NLBA player addition process in i of this section.
 - V. Grade 7, 8 & 9 school teams are permitted to add players from other junior highs, provided they follow the NLBA player addition process in section i. They are also permitted to add players from the feeder elementary school(s). They are permitted to apply for athletes in non-feeder schools under the guidelines outlined in article (i) of this section.
 - VI. Grade 10 & 11 school team will be permitted to add players under the following conditions:
 - i. Coaches must have completed a signed form approving feeder school pick-ups. Signature must include coaches of both teams along with principals of both schools.
 - ii. In All-Grade schools can pick up any player from within the same school.
 - VII. Schools wishing to use players on their teams outside the feeder school system, must provide the following at least 30 days prior to the start of the tournament:
 - VIII. Written confirmation from both principals that (a) the student from one school does not have an age-appropriate team to play on in their school and (b) the school adding the player has room on their team to accept the player. The school releasing the player will not be allowed to enter team(s) into any provincial tournaments that year that the released player would be eligible for.
 - IX. The Committee has the right to limit this request to one per school.
 - i. Feeder schools are not generally permitted to call players back down from higher grade levels. Teams can apply to the minor committee to pick up a player from a different school and a different grade level provided they can demonstrate the following relationship: (a) the player has a prior history with the team (b) the player does not have a team to play with in their own school (c) the move up in grade level with the player addition does not materially alter the competitiveness of the team moving up

- ii. Schools with a total enrolment of a population of under 50 students may apply in writing for an exemption of this rule. The committee will decide these cases on an individual basis.
- X. Schools or clubs entering 2 or more teams in the same grade or age level event (even those placed in A, B or C divisions) CANNOT switch players from team to team once the roster is submitted to the office. This 2nd team must follow the same rules as if they were from another separate school or region. If a school or club commits this offence, they will forfeit all games where they used this ineligible player(s).
- XI. Athletes are not permitted to compete in the same grade category in both the East and West championships. For example, no athlete is permitted to play in the East Coast Grade 10 and then compete in the West Coast Grade 10. Athletes are permitted to play in multiple grade categories as long as they are on different weekends.

37. Club teams

- I. A club is a registered affiliated member of the NLBA, which pays a registration fee annually for their program.
 - i. Clubs must be open to all participants and attempts made to accommodate all.
 - ii. Clubs must be advertised and promoted.
 - iii. Clubs are more than fielding a team or teams to participate in Provincials; Teams are to be chosen from clubs, clubs are not just teams. Tryout are not permitted.
- II. Club teams are not permitted to register for school provincials. Only school teams who have the appropriate application signed by principle are permitted in provincial school championships.
- III. Athletes who register with more than one club MUST declare which team they will play for at the start of all club leagues. Athletes will only be permitted to play with one team per age group.
- IV. All athletes MUST declare by November 15th which club they will compete with for provincial championships. Athletes will be permitted to play with another club if the one they declare for does not register for provincials in that year.
- V. Athletes are to compete within their own gender categories with the exception of those under the transgender policy. For example, females will not be permitted to enter into a male tournament, nor will males be permitted to compete in female events. U10 club is a CO-ED event, although teams may be comprised of all male or all female participants.
- VI. Adult supervision is mandatory at all times. If a coach is ejected from a game, they are permitted 10 minutes to designate an adult as their replacement. If no adult can be located, the game will be forfeited.
- VII. Athletes are only permitted to compete in one provincial championship per weekend. In the past, coaches have attempted to manoeuvre schedules to allow the same athlete to compete in more than one event. This could lead to serious fatigue and ultimately a serious injury and is not permitted under the rules and regulations of the NLBA.
- VIII. Under no circumstances will additions or changes be permitted to team rosters 48 hours before the tournament is to begin.
- IX. If coaches neglect to add a player before the start of the event the player is considered ineligible.
- X. Coaches are not permitted to seek approval from the host or the team they are playing to permit the ineligible player to participate.
- XI. The provincial office does not have the authority to approve ineligible athletes 48 hours before the tournament begins, so please do not call for approval.
 - i. In a case where a coach intentionally plays an ineligible player at any time during the tournament that particular team will not be permitted to advance to the playoffs even if they have enough wins to advance. This will be the case even if the coach decides not to play the ineligible player in some round robin games.

- ii. The playing of an ineligible player is not protectable, and the tournament host and officials will enforce this rule on site. Coaches who abuse this rule will be disciplined by the NLBA discipline committee.

Coach Eligibility

38. All coaches must have a current approved Code of Conduct and Vulnerable Sector Check completed in order to coach.
 - I. Coaches not meeting the requirement will not be permitted to sit on the bench.
39. Club Coaches must be certified in NCCP Learn to Train if they are coaching teams in all Club Championships.
 - I. Coaches not meeting the requirement will not be permitted to sit on the bench.
 - II. It is strongly recommended that school coaches also have an appropriate level of certification for the level you are coaching (Fundamentals gr 4-6, Learn to Train gr 7-9, Train to Train gr 10-11).
40. All Club and School Coaches must have completed the NCCP Safe Sport module, NCCP Understanding the Rule of Two Module and NCCP Making Headway in Basketball.
41. All teams must have a member of their bench personnel (i.e. coach, assistant coach, manager, teacher sponsor or parent helper) who is the same gender as the players on the team. This ensures that all players can feel comfortable coming forward with any problems or issues that arise during travel or competition.
42. Adult supervision is mandatory at all times. If a coach is ejected from a game, he/she is permitted 10 minutes to designate an adult as their replacement. If no adult can be located, the game will be forfeited.
43. Club Presidents and School Administration (Athletic Director or Principal) are responsible to ensure that their coaches abide by the NLBA Code of Conduct and Ethics, Athlete Protection and Safe Sport Policies. Policy can be found on the NLBA website by clicking [here](#)
44. Club Presidents and School Administration (Athletic Director or Principal) are responsible to ensure that their coaches abide by the NLBA Policy regarding Concussions as required by the Provincial Government's initiatives on Concussions. Policy can be found by clicking [here](#).

Safe Sport:

45. Safe, inclusive sport environments help create a more rewarding and enriching sporting experience for all. By completing Safe Sport and Rule of Two Training individuals will gain the knowledge and skills to create healthy and safe environments by recognizing, addressing and preventing maltreatment in sport. After completing Safe Sport and Rule of Two Training, you will be able to:
 - Understand that everyone has a role to play in keeping sport safe, how the misuse of power leads to maltreatment, and the principles of the Universal Code of Conduct.
 - Understand the various types of maltreatment, the conditions that enable them, and how to recognize signs that they may be happening.
 - Know what to do if you suspect maltreatment, and how you can create a culture that protects all participants. As of April 1, 2020, all Sport Canada-funded organizations are required to have training in abuse and harassment available to everyone under their immediate authority. Please identify the role for which you've been requested to complete this training. Your selection will trigger the appropriate version of the training.
46. The NLBA has implemented mandatory Safe Sport training for all its school and club coaches, club board of directors, club executives. Furthermore, all Academy and Provincial Team Coaches and parents (mandatory in 2022 for parents) must also do the NCCP Safe Sport Training and Understanding the Rule of Two Training.

Special Requests

47. Over the past few years, the NLBA have had to deal with a number of special requests that were legitimate in nature and so meetings were held on a regular basis to discuss these situations. Historically these requests are similar in nature so we have compiled a list below that may answer your questions before you contact the provincial office. Needless to say, this will save both parties time and money and will clarify any questions you may have regarding this particular topic. If your request is not addressed below, please feel free to contact our office for further direction.

Grade Restrictions

48. As long as the athlete is in that specific grade, they can participate with their grade team. For example, an athlete in grade 8 who may have been kept behind a year or so for whatever reason is permitted to play with their grade 8- team. Individual athletes and teams are able to play up into a higher-grade category, but they are not allowed to participate in the lower grade categories unless they meet the requirements under Athletes Eligibility section.

Playing Up in Older Grade Categories

49. Athletes and teams are permitted to move up and compete in older grade categories provided they comply with eligibility regulations. At times there are athletes and teams that are physically able to move up and play in older grade categories. This, coupled with the declining population in rural NL, has prompted the association to remove the grade restrictions to teams and athletes playing in older grade categories. Teams who are picking up athletes in lower grades must keep in mind the size and maturity level of the team or individual. At times certain schools may need to call up lower grade athletes simply to floor a team. Coaches and administrations are asked to consider safety concerns when placing young athletes on their rosters.

Championship Team in “A” Division Moving Up Following Year

50. We strongly suggest teams who win a championship in the “A” division (or those with only one division) in the previous year wishing to play up one age group the following year register in the “A” division of that event. Example: a team that wins grade 7 in 2014 and apply to go to grade 9 in 2015 (keep in mind they are now in grade 8 and so should enter the “A” division) should be placed in the “A” division of the grade 9 championships.

Competing Outside Your Region

51. Recently an increased number of teams from the west coast have been applying to travel to the east coast for provincials. The main reason is usually to find stronger competition for their teams. Many times, this places the west coast event in jeopardy with a reduction in the number of teams participating.
52. Recently the NLBA board have accepted the proposal from Corner Brook teams to attend the East Coast events on a regular basis. The rationale of the teams receiving higher competition along with the reduction of school participation because of these strong schools seems to be the right answer at this time. A written letter to the Minor Committee will still have to be submitted.
53. In cases where there are not enough teams to have a competition on either coast the committee will endeavour to provide space as long as there is room in the event.
54. No team is permitted to enter the same grade category in both the East and West Divisions. Teams may enter more than one category in the East or West. For example, a Grade 7 East team may decide to compete in the Grade 8 West event.

Labrador Region

55. Once a tournament has been awarded to any school in Labrador, all teams in Labrador are expected to compete in that event. No team will be given permission to compete outside the Labrador region.

Weekend Contacts, Commissioners

56. The NLBA will provide a contact person (not a commissioner) for tournaments as a resource for convenors that are new to the hosting process. This contact person may be regional directors, members of the Minor Committee, Board members, or staff. Hosts will contact the office the week prior to the event in order to gain contact information for individual responsible for their event.
57. NLBA will select and train individuals in the fall and place them in the grade 5-7 events on both the east and west coast as commissioners.
 - a) These individuals will be knowledgeable basketball people
 - b) Must be 18 or older
 - c) Cannot be a coach or official in the tournaments
 - d) Will be responsible for:
 - i. Fan behaviour
 - ii. Identifying illegal zone play
 - iii. Monitoring of the minor official's table
 - iv. Providing information or advice to tournament host when necessary

Finances

58. Hosts are responsible for all costs associated with the tournament except game fees, officials' travel, and meals. The host is responsible for travelling official's accommodations and any mileage fees outside the round-trip fees paid by the NLBA. Hosts incurring costs over the above mentioned are to be covered by the host.

Awards Provided to Host

59. The NLBA will provide all awards to the host including:
 - I. Championship Banner,
 - II. (15) 1st place medals, 2nd place medals,
 - III. MVP (Grades 7 to 11, U14 and U16 only),
 - IV. Sportsmanship Award (Grades 7 to 11, U14 and U16 only),
 - V. Player of the game certificates (Grades 7 to 11, U14 and U16 only), and
 - VI. Participation Certificates (Grade 4, 5, 6 and U10, U12)
60. The NLBA eliminated individual awards (i.e., player of the game) at the younger levels as recommended by the LTAD model. Hosts must respect the decision to eliminate these awards in the NLBA tournaments and not substitute their own.

Tournament Fees

61. Teams hosting any provincial tournament will pay the required registration fee as all other entrants. Fees may be adjusted each year at the AGM.
62. The cost per team to enter Grade 4 (3 on 3) provincial tournaments will be set at \$130.00. The cost per team to enter U10 provincial tournament is \$425
63. The cost, including administrative fee, per team to enter U12 provincial tournaments is \$425
64. The cost, including administration fee, per team to enter U14, U16, U18 provincial tournaments is \$425
65. The cost, including administrative fee, per team to enter Grade 5 and 6 provincial tournaments will be set at

\$390.00

66. The cost, including administrative fee, per team to enter grade 5-11 provincial tournaments will be set at \$390.00

Tournament Registration Deadlines

67. The deadlines for registration can be found on the NLBA website, as they change each year based on the tournament date: <https://www.newfoundlandlabradorbasketball.com/tournaments>

- I. A \$50.00 late fee may be charged to any teams wishing to enter after the registration deadline and can only register if space is available.

Refund Policies

68. The NLBA charges an administrative fee on all registrations related to banking and financial costs. We will deduct the administrative amount from all refunds.
69. Teams in all tournaments requesting refunds prior to 21-days before the start of their tournament (based on a Friday start day) will receive the cost of the tournament less the administrative fee.
70. Teams in all tournaments requesting a refund after the 21-day period but prior 7 days before the start date (based on a Friday start) will be subjected to a \$100.00 fee plus the 4% administrative fee.
71. Teams requesting refunds MUST submit a letter in writing to the Minor Committee Chair. The \$100.00 fee will be enforced and the maximum refund available for teams will be the registration cost minus the \$100 and the administrative fee.
72. After 7 days before the start of their tournament (based on a Friday start day), there will be absolutely no refunds for any team dropping out of the tournaments. Unless changes are made to the event by the NLBA, the weather or host committee.
73. All decisions in the ranking process are final. Teams dropping out of an event will receive no refund simply because they did not like the ranking provided by the committee.
74. Teams may face possible suspensions for dropping out of the tournament after the rankings and the schedule have been completed and will receive no refund regardless of the above dates. Teams can face possible suspensions for dropping out of the event a week prior to the start of a tournament.

Host Responsibilities

The deadline for submitting applications to Host Provincial Tournaments will be set at October 31st of each year. The following is a list of responsibilities that would be expected in any site hosting a Provincial Championship.

Responsibilities

75. To complete an on-line Tournament Host Application prior to the date indicated and forward it to the provincial office.
76. Conveners cannot coach and convene at the same time. I.E. When the host is on the bench, they must have another adult in the gym to oversee the convener's duties while they are on the bench.
77. To provide all Minor Officials for the tournament. One Minor Official must be an adult (over 18 years of age).
78. Update the NL Scoreboards website (<http://www.nlscoreboard.com/>) during the tournament weekend. Scores on the NL Scoreboard website are to be posted as per the Mercy Rule – the game score must not show any more than a 20-point spread. The actual score will be used on site, in case of 3-way ties.
79. To oversee the smooth operation of the event. The NLBA will have a representative present when possible.
80. To notify the teams regarding accommodations. The hosts are no longer mandated to billet teams.
81. To provide a room for the officials to change and meet in before/after and during games if required.

82. To provide a legal-size Spalding basketball in accordance with the current NLBA sponsor.
83. Host to have one set of pennies on hand in case there is a uniform clash in any game.
84. It is the hosts' responsibility to have a medical kit and ice on hand in case of injuries.
85. To provide ample security to ensure a safe environment for all athletes, coaches, officials, and fans.
86. It is the hosts' responsibility to provide a canteen / area where t-shirts can be readily seen and purchased. Failing the provision of a canteen display the shirts prominently at the entrance area to the gymnasium, or the admissions table.
87. Hosts should have dressing rooms available with showers and washroom facilities, separate from those used by the general public.
88. To provide all travelling officials accommodations for the tournament. A maximum number of 2 officials per room is adequate but 3 may be used in some cases. An example of this is if 5 officials travel to the event 2 double rooms is suitable. If officials choose to drive back home in place of the host's accommodations, then the officials will be reimbursed up to the amount of the accommodations...by the HOST COMMITTEE. The meals (\$36.00 per day) and the gas mileage (.35 cents per kilo per round trip) along with game fees will be paid by the NLBA.
89. To complete a HOST REPORT provided by the NLBA immediately upon completion of the event and return it to the provincial office in a timely fashion (1-week after tournament completion.) All hosts reports are compiled in a book and kept by the NLBA. They are referred back to in the next year when looking for hosts and when ranking teams for tournaments.
90. To return all banners, additional medals, certificates and / or awards that are not presented after the championship game. The NLBA will forward them to the award winners not present at the conclusion of the tournament.
91. To establish a Protest Committee for the event comprised of an NLBA representative (when possible) a member of NLBOC and one member from the host committee. The rules regulating this committee will be structured as instructed under the FIBA rulebook.
92. Any reports indicating a possible suspension of an athlete, coach or fan MUST be into the office within 3 days following the event. The NLBA can only eject fans if the incident impacts the game, this includes but is not limited to, the use of profanity, abuse of officials, entering the court of play or bench without being summoned by a coach. This must be supported in writing by the convener and / or officials in the 3-day deadline.
93. To notify the office, through completion of the host report of any problems with officials during the course of the tournament. This would include activities such as tardiness, not adhering to the minor rules, lack of professionalism, etc. This includes both local and NLBOC officials. Information sent to the office will be directed to the NLBOC executive where it will be addressed.
94. To secure an officials assignment list from the NLBA office 7 days prior to the event to ensure the accuracy and presence of officials at all games.
95. It is the host's responsibility to ensure mature individuals are present to minor officiate and that they be trained prior to the event.
96. It is the host's responsibility to ensure there are no electronic devices at the minor official's table. The game is so fast today that many people get distracted and make errors on the clock and score sheets.
97. Conveners have the ability to remove loud artificial sound makers if they feel it is causing issues surrounding the game or annoying to the population.
98. The NLBA has adopted the school district policy on nutrition with the exception of sports drinks, such as Gatorade and Powerade for all NLBA events at school. Canteens for the NLBA tournaments are to follow the policy. Information will be enclosed in the hosts' tournament package.

Accommodations

99. Hosts, in regions where hotels are at a premium, must block off the rooms for teams wishing to travel to the event. In larger areas, St. John's/Corner Brook hosts may still block a number of rooms at a specific hotel, but it is not mandatory. Billeting is no longer mandatory but may be provided in consultation with the host and the teams travelling.

NLBA Healthy Eating Policy

100. The NLBA recognizes the importance of healthy eating and the overall benefits of this practice. In support of Healthy Students Healthy Schools and the Provincial School Food Guidelines, NLBA has implemented a new Healthy Eating Policy for NLBA events where food and beverages will be served. The Healthy Eating Policy ensures that healthy options are provided to participants attending these events.
101. The NLBA Healthy Eating Policy can be found [here](#).

Ranking Teams Policy

102. As our minor tournaments continue to grow our association will be responsible for the number of teams permitted in each event.
103. An ideal number of teams in any basketball event are 8. Tournament hosts that only have one facility in the general area will be limited to 8 teams. The first 8 paid applicants will be accepted. The NLBA have implemented numerous "B" and "C" events in specific grade categories for a total of 48 school tournaments. This will provide all teams with a more competitive environment and ultimately will eliminate lopsided scores. In turn, the coaches, athletes, and the sport will benefit as the end result.
104. In any team sport the ranking system is one of the most difficult policies to perfect. The NLBA will review all teams applying to enter a specific tournament. The NLBA will not permit teams to enter the "B" event simply because it is closer to home or because the date is more obliging. We will not jeopardise the spirit of the competition to accommodate teams in this manner.
105. The Minor Committee will go through the usual process for ranking teams in their appropriate divisions. Criteria used include last year's scores and written feedback from the coaches. Written feedback from each coach is crucial to the process. Coaches must remember that if 24 teams apply for a specific division, 8 teams will be placed in A, B and C events. While there may be a discrepancy in skill levels from the top team to the 8th placed team, this is the only method available to us at this time. Teams dropping out of an event will receive no refund simply because they did not like the ranking provided by the committee. Teams can face possible suspensions for dropping out of the event a week prior to the start of a tournament. All decisions in the ranking process are final.
106. Teams can face possible suspension if teams are guilty of trying to rank their team, so they are placed into a lower division. The ranking letter is to include disclosure of additional players, merging of teams, identifying if there are more than one team at the school /club. Failing to respond to the ranking memo will have the team automatically placed in the higher division and may result in a suspension to the school.
107. Teams are asked to send in scores of games they have already played or other information that may help with rankings. It is too late to give us this information AFTER the rankings have been completed, announced, and / or the schedules are done.
108. **All decisions in the ranking process are final.**

NLBA Ranking Process for Provincial Championships

109. The ranking scheme below is a guideline and simply provides the office with some general ways for ranking school teams, however, it still leaves challenges at every event. It is extremely time consuming on our staff, so we ask all coaches for their support when teams are ranked, and the schedule is sent to the teams. There will always be teams placed in divisions where they will lose a few or all of their games. At

times they will lose by more than 20 points, hence the reason for the 20-point rule on the score clock. We ask coaches to explain the process to their athletes, so they are also aware of the process and the challenges we face when ranking teams.

- I. All coaches applying to enter a championship are asked to rank the teams in that particular age group. Please include any relevant information to assist in the ranking process such as, tournament results, exhibition games played, score sheets, etc. This information is compiled by the office staff.
 - II. Last year's divisions and results of all games in the championships will also be taken into consideration.
 - III. Consideration to areas which have access to large school populations and club programs will be taken into account.
 - i. Teams in St. John's and Mt. Pearl reside in very large, populated areas. Many schools outside these regions have to use athletes in lower grades just to have enough players to compete.
 - ii. Teams in St. John's and Mt. Pearl also have many club programs to avail of all year round to produce athletes that are very skilled in basketball.
 - IV. The NLBA are aware there are various skill levels in **ALL** Provincial Championships. If we receive 16 applications for a particular age group, we will host an "A" and "B" division. Unfortunately, there could be two-three varying skill levels in either division. For example, the top 2 teams may be at a higher skill level than teams ranked 4-6 and 4-6 ranked teams may be at a different skill level than those teams ranked 7-8 in that same division. This is a fact of sports, and we are unable to provide championships for all skill levels.
 - V. Schools hosting "B" and "C" tournaments at times may be ranked slightly higher than the division they are hosting. If, for example, coaches ranked a "B" host as 7-8 in the "A" division they may still be permitted to host. However, if this B Host is ranked 1-4 in the "A" division the office will look for another host and place that team in the "A" division.
 - VI. Coaches should keep in mind that ranking teams from out of town is difficult, usually because coaches have not seen them play. Rural NL teams normally operate a program for 2-3 weeks and then move on to another sport. If this is not the case the office is usually aware of those isolated cases either from word of mouth, that team applying to go to a higher division, or from the records from the previous season.
 - VII. It is extremely difficult for our office to rank teams at the grade 5 age group as most of those teams are playing for the first time. It is also difficult for the office to rank teams at the grade 7 age group as many schools have more than one elementary school feeding into the Jr. High School system.
110. The office usually receives an abundance of applications indicating they want to go in the lower division. For example: if we have 16 teams applying for "A" and "B" 12-13 applicants want to go in "B" because they know they cannot WIN the banner. The NLBA cannot place 2-3 teams in the "A" and 12-13 in the "B". We have to take the top 8 teams even though we are aware there will be teams not able to compete at a particular level.

Grade Level Game Specific Rules

Grade 4 (3 on 3 Tournament)

All games will be played using the current FIBA (International) basketball rules with the following modifications.

111. Court Size: All games are played 3 on 3 in a half court setting using one basket.
112. Format: Teams will play two, 3 X 3 games concurrently. There will be two teams of 3 playing one game at one net and two teams of 3 playing at the other net. Six players of each team will be participating at one time. Please view the video available on the NLBA website to assist you in this format or call for

clarification. Each coach will be responsible for an end or net to make sure everything flows smoothly and to coach and give guidance TO ALL PLAYERS, as necessary.

113. Game Play

- I. First Possession:
 - i. Rock/paper/scissors or a coin flip determines which team gets the possession to start the game.
 - ii. Possession begins behind the three-point line, above the foul line extended.
 - iii. All rebounds or changes in possessions must be 'cleared' with the ball being taken back to the three-point line, above the foul line extended.
- II. Following each successful field goal:
 - i. A player from the non-scoring team will resume the game by dribbling or passing the ball to a place on the court behind the 3-point line, above the foul line extended.
 - ii. The defensive team is not allowed to play defense until the ball is cleared
- III. Following each unsuccessful field goal:
 - i. If the offensive team gains possession of the ball, that team may continue to attempt to score without returning the ball behind clear line (3-pt. line, above the foul line extended).
 - ii. If the defensive team gains possession of the ball, they must return the ball, by passing or dribbling to the clear line behind the three-point line, above the foul line extended.
- IV. Ball Size: Spalding TF-1000 (Size 5 for male & female)
- V. Basketball Height: The basket height will be set at 8 ft.
- VI. Rosters: No maximum, however, any team over 20 should be divided into two teams so that all players will be able to play a reasonable amount of time.
- VII. Participants: Teams must have a minimum of nine (9) players dressed and ready to play at the start of the tournament.
- VIII. Game Time: Two 20-minute periods (halves). The clock shall be set to 20 minutes and games will be straight running time with a 5-minute half time.
- IX. Score Sheets: No scores or standings will be kept.
- X. Substitution Situation: Substitutions for each team will take place at will. Substitutions can be made during a stoppage in play. The clock will not stop for substitutions. Substitutions can enter the game after their teammate steps off the court and high-fives their teammate.
- XI. Playing Time: Coaches will alternate their players through the entire game and MUST play all players that they have dressed for the game. All players are to receive equal court time and will be regularly substituted.
- XII. Violations: All fouls, violations (travelling, Double Dribble, etc.) or out of bounds calls will result in the ball being given to the opposing team at the top of the key. No free throws will be taken at any time.
- XIII. Jump Balls: A jump ball situation shall be awarded to the defensive team. They clear the ball behind the three-point line, above the foul line extended.
- XIV. Time Outs: NO timeouts.
- XV. Pressing: Pressing is NOT PERMITTED at this age category.
- XVI. Trapping/Double Teams: Trapping and or double-teaming is NOT PERMITTED at this age category.
- XVII. Defence: Only player to player defence is permitted as outlined in this booklet.
- XVIII. Coach: There is a no coach role during the game. Coaches are expected to work with ALL players in a practice setting, outside of competition. During the 3 on 3 tournament, "let the players play, have fun and play ugly (it's through making mistakes that we

learn)!”! A coach from each team will be the on-court presence at one end of the court (Court Marshall for lack of a better word). This is not meant for coaching purposes, this person will help with flow of the game, substitutions, calling obvious violations and fouls but otherwise we want to let the athletes play.

XIX. There will be no score, no referees, and no minor officials!

XX. Registration for the Jamboree: Teams must register with the NLBA. Registration fee \$130.00.

Grade 5 and 6

All games will be played using the current FIBA (International) basketball rules with the following modifications.

114. Ball Size: Spalding 1000 (Size 5 for Boys & Girls)

115. Participants: A team must register at least 10 players. You need to explore all options before seeking approval to register with less than 10 players (min of 8). This rule is designed to support teams, ensuring you have a full roster and not to limit your bench. Teams not meeting this requirement will be permitted 15 minutes. After 15 minutes the game will be defaulted.

- I. Teams will default a game if they cannot floor a five-person line-up at any point during the game, including overtime.
- II. Teams defaulting games due to not having 8 or more players must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
- III. If you do not have 10 players to register for the event you can apply to play with less by sending an email to nlbainfo@sportnl.ca explaining why you do not have 10 and what you have done to try to fill your team. If approved, you will be expected to follow the same rotations by numbering players as outlined below. If you are found to have applied for this with dishonorable intentions or do not follow the fair play rules through the tournament you will be sanctioned.
- IV. Teams who register for an event with 10 or more players and lose an individual due to uncontrollable circumstance are still eligible to compete as long as they abide by shifting lines below.

116. Shifting Rule with 8 or 9 players: If a team has 8 or 9 players, coaches have no choice in what periods a player plays, all players must be numbered 1 to 8 or 9 and played in the rotations below. There is no power shift when using rotations. No player is allowed to exceed 4 shifts for any reason. The same maximum period restriction is true if a player(s) is lost during a game to injury, illness, or disqualification. Coaches must review shifts with the score table prior to the start of the game.

8 Player Rotation:

Shift 1 Players 1 2 3 4 5

Shift 2 Players 6 7 8 1 2

Shift 3 Players 3 4 5 6 7

Shift 4 Players 8 1 2 3 4

Shift 5 Players 5 6 7 8 1

Shift 6 Players 2 3 4 5 6

9 Player Rotation:

Shift 1 Players 1 2 3 4 5

Shift 2 Players 6 7 8 9 1

Shift 3 Players 2 3 4 5 6

Shift 4 Players 7 8 9 1 2

Shift 5 Players 3 4 5 6 7

Shift 6 Players 8 9 1 2 3

- I. If teams proceed with 8 or 9 players in consecutive games, the coach is required to alternate players receiving 4 shifts. Coaches are not permitted to favor stronger players throughout the tournament. Coaches must review game sheets with the score table prior to the start of subsequent games.
 - II. A coach who is found to have sat players out of a game unnecessarily, asked players not to attend or dress for a game unnecessarily will be subject to discipline up to and including suspensions and forfeiture of games or championships won. Discrepancies in numbers of players between round robin games and play-off games must be explained either in advance to the NLBA or to the convenor on site.
117. Score Sheets: For Grade 5 and 6 coaches, depending on team size, will designate 2 or 3 line-ups who will alternate during the 6 periods. Players designated on line 1 must play in periods 1 and 4, or in periods 1, 3 and 5. Players designated on line 2 must play in periods 2 and 5, or in periods 2, 4 and 6. Only if a coach has 15 or more players they must designate a third line who will play in periods 3 and 6. Subs must also be assigned to a specific line, if a coach has between 11 and 14 players, or more than 15. If a team goes down to 8 or 9 players, they must follow the rotations as laid out in 116.
118. Substitution Situations: Once a player is designated to a specific line a coach may substitute at will during that period. ALL players at the grade 5 and 6 levels must play at some point during the game, although there is no expectation of equal time from the NLBA's point of view.
119. Fair Play/Period Rule: In the event of a player fouling out or being injured the following rules apply:
 - I. Teams with More than 10/15 Players: A coach must use any additional players on the same line as the player(s) that were fouled out or injured. In the event this option has already been exhausted than the substitute(s) from the second line must be utilised. No player is permitted to compete in more than three periods.
 - II. Teams with only 10/15 Players: In the case where a coach has just 10 or 15 players and a player is forced to withdraw the team can designate a replacement player for each remaining shift as long as no player plays more than 4 shifts. The coach must write the name and number of the substitute player for the current shift and who will substitute on any remaining shifts. Once designated this cannot change.
 - III. Violations of Fair Play/Period Rule: At times coaches may err in the teams' substitutions as outlined in the rule's booklet. For example, after a player fouls out a team with just 10 players appears in 5 shifts. If realized during the game that a violation has occurred a technical foul will be assessed immediately. The coach will still have the opportunity to put the game under protest as per normal FIBA rules. The protest committee will take into account the impact of the violation in their determining factor(s).
120. Game Time: For grade 5 or 6 each game will consist of six (6) periods. All periods will be 5-minute stop time. Games will resume as quickly as possible at the end of periods 1, 2, 4 and 5. Coaches will not be given the opportunity to address the next line before the start of the period. Each team should be ready to resume the game within 15 to 20 seconds of the final buzzer for the preceding period. Coaches should address their oncoming lines on the bench prior to the end of the preceding period. There will be a 5-minute halftime between the end of period 3 and the start of period 4.
121. Running Time: In the final period of a game and when a team is up by 20 or more the clock will switch to running time. Both coaches have to approve / agree to switch to running time in the final period. The clock

will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less the stop clock rule will be re-instated.

122. Overtime: will be one 4-minute stop time period possession will be decided by the arrow. All players are eligible to compete in overtime if they have not fouled out. Teams must be able to floor a complete team in all overtime periods. All other rules will be FIBA. The 3 period only rule is eliminated once overtime comes into play.
123. Three-Point and Jump Balls: Three-point rule is NOT in effect. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
124. Time Outs: There will be one time out per period with the exception of the last period there are two. There will be one time out for each overtime period.
125. Pressing: Pressing is NOT permitted at this grade category until the last two minutes of the game (and overtime). This will permit the team trailing at the end of a game to have a legitimate chance at winning. Only player to player presses are permitted. If a team is up by more than 20 points they are not permitted to press.
126. Tapping/Double Teams: Trapping and or double-teaming the basketball outside of SHOOTING RANGE (usual 3-pt. area) is NOT PERMITTED at this grade category.
NOTE: Hedging: This is not a form of double-teaming. It is initiated by the offensive team and is permitted on screen and roll plays.
127. Scoreboard: Scoreboard not to show more than a 20 (twenty) point spread. An accurate score will be registered by the minor officials (scorekeeper).
128. Defence: Only player to player defence is permitted along the guidelines outlined in Appendix A of this booklet.
129. Penalty: Please refer to section 132 for details.
130. Basket Height: The basket height will be set at 8 feet for the Mini (Grade 5) and 9 ft. for the Mini (Grade 6) category. This will be a component that will be evaluated prior to announcing a host.
131. Free Throws: Teams will shoot the penalty from 12 feet as opposed to the normal 15 feet. The Host Team will be responsible for placing a line or tape 12 ft from the basket so officials and participants can identify the line.
132. 8/24 Second Violations: Officials will enforce the 8-second back court violation and the 24 second shot clock.
133. Penalty Situations: For grade 5&6 teams will shoot bonus on the 8th team foul of each half (periods 1-3, periods 4-6). Teams in the penalty situation will remain in the bonus situation in overtime. In all other cases FIBA Rules will apply.
134. Minor Officials Table: Coaches are no longer permitted to go to the minor officials table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer's table. The administration of free throws is not a stoppage in play and coaches are not allowed to approach or distract the timers and scorers during this time. All communication should be courteous and respectful, keep your emotions in check.
135. Personal Fouls: For all grade levels, each player will be permitted 5 personal fouls.
136. Registration for Provincials: Teams must register with the NLBA. Registration fee \$390.00.

Grade 7

All games will be played using the current FIBA (International) basketball rules with the following modifications.

137. Ball Size: Spalding TF-1000 (Size 6 for male & female)
138. Basket Height: The basket height will be set at 10 ft.

139. Free Throw Line: Teams will shoot the penalty from 15 feet.
140. Rosters: May register a maximum of 18 players for an event. Teams are restricted to dressing 15 per game.
141. Participants: A team must register at least 10 players. You need to explore all options before seeking approval to register with less than 10 players (min of 8). This rule is designed to support teams, ensuring you have a full roster and not to limit your bench. Teams not meeting this requirement will be permitted 15 minutes. After 15 minutes the game will be defaulted.
- I. Teams will default a game if they cannot floor a five-person line-up at any point during the game, including overtime.
 - II. Teams defaulting games due to not having 8 or more players must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
 - III. If you do not have 10 players to register for the event you can apply to play with less by sending an email to nlbainfo@sportnl.ca explaining why you do not have 10 and what you have done to try to fill your team. If approved, you will be expected to follow the same rotations by numbering players as outlined below. If you are found to have applied for this with dishonorable intentions or do not follow the fair play rules through the tournament you will be sanctioned.
 - IV. Teams who register for an event with 10 or more players and lose an individual due to uncontrollable circumstance are still eligible to compete as long as they abide by shifting lines below.
142. Shifting Rule with 8 or 9 players: If a team has 8 or 9 players, coaches have no choice in what periods a player plays, all players must be numbered 1 to 8 or 9 and played in the rotations below. There is no power shift when using rotations. No player is allowed to exceed 4 shifts for any reason. The same maximum period restriction is true if a player(s) is lost during a game to injury, illness, or disqualification. Coaches must review shifts with the score table prior to the start of the game.

8 Player Rotation:

Shift 1 Players 1 2 3 4 5
Shift 2 Players 6 7 8 1 2
Shift 3 Players 3 4 5 6 7
Shift 4 Players 8 1 2 3 4
Shift 5 Players 5 6 7 8 1

9 Player Rotation:

Shift 1 Players 1 2 3 4 5
Shift 2 Players 6 7 8 9 1
Shift 3 Players 2 3 4 5 6
Shift 4 Players 7 8 9 1 2
Shift 5 Players 3 4 5 6 7

- I. If teams proceed with 8 players in consecutive games, the coach is required to alternate players receiving 4 shifts. Coaches are not permitted to favor stronger players throughout the tournament. Coaches must review game sheets with the score table prior to the start of subsequent games.
- II. A coach who is found to have sat players out of a game unnecessarily, asked players not to attend or dress for a game unnecessarily will be subject to discipline up to and including suspensions and forfeiture of games or championships won. Discrepancies in

numbers of players between round robin games and play-off games must be explained either in advance to the NLBA or to the convenor on site.

143. Score Sheets: If teams have 10 or more players, coaches **MUST DESIGNATE**, on the score sheet, before the game starts, two (2) line-ups or teams which will alternate play each of the first four periods (Line one plays the 1st and 3rd periods, line two plays the 2nd and 4th). Any five (5) players may be used in the last quarter, providing they have not played or participated in 3 periods or fouled out (if team has 8-9 players refer to rule 142). If a team has more than ten players (11 plus), the extra players are to be assigned to a specific line and substituted on that line at the discretion of the coach.
144. Substitution Situations: Once a player is designated to a specific line a coach may substitute at will during that period.
145. Fair Play/Period Rule: In the event of a player fouling out or being injured the following rules apply:
- I. Teams with More Than 10 Players: A coach must use any additional players on the same line as the player(s) that were fouled out or injured. In the event this option has already been exhausted, then the substitute(s) from the second line must be utilized. No player is permitted to compete in more than three periods.
 - II. Teams with Only 10 Players: No player may participate in more than three of the five periods. Ex. If a player from line 1 replaces a player from line 2 during the second period due to fouling out or injury, then the player from line one may only participate in one of the remaining three periods. In other words, the maximum number of periods an athlete can participate in is 3.
 - III. Violations of Fair Play/Period Rule: At times coaches may err in the team's substitutions as outlined in the rule booklet. For example, a person plays 2 of the first 4 periods consecutively. If realized during the game a violation has occurred a technical foul will be assessed immediately. The coach will still have the opportunity to put the game under protest as per normal FIBA rules. The protest committee will consider the impact of the violation in their determining factor(s).
146. Game Time: Each game will consist of five (5) periods. The first four (4) will be 6-minute stop time periods. The fifth will be an eight (8) minute stop time period. There will be a one-minute break after the 1st and 2nd periods. Half time will consist of a five-minute break between the 3rd and 4th period. There will be a one-minute break after the fourth period.
147. Running Time: In the final period of a game when a team is up by 20 or more, the clock can switch to running time. Both coaches have to approve / agree to switch to running time in the final period. The clock will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less the stop clock rule will be re-instated
148. Overtime: will be one 4-minute stop time period possession will be decided by the arrow. All players are eligible to compete in overtime if they have not fouled out. Teams must be able to floor a complete team in all overtime periods. All other rules will be FIBA. The 3 period only rule is eliminated once overtime comes into play.
149. 8/24 Second Violations: Officials will enforce the 8-second back court violation and the 24 second shot clock.
150. Three-Point & Jump Balls: Three-point rule is **NOT** in effect. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
151. Time Outs: One time-out for each of the first four periods and two in the fifth period. One time out for each overtime period.
152. Pressing: Zone presses are **PERMITTED**. If a team is up by more than 20 points they are not permitted to press.
153. Trapping/Double Teams (front court on press): Trapping and or double-teaming is **PERMITTED** in the front court only.

154. Scoreboard: Scoreboard is not to show more than a 20 (twenty) point spread. An accurate score will be registered by the minor officials (scorekeeper).
155. Defence: Only player to player defence is permitted as outlined in this booklet.
156. Penalty Situations: Teams will shoot free throws on the 10th team foul in the first half (first three periods) and on the 8th team foul during the second half (Periods 4 & 5). Teams in the penalty situation will remain in the bonus situation for overtime.
157. Minor Officials Table: Coaches are NOT PERMITTED to go to the minor officials' table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer's table. The administration of free throws is not a stoppage in play and coaches are not allowed to approach or distract the timers and scorers during this time. All communication should be courteous and respectful, keep your emotions in check.
158. Registration for Provincials: Teams must register with the NLBA. Registration fee \$390.00.

Grade 8 & 9

All games will be played using the current FIBA (International) basketball rules with the following modifications.

159. Ball Size: Spalding TF-1000 (Size 6 for male & female) (Size 7 for Grade 9 male)
160. Basket Height: The basket height will be set at 10 ft.
161. Free Throw Line: Teams will shoot the penalty from 15 feet.
162. Rosters: May register a maximum of 18 players for an event. Teams are restricted to dressing 15 per game.
163. Participants: A team must register at least 10 players. You need to explore all options before seeking approval to register with less than 10 players (min of 8). This rule is designed to support teams, ensuring you have a full roster and not to limit your bench. Teams not meeting this requirement will be permitted 15 minutes. After 15 minutes the game will be defaulted.
- I. Teams will default a game if they cannot floor a five-person line-up at any point during the game, including overtime.
 - II. Teams defaulting games due to not having 8 or more players must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
 - III. If you do not have 10 players to register for the event you can apply to play with less by sending an email to nlbainfo@sportnl.ca explaining why you do not have 10 and what you have done to try to fill your team. If approved, you will be expected to follow the same rotations by numbering players as outlined below. If you are found to have applied for this with dishonorable intentions or do not follow the fair play rules through the tournament you will be sanctioned.
 - IV. Teams who register for an event with 10 or more players and lose an individual due to uncontrollable circumstance are still eligible to compete as long as they abide by shifting lines below.
164. Shifting Rule with 8 or 9 players: If a team has 8 or 9 players, coaches have no choice in what periods a player plays, all players must be numbered 1 to 8 or 9 and played in the rotations below. There is no power shift when using rotations. No player is allowed to exceed 4 shifts for any reason. The same maximum period restriction is true if a player(s) is lost during a game to injury, illness, or disqualification. Coaches must review shifts with the score table prior to the start of the game.

8 Player Rotation:

Shift 1 Players 1 2 3 4 5

Shift 2 Players 6 7 8 1 2

Shift 3 Players 3 4 5 6 7

Shift 4 Players 8 1 2 3 4

Shift 5 Players 5 6 7 8 1

9 Player Rotation:

Shift 1 Players 1 2 3 4 5

Shift 2 Players 6 7 8 9 1

Shift 3 Players 2 3 4 5 6

Shift 4 Players 7 8 9 1 2

Shift 5 Players 3 4 5 6 7

- I. If teams proceed with 8 players in consecutive games, the coach is required to alternate players receiving 4 shifts. Coaches are not permitted to favor stronger players throughout the tournament. Coaches must review game sheets with the score table prior to the start of subsequent games.
- II. A coach who is found to have sat players out of a game unnecessarily, asked players not to attend or dress for a game unnecessarily will be subject to discipline up to and including suspensions and forfeiture of games or championships won. Discrepancies in numbers of players between round robin games and play-off games must be explained either in advance to the NLBA or to the convenor on site.

165. Score Sheets: If teams have 10 or more players, coaches MUST DESIGNATE, on the score sheet, before the game starts, two (2) line-ups or teams which will alternate play each of the first four periods (Line one plays the 1st and 3rd periods, line two plays the 2nd and 4th). Any five (5) players may be used in the last quarter, providing they have not played or participated in 3 periods or fouled out (if team has 8-9 players refer to rule 164). If a team has more than ten players (11 plus), the extra players are to be assigned to a specific line and substituted on that line at the discretion of the coach.

166. Substitution Situations: Once a player is designated to a specific line a coach may substitute at will during that period.

167. Fair Play/Period Rule: In the event of a player fouling out or being injured the following rules apply: \

- I. Teams with more than 10 players: A coach must use any additional players on the same line as the player(s) that were fouled out or injured. In the event this option has already been exhausted, then the substitute(s) from the second line must be utilized. No player is permitted to compete in more than three periods.
- II. Teams with only 10 players: No player may participate in more than three of the five periods. Ex. If a player from line 1 replaces a player from line 2 during the second period due to fouling out or injury then the player from line one may only participate in one of the remaining three periods. In other words, the maximum number of periods an athlete can participate in is 3.
- III. Violations of Fair Play/Period Rule: At times coaches may err in the team's substitutions as outlined in the rule booklet. For example, a person plays 2 of the first 4 periods consecutively. If realized during the game a violation has occurred a technical foul will be assessed immediately. The coach will still have the opportunity to put the game under protest as per normal FIBA rules. The protest committee will consider the impact of the violation in their determining factor(s).

168. Game Time: Each game will consist of five (5) periods. The first four (4) will be 6-minute stop time periods. The fifth will be an eight (8) minute stop time period. There will be a one-minute break after the 1st and 2nd periods. Half time will consist of a five-minute break between the 3rd and 4th period. There will be a one-minute break after the fourth period.

169. Running Time: In the final period of a game when a team is up by 20 or more, the clock can switch to

running time. Both coaches have to approve / agree to switch to running time in the final period. The clock will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less the stop clock rule will be re-instated.

170. Overtime: will be one 4-minute stop time period possession will be decided by the arrow. All players are eligible to compete in overtime if they have not fouled out. Teams must be able to floor a complete team in all overtime periods. All other rules will be FIBA. The 3 period only rule is eliminated once overtime comes into play.
171. 8/24 Second Violations: Officials will enforce the 8-second back court violation and the 24 second shot clock.
172. Three-Point & Jump Balls: Three-point rule is in effect, where possible we will use the shorter three-point line of 6.25 meters at these age groups. If the regulation FIBA line is the only one on the floor it can be used. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
173. Time Outs: One time-out for each of the first four periods and two in the fifth period. One time out for each overtime period.
174. Pressing: Zone presses are PERMITTED. If a team is up by more than 20 points they are not permitted to press.
175. Trapping/Double Teams (in the full court): Trapping and or double-teaming is PERMITTED.
176. Scoreboard: Scoreboard is not to show more than a 20-point spread. An accurate score will be registered by the minor officials (scorekeeper).
177. Defence: Teams are permitted to play any defence; player or zone.
178. Penalty Situations: Teams will shoot free throws on the 10th team foul in the first half (1st three periods) and on the 8th team foul during the second half (Periods 4 & 5). Teams in the penalty situation will remain in the bonus situation for overtime.
179. Minor Officials Table: Coaches are NOT PERMITTED to go to the minor officials' table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer's table. The administration of free throws is not a stoppage in play and coaches are not allowed to approach or distract the timers and scorers during this time. All communication should be courteous and respectful, keep your emotions in check.
180. Registration for Provincials: Teams must register with the NLBA. Registration fee \$390.00.

Grade 10 & 11

All games will be played using the current FIBA (International) basketball rules with the following modifications.

181. Ball Size: Spalding 1000 Size 7 (male) Size 6 (female)
182. Rosters: May register a maximum of 15 players for an event. Teams are restricted to dressing 12 per game.
 - I. Teams will be permitted to add feeder school athletes under the following conditions:
 - i. It follows the ATHLETE ELIGIBILITY POLICY as outlined on pages 10-11.
 - ii. Coaches must complete a form (available at NLBA) approving feeder school pick-ups. Form must be signed by both coaches and principals of both schools.
 - iii. All-Grade schools are permitted to use any player from within the same school.
183. Participants: These are not Fair Play rules. Teams do not need a minimum of 10 players to compete and it is not mandatory to play 5 on 5 off.
184. Game Time: Each game will consist of four 10-minute stop time periods. There will be a one-minute break after the 1st and 3rd periods. Half time will consist of a five-minute break between the 2nd and 3rd period.
185. Running Time: In the final period of a game when a team is up by 20 or more, the clock can switch to running time. Both coaches have to approve/agree to switch to running time in the final period. The clock

- will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less, the stop clock rule will be re-instated.
186. Overtime: will be one 5-minute stop time period possession will be decided by the arrow. All players are eligible to compete in overtime if they have not fouled out.
187. 8/24 Second Violations: Officials will enforce the 8-second back court violation and the 24 second shot clock.
188. Three-Point & Jump Balls: Three-point rule is in effect. The FIBA regulation line will be used at these age groups, although if only the shorter line is on the floor, it may be used. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
189. Time Outs: Two time-outs in the first half and three in the second half. One time out for each overtime period.
190. Minor Officials Table: Coaches are NOT PERMITTED to go to the minor officials' table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer's table. The administration of free throws is not a stoppage in play and coaches are not allowed to approach or distract the timers and scorers during this time. All communication should be courteous and respectful, keep your emotions in check.
191. Registration for Provincials: Teams must register with the NLBA. Registration fee \$390.00.

Club Game Specific Rules

Under 10 Non Competitive (U10)

All games will be played using the current FIBA (International) basketball rules with the following modifications.

192. Scoring: Scores and results are not typically kept at this age. All references to forfeits and scores in these rules are for possible situations that may occur in an invitational or situation where coaches agree to a competitive environment.
193. Ball Size: Spalding TF-1000 (Size 5 for Boys & Girls)
194. Participants: All games are 4-on-4 and lines rotate every 4 minutes, so teams must have a minimum of eight (8) players dressed and ready to play at the start of the tournament. Teams not meeting this requirement will be permitted 15 minutes. After 15 minutes the game will be defaulted. For league play, there will be no minimum number of players, but coaches must use the player rotation sheets attached in Appendix A.
- I. Teams may register a and dress a maximum of 18 players per team.
 - II. Teams will default a game if they cannot floor a four-person line-up at any point during the game, including overtime. Players should only compete in 4 shifts during regulation time. There is no "power shift" in U10.
 - III. Teams defaulting games under 191 or 191.1 must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
 - IV. If a team has only 8 players and should lose a player to injury or disqualification during the game they may continue to play as long as no player on the team appears in more than 5 shifts during the game. The 5-shift rule applies only to this situation and not to any situation where the team has 8 or more players available to play.
195. Game Time: Each U10 game will consist of four (4) eight (8) minute stop time periods. There will be a one-minute break after the 1st and 3rd periods. Half time will consist of a five-minute break between the 2nd and 3rd period.
196. Running Time: In the final period of a game and when a team is up by 20 or more the clock will switch to

- running time. Both coaches have to approve / agree to switch to running time in the final period. The clock will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less the stop clock rule will be re-instated.
197. Overtime: will be one 4-minute stop time period possession will be decided by the arrow. All players are eligible to compete in overtime if they have not fouled out. Teams must be able to floor a complete team in all overtime periods. All other rules will be FIBA. The 4-shift only rule is eliminated once overtime comes into play.
198. Score Sheets: Coaches MUST DESIGNATE, on the score sheet, before the game starts, two (2) line-ups or teams which will play alternatively each 4 minutes of every period. There is no “power shift” at this level. Coaches will alternate their players through the entire game and MUST play all players that they have dressed for the game. If a team has more than eight players (9 plus) the extra players are to be assigned to a specific line and substituted on that line.
199. Substitution Situations: Once a player is designated to a specific line a coach may substitute at will during that period as long as over the course of the game all players enter and play at least once during the game.
- I. In the event of a player fouling out or being injured the following rules apply:
 - II. TEAMS WITH MORE THAN 8 PLAYERS:
 - i. A coach must use any additional players on the same line as the player(s) that were fouled out or injured. In the event this option has already been exhausted than the substitute(s) from the second line must be utilized. No player is permitted to compete in more than five periods.
 - III. TEAMS WITH ONLY 8 PLAYERS:
 - i. No player may participate in more than five of the eight periods. Ex. If a player from line 1 replaces a player from line 2 during the second period due to fouling out or injury then the player from line one (1) may only participate in three of the remaining six periods. In other words, the maximum number of periods an athlete can participate in is 5 of the eight periods.
200. Violations of Fair Play/Period Rule: At times coaches may err in the teams’ substitutions as outlined in the rule booklet. For example, a person plays all 8 minutes of a period. If realized during the game that a violation has occurred a technical foul will be assessed immediately. The coach will still have the opportunity to put the game under protest as per normal FIBA rules. The protest committee will consider the impact of the violation in their determining factor.
201. Three-Point & Jump Balls: Three-point rule is NOT in effect. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
202. Time Outs: One time-out for each of the first three periods and two in the fourth period. One time out for each overtime period.
203. Pressing: Pressing is NOT permitted at this age category
204. Trapping/Double Teams: Trapping and or double-teaming the basketball is NOT PERMITTED at this age category.
205. Scoreboard: Scoreboard not to show more than a 20 (twenty) point spread. An accurate score will be registered by the minor officials (scorekeeper).
206. Defence Only player to player defence is permitted along the guidelines outlined in this booklet.
207. Penalty: Failure for club coaches to comply with the player-to-player defensive rule, which must be confirmed either with video evidence or by a game official, that a team was using either a quarter court zone or a zone press, will result in:
- i. First Offence – An official warning from the NLBA that states the games and conditions under which the rule was violated and that a second offense will result in forfeiture of games.

- ii. Second Offence – Forfeiture of the second game and the previous game in which the first warning was issued.

- 208. Basket Height: The basket height will be set at 8 feet for the U10. This will be a component that will be evaluated prior to announcing a host. FREE THROWS: Teams will shoot the penalty from 10 feet as opposed to the normal 15 feet. The Host Team will be
- 209. Free Throw Line: The host is responsible for placing a line or tape 10 ft from the basket so officials and participants can identify the line.
- 210. 8/24 Second Clock Violations: Officials will enforce the 8-second back court violation and the 24 second shot clock.
- 211. Penalty Situations: Teams will shoot free throws on the 5th team foul in each period. Teams in the penalty situation will remain in the bonus situation for overtime.
- 212. Minor Officials Table: Coaches are not permitted to go to the minor officials table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer's table. The administration of free throws is not a stoppage in the game and coaches must refrain from approaching the scorer's table at these times. All communication should be courteous and respectful, keep your emotions in check.
- 213. Registration for Provincials: Teams must register with the NLBA. Registration fee \$130.00.

Under 10 Competitive & 12 (U12)

All games will be played using the current FIBA (International) basketball rules with the following modifications.

- 214. Ball Size: Spalding TF-1000 (Size 5 for Boys & Girls)
- 215. Participants: Teams must have a minimum of eight (8) players dressed and ready to play at the start of the tournament. Teams not meeting this requirement will be permitted 15 minutes. After 15 minutes the game will be defaulted. For league play, there will be no minimum number of players, but coaches must use the player rotation sheets attached in Appendix A.
 - I. Teams may register and dress a maximum of 18 players per team.
 - II. Teams will default a game if they cannot floor a five-person line-up at any point during the game, including overtime. Players can only compete in 5 shifts during regulation time.
 - III. Teams defaulting games under 212 or 212.2 must play the game to ensure all teams compete in the scheduled games. The game will be automatically awarded to the team able to floor a complete team. No protest is required to enforce this rule.
 - IV. Teams who start the event with 8 players and lose an individual due to uncontrollable circumstance are still eligible to compete if they abide by the rules in 212.2. This does not apply to the first game outlined in 212.
- 216. Eight (8) Players to Start Tournament: Once a team has 8 players, their team will become eligible to move forward in the tournament. Example: If a team only has 7 players for the first game but has 8 for the second game then the first game will be defaulted, and only the second and subsequent games will be counted if the team can meet the 5 shift Maximum Player Rule.
- 217. Game Time: Each U12 game will consist of four (4) eight (8) minute stop time periods. There will be a one-minute break after the 1st and 3rd periods. Half time will consist of a five-minute break between the 2nd and 3rd period. Lines will alternate at the 4-minute mark of each of the first three periods. Subs can be made at any time on each line. Line changes will occur at any play stoppage close to the 4-minute mark, or on the first scored basket after the 4-minute mark if no stoppage occurs. In the final 8-minute period coaches can play any combination of players and substitute at will. Playing at any time during the final period counts as two shifts against a player's 5 shift maximum.
- 218. Running Time: In the final period of a game and when a team is up by 20 or more the clock will switch to

- running time. Both coaches have to approve / agree to switch to running time in the final period. The clock will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less the stop clock rule will be re-instated.
219. Overtime: will be one 4-minute stop time period possession will be decided by the arrow. All players are eligible to compete in overtime if they have not fouled out. Teams must be able to floor a complete team in all overtime periods. All other rules will be FIBA. The 5-shift only rule is eliminated once overtime comes into play.
220. Score Sheets: Coaches MUST DESIGNATE, on the score sheet, before the game starts, two (2) line-ups or teams which will play alternatively each 4 minutes of the first three periods or SUBMIT A ROTATION SHEET.
- I. For U10 Competitive there is no power shift must continue substitutions
 - II. For U12 Any five-(5) players may be used in the last shift (the last 8 minutes of the game), providing they have not played or participated in 4 shifts or fouled out. If a team has more than ten players (11 plus) the extra players are to be assigned to a specific line and substituted on that line at the discretion of the coach.
221. Substitution Situations: Once a player is designated to a specific line a coach may substitute at will during that shift. Full line changes are made at or near the 4-minute mark of each period. If using rotation sheets, no substitutions are permitted unless there is an injury or a player is fouled out.
- I. In the event of a player fouling out or being injured the following rules apply:
 - II. TEAMS WITH MORE THAN TEN PLAYERS:
 - i. A coach must use any additional players on the same line as the player(s) that were fouled out or injured. In the event this option has already been exhausted than the substitute(s) from the second line must be utilised. No player is permitted to compete in more than five shifts
 - III. TEAMS WITH ONLY 10 PLAYERS:
 - i. No player may participate in more than 5 of the 8 shifts. Ex. If a player from line 1 replaces a player from line 2 during the second period due to fouling out or injury then the player from line one (1) may only participate in 2 of the remaining four shifts. In other words, the maximum number of shifts an athlete can participate in is 5. Because the final period is a power shift, in which any one can play, keep in mind that the 8-minute period counts as 2 shifts. So, in the above example, the player would not be able to play in the 4th period if they play a shift in the 3rd, as they would have played 4 shifts by the end of third and the 2 shifts of the 4th would give them 6.
 - IV. TEAMS WITH LESS THAN 10 PLAYERS:
 - i. Players will be designated to a rotation based on the rotation sheet in [Appendix A](#). Once designated to a rotation, no substitutions will be permitted unless there is an injury or a player is fouled out.
222. Violations of Fair Play/Period Rule: At times coaches may err in the teams' substitutions as outlined in the rule booklet. For example, a person plays all 8 minutes of a period (other than the power shift, the final period). If realized during the game a violation has occurred a technical foul will be assessed immediately. The coach will still have the opportunity to put the game under protest as per normal FIBA rules. The protest committee will consider the impact of the violation in their determining factor(s).
223. Three-Point & Jump Balls: Three-point rule is NOT in effect. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
224. Time Outs: One time-out for each of the first three periods and two in the fourth period. One time out for each overtime period.

225. Pressing: Pressing is NOT permitted at the U10 age category but IS permitted at the U12 age category. Only player to player presses are permitted, and there is to be no “trapping” or double teaming of the ball handler. If a team is up by more than 20 points they are not permitted to press.
226. Trapping/Double Teams: Trapping and or double-teaming the basketball outside of SHOOTING RANGE (usual 3-pt. area) is NOT PERMITTED at this age category.
227. NOTE: Hedging: This is not a form of double-teaming. It is initiated by the offensive team and is permitted on screen and roll plays.
228. Scoreboard: Scoreboard not to show more than a 20 (twenty) point spread. An accurate score will be registered by the minor officials (scorekeeper).
229. Defence: Only player to player defence is permitted along the guidelines outlined in this booklet.
230. Penalty: Failure for club coaches to comply with the player-to-player defensive rule, which must be confirmed either with video evidence or by a game official, that a team was using either a quarter court zone or a zone press, will result in:
- i. First Offence – An official warning from the NLBA that states the games and conditions under which the rule was violated and that a second offense will result in forfeiture of games.
 - ii. Second Offence – Forfeiture of the second game and the previous game in which the first warning was issued.
231. Basket Height: The basket height will be set at 8 ft. for the U10 category and 9 ft. for the U12 category. This will be a component that will be evaluated prior to announcing a host.
232. Free Throws: Teams will shoot the penalty from 12 feet as opposed to the normal 15 feet. The Host Team will be responsible for placing a line or tape 12 ft from the basket so officials and participants can identify the line.
233. 8/24 Second Violations: Officials will enforce the 8-second back court violation and the 24 second shot clock.
234. Penalty Situations: Teams will shoot free throws on the 5th team foul in each period. Teams in the penalty situation will remain in the bonus situation for overtime. In all other cases FIBA Rules will apply.
235. Minor Officials Table: Coaches are not permitted to go to the minor officials table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer’s table. The administration of free throws is not a stoppage in the game and coaches must refrain from approaching the scorer’s table at these times. All communication should be courteous and respectful, keep your emotions in check.
236. Registration for Provincials: Teams must register with the NLBA. Registration fee \$286.00.

Under 14 (U14), Under 16 (U16) & Under 18 (U18)

All games will be played using the current FIBA (International) basketball rules with the following modifications.

237. Ball Size: Spalding 1000 size 7 for U14 & U16 & U18 (BOYS) Size 6 for U14 & U16 (GIRLS)
238. FIBA Rules: These are not Fair Play rules. Teams do not need a minimum of 10 players to compete and it is not mandatory to play 5 on 5 off as per our school championships.
239. Rosters: May register and dress a maximum of 15 players for an event.
240. Pressing: All forms of pressing are permitted in accordance with FIBA Rules.
241. Scoreboard: Full scores are to be shown on the scoreboards.
242. Defence: All forms of defence are permitted in accordance with FIBA rules.
243. Minor Officials Table: Coaches are not permitted to go to the minor officials table until a stoppage of play occurs and then only the HEAD COACH is permitted to go to the scorer’s table. The administration of free throws is not a stoppage in the game and coaches must refrain from approaching the scorer’s table at these times. All communication should be courteous and respectful, keep your emotions in check.

244. Game Time: Each game will consist of four (4) eight (8) minute stop time periods. There will be a one-minute break after the 1st and 3rd periods. Half time will consist of a five-minute break between the 2nd and 3rd period
243. Running Time: In the final period of a game and when a team is up by 20 points or more the clock will switch to running time. Both coaches have to approve / agree to switch to running time in the final period. The clock will continue to stop for all time outs and free throws only. If a team reduces the score to 15 points or less the stop clock rule will be re-instated.
244. Three-Point & Jump Balls: Three-point rule is in effect, where possible we will use the shorter three-point line of 6.25 meters at these age groups. If the regulation FIBA line is the only one on the floor it can be used. There will be no jump balls, except at the start of the game. The "Alternative Possession Arrow" will be used and will be awarded to the team losing possession of the opening jump.
245. Registration for Provincials: Teams must register with the NLBA. Registration fee \$338.00.

Discipline and Complaints Policy

The NLBA is committed to providing a sport environment which is athlete-centered, and which is characterized by the values of fairness, integrity, open communication, and mutual respect.

Membership in the NLBA, as well as participation in the activities of the association, brings with it many benefits and privileges. At the same time members are expected to fulfill certain responsibilities and obligations, including but not limited to complying with the Code of Conduct, policies, rules and regulations of the NLBA.

Any coach or player who is removed from a game due to excessive technical fouls will automatically sit out the next game as well. Any spectator removed from a game for any reason will no longer be permitted to attend that event. All removals are subject to further discipline upon review by NLBOC or the NLBA.

The Code of Conduct identifies the standard of behaviour which is expected of members of the NLBA. Members who fail to meet this standard will be subject to the disciplinary sanctions identified within this policy.

The Discipline and Complaints Policy can be found [here](#)

Appeal Policy

Any member of the Newfoundland and Labrador Basketball Association who is affected by a decision of the Board of Directors, of any Committee of the Board of Directors, or of any person or individual who has been delegated authority to make decisions on behalf of the Board of Directors, shall have the right to appeal that decision, provided there are sufficient grounds for the appeal as set out in Section 5 of the Appeal Policy. Such decisions may include, but are not limited to, carding, employment, contract matters, harassment, selection and discipline.

This policy shall not apply to matters relating to the rules of the basketball, which may not be appealed.

The Appeal Policy can be found [here](#)

Appendix A: Rotation Sheets

6 Player Rotation		Shifts					
	Players' Names	1	2	3	4	5	6
1		1		1	1	1	1
2		2	2		2	2	2
3		3	3	3		3	3
4		4	4	4	4		4
5		5	5	5	5	5	
6			6	6	6	6	6

7 Player Rotation		Shifts					
	Players' Names	1	2	3	4	5	6
1		1		1	1		1
2		2		2	2	2	
3		3	3		3	3	
4		4	4		4	4	4
5		5	5	5		5	5
6			6	6		6	6
7			7	7	7		7

8 Player Rotation		Shifts					
	Players' Names	1	2	3	4	5	6
1		1	1		1	1	
2		2	2		2		2
3		3		3	3		3
4		4		4	4		4
5		5		5		5	5
6			6	6		6	6

7			7	7		7	
8			8		8	8	

9 Player Rotation		Shifts					
	Players' Names	1	2	3	4	5	6
1		1	1		1		1
2		2		2	2		2
3		3		3		3	3
4		4		4		4	
5		5		5		5	
6			6	6		6	
7			7		7	7	
8			8		8		8
9			9		9		9



Newfoundland and Labrador Basketball Association

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lchatman@sportnl.ca,

Website: www.newfoundlandlabradorbasketball.com/

FEEDER SCHOOL PICK-UP APPLICATION

Application for Feeder Schools Pick-ups Minor Provincial Grades 10 and 11 Championships

Please keep in mind that these tournaments are not Fair Play events. Schools are expected to use players within that school before accessing students from a feeder school. This application requires 4 signatures, the high school coach and principal, the feeder school coach and principal. A list of athletes from the feeder school must also be included on this application.

This application has to be into the NLBA office 7 days prior to the tournament start.

High School Principal's signature:	_____	_____
		(Date)
High School Coach's signature:	_____	_____
		(Date)
Feeder School Principal's signature:	_____	_____
		(Date)
Feeder School Coach's signature:	_____	_____
		(Date)

High School Name: _____

Feeder School Name: _____

Athlete(s) Information

<u>Names</u>	<u>Grade</u>	<u>School</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



NEWFOUNDLAND & LABRADOR **BASKETBALL** ASSOCIATION

Application for Schools Pick-ups Minor Provincial School Championships

Schools are expected to use players within the school before accessing students from another school. This application requires five signatures, the school coach and principal, principal and athletic director of the school the athlete is being picked up from, and the parents' signature. A list of the athlete(s) being added must also be included on this application.

This application must be in the NLBA office 30 days prior to the tournament start.

Reason for Application: ☐ No age-appropriate school team ☐ Not selected to age-appropriate team
☐ Feeder school pick up

Athlete's home school: _____

School picking up the athlete: _____

Tournament Team is Entering: _____

Athlete Information

Name: _____ **Grade:** _____ **Gender:** _____

Athlete's Parents signature: _____
(Date)

To be signed by home school administrators:

This is confirmation that the student athlete does not have an age-appropriate team to play on in their school or was not selected to the age-appropriate team of the home school or is a member of a feeder school.

Home School Principal's signature: _____
(Date)

Home School Athletic Directors signature: _____
(Date)

Home School Coaches signature: _____
(Date)

To be signed by receiving school administrators:

This is confirmation that this student not taking the place from another student in my school; and the team has been given permission to let this student athlete practice and play for this tournament.

School Picking up the Player's Athlete's Athletic Directors signature: _____
(Date)

School Picking up the Player's Principal's Signature: _____



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lchatman@sportnl.ca,

Website: www.newfoundlandlabradorbasketball.com/

NLBA – HOST INCIDENT REPORT

Date and time of incident: _____

Name of writer: _____ Position: _____

Location of incident: _____

This incident is a: _____ minor infraction _____ major infraction

Individual(s) involved in the incident:

Objective description of the incident (please be concise, accurate and non-judgmental):

Contact information of individuals who observed the incident:

Disciplinary action which was taken (if applicable):

Signature of writer: _____

Date: _____



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GAME REPORT: SJABO / CNABO / WNABO

Place: _____

Date: _____

Time: _____

Reported by: _____

Provincial Tournament () High School Tournament () Senior League ()

Specify: _____

Competing Teams: _____ vs _____

Officials: (R) _____ (U) _____

Subject: _____

Description of Incident

Signature (s) _____

Signature (s) _____