

## All U/8 Competitions Modified Rules

1. Size 5 basketballs used.
2. Free throws to be taken from junior free throw line.
3. Backboards will be lowered.
4. Coaches allowed on court to provide direction and coaching, but **MUST** not interfere with games in any way.
5. Only half-court defence will be allowed applicable to full court games only.
6. Only man-to-man defence allowed.
7. No deliberate “double teaming” of players.
8. No “3 seconds in keyway’ rule.
9. Obvious violations called, then explained to player and ball returned to same team from the appropriate point. If the same violation occurs immediately after, then the ball is turned over.
10. Fouls and jump balls called as normal. Referee must give a brief description of each call to the players. Coaches to provide follow-up feedback to players that continually break rules.
11. Courtside Scoring only used to record attendance and fouls. No scoring and players cannot foul out.
12. No finals or premiership points.
13. Mixed teams allowed.



## U/10 Inexperienced Modified Rules

1. Size 5 basketballs used for all games.
2. Free throws to be taken from junior free throw line.
3. Backboards will be lowered.
4. No cross-court violation will be called.
5. Only half-court, man-to-man defence will be allowed.
6. Defensive team is not permitted to form a “wall” at half court.
7. No deliberate “double teaming” of players.
8. Offensive players allowed 5 seconds in keyway.
9. Violations called in the back court. Referee to explain reason to player & ball returned to same team from the appropriate point. If the same violation occurs immediately after by the same team, the ball is turned over.
10. Coaches to remain on the sideline. Can move up and down court to provide direction and coaching.
11. No scores will be displayed on scoreboard.
12. Courtside Scoring only used to record attendance and fouls. Players cannot foul out.
13. No finals or premiership points.



## U/10 Experienced Modified Rules

1. Size 5 basketball used for all games.
2. Free throws to be taken from junior free throw line.
3. Backboards to be at full height (as per FIBA guidelines)
4. No cross-court violation will be called.
5. Only man-to-man defence allowed.
6. Defensive team is not permitted to form a “wall” at half court.
7. No deliberate “double teaming” of players.
8. Offensive players allowed 5 seconds in keyway.
9. Coaches to remain on the side-line. Coaches can move up and down court to provide directing and coaching.
10. Scores will be displayed on scoreboard.
11. Courtside Scoring used as per usual, though no results to appear on website .
12. No finals or premiership points.

