

Intermediate Basketball 2025- Simplified Rules

1. Game Duration

- All Leagues (except League 1): 2 x 12-minute halves (running clock), 1-minute halftime.
- League 1: 1st half - 12 minutes (running); 2nd half - 10 minutes running + last 2 minutes stop clock.

2. Ball Sizes

- Boys: Size 6
- Girls: Size 5 (provided by Harbour Basketball).

3. Substitutions

- From the bench when the referee signals and the ball is dead.
- No substitutions in the final minute of each half (except for injury/5 fouls), except League 1.

4. Timeouts

- No timeouts (except League 1: 1 timeout in the last 2 minutes of the 2nd half).

5. Team Supervision

- A coach, manager, or parent must be present to avoid forfeiture.

6. Scorebench

- Each team must provide one scorer.

7. Game Start / Late Teams

- Games start on time.
- 4-point penalty per late minute (maximum 3 minutes). After 3 minutes: forfeit, 12-0 loss.
- Players not on the iPad list cannot play.

8. Disputes

- Notify the Venue Controller and complete the dispute form before leaving.

9. Uniforms

- Matching jerseys and shorts are required.
- Only rubber-soled, non-marking shoes are allowed.
- Compression gear allowed.
- Mouthguards are mandatory.
- Jersey numbers: 0-99, 00.

10. Fouls

- Maximum 5 fouls per player. No team foul shots.

11. Technical Fouls

- For abuse, language, or unsportsmanlike behaviour (players, bench, coaches).
- Penalty: 1 free throw, resume play at stoppage. Adults must stay off the court.

12. Unsportsmanlike Fouls

- 2 free throws + possession to the opposing team. The coach may substitute out the offending player.

13. Forfeits

- Notify Harbour Basketball by 3pm Friday prior. comps@harbour.basketball
- Forfeiting team gets 1 championship point; loses 12-0. No referee assigned.

14. Late Arrivals

- Less than 5 players = 4-point penalty per minute. After 3 minutes: forfeit (12-0).

15. Points & Finals Seeding

- Win: 3 points
- Draw: 2 points
- Loss/Forfeit: 1 point
- Byes: 12-0 win
- Maximum point differential: 20.
- Finals order: 1) Points 2) Point differential 3) Percentage (For/Against).

16. Defence

- Man-to-man only. Zone defense = possible technical on coach.

17. Player Restrictions

- One game per night.
- Players can fill in for higher-grade teams (maximum 2 times, not the same night).
- Breach = forfeit.

18. Finals Eligibility

- Must be registered & play 50%+ of round-robin games.

19. New Teams

- Only added with a written request and approval.

20. Court Conduct

- Only water courtside. No other food/drink.

21. Possession

- Jump ball starts the game. Then, the possession arrow system.

22. Spectators

- Eventfinda Stadium: Must sit in the upstairs mezzanine (not on team benches).
- Ensures safety, reduces interference, protects equipment, and improves visibility.
- All other venues: Ensure that spectators do not interfere with the game.

23. Finals Tiebreaker - Shootout

- 5 players (on court at final whistle) take alternating free throws.
- If tied: sudden death format continues until a winner is determined.