

## I. Rule Modifications

The 2023 Youth Provincial Championships shall use current FIBA rules, with the following modifications and points of emphasis:

### A. Game Formats

- a. For games in the 11U Divisions:
  - i) played with a four (4)-on-four (4) format
  - ii) the use of screens, on-ball as well as off-ball, will not be permitted at the 11U level of play.
  - iii) defensive 3 second rule will be in effect – this will be a point of emphasis to encourage proper person-to-person defensive positioning and to prevent players from sagging on defense and/or being placed in a sagging position.
    - ***Spirit of the Rule*** – coaches and teams will be asked to honor the spirit of the defensive 3 second rule. Any indication of deliberate or clearly demonstrated violations of this rule will not be tolerated.
  - iv) **NEW 2023** Automatic Substitutions – 3 min shifts (please see IV. Player Usage for more information)
- b. For games in the 13U Divisions:
  - i) the use of ball screens will be permitted for all Divisions 1, 2, 3/4
- c. For games in the 18U Girls Division, games will be played with [FIBA 3X3 Rules](#) format

### B. Game Ball.

The official game ball for the 2023 Youth Provincial Championships is Molten.

The following basketball size will be used in each age category:

- a. 11U Boys and Girls - Size 5
- b. 13U Boys and Girls - Size 6
- c. 15U and 18U Girls - Size 6 (Please note the 18U Girls 3X3 division will use the official Wilson 3X3 ball)
- d. 15U and 18U Boys - Size 7

### C. Timing of games.

- a. 11U Divisions shall consist of Periods 1 to 13 with 3-minute run time and Period 14 with 3-minute stop time. The pre-game warm-up will begin as per scheduled start time and is 5 minutes long. For example, if the game is scheduled for 8:30 am, tip-off should commence at 8:35 a.m. to allow for team warm-ups.
- b. 13U Divisions shall consist of four 9-minute stop time quarters. The pre-game warm-up will begin as per scheduled start time and is 5 minutes long. For example, if the game is scheduled for 8:30 am, tip-off should commence at 8:35 a.m. to allow for team warm-ups.
- c. 15U and 18U divisions shall consist of four 9-minute stop time quarters. The pre-game warm-up will begin as per scheduled start time and is 5 minutes long. For example, if the game is scheduled for 8:30 am, tip-off should commence at 8:35 a.m. to allow for team warm-ups.
- d. Games in all divisions will have a one (1) minute break between quarters and a two (2) minute break at half-time.
- e. In the event of a game running over its allotted scheduled time, breaks between quarters and halves may be shortened to assist with keeping with the tournament schedule.
- f. If overtime is necessary: Please see Section II for full details.

### D. Timeouts.

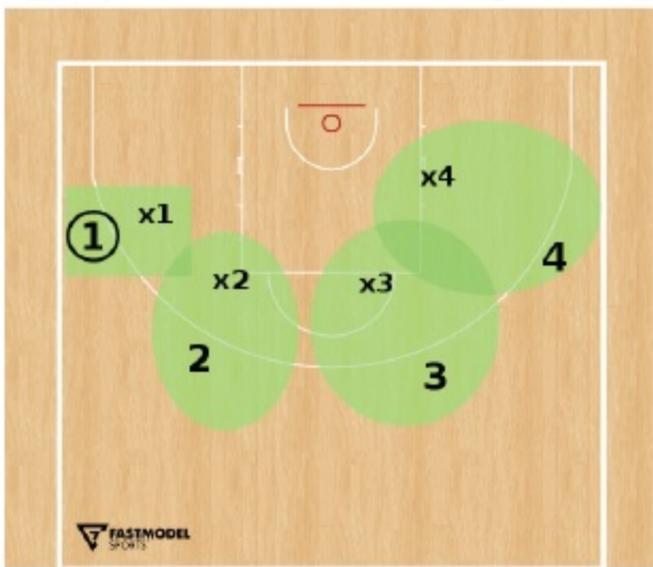
- a. Coaches **MUST** call all timeouts through the scorer's table.
- b. Each team shall have one (1) timeout in the first half and two (2) timeouts in the second half. One (1) timeout will be allowed per overtime period. Unused timeouts **WILL NOT** carry forward to the next period of play.

E. Defense.

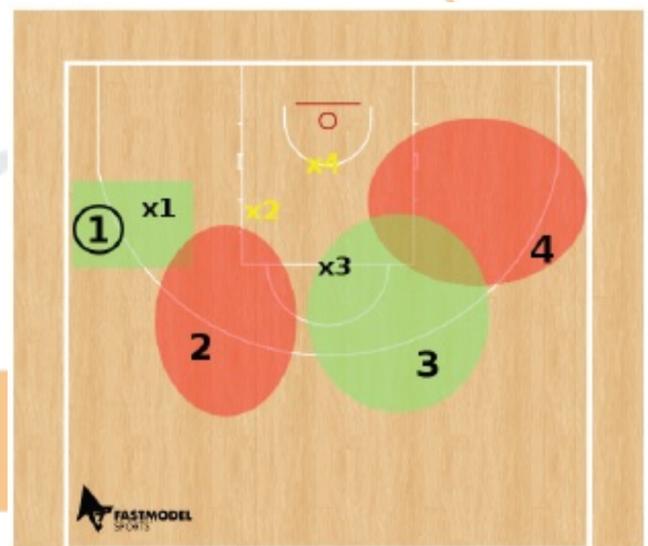
a. In the 11U division:

- i) **MUST** play person-to-person defense, proper help side technique is permitted on-ball only
  - Once the ball has entered the front court, defensive players must establish person-to-person position.
  - A Player may leave their check to help on an opposing player who is entering the key with the ball. If the ball leaves the key, so should the help side. **Stopping the ball in the key is NOT considered a double team.**
- ii) No full court pressure of any kind will be permitted
- iii) No double teams and no trapping will be permitted
- iv) No zone pressure of any kind will be permitted

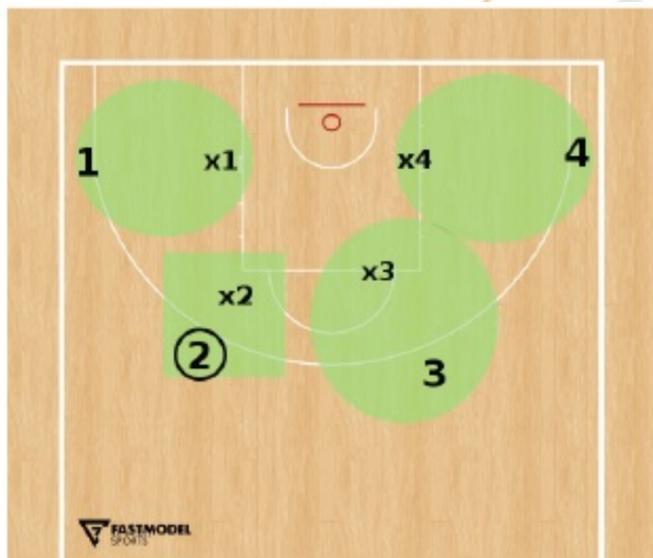
*Here are a few diagrams showing the appropriate guarding positions for the 11U divisions*



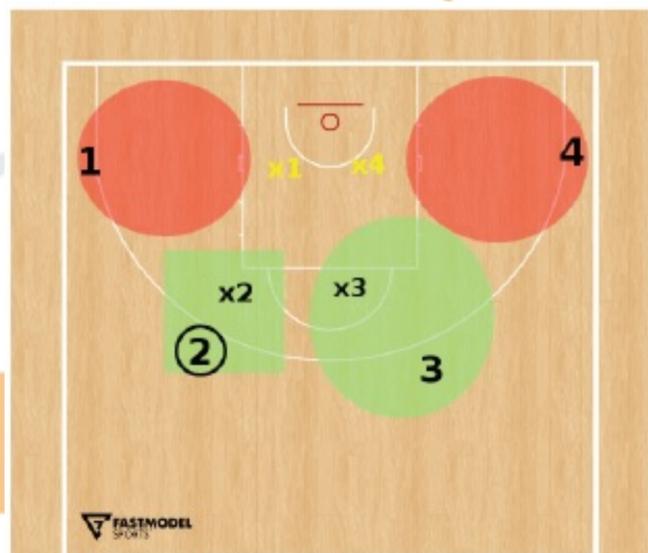
All defensive players are within appropriate distance of their check



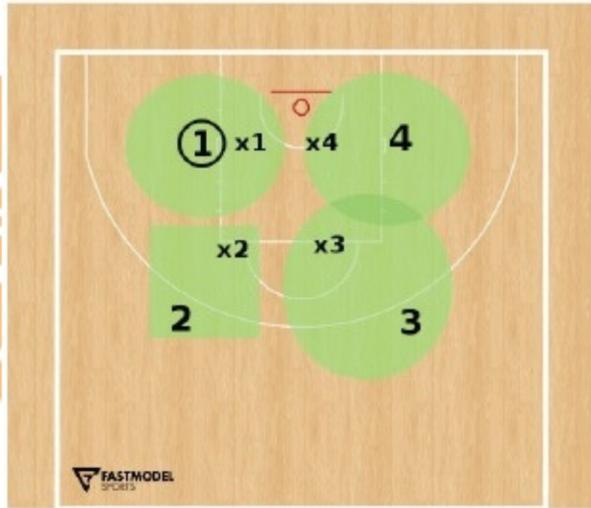
x2 and x4 are outside the appropriate distance from their checks



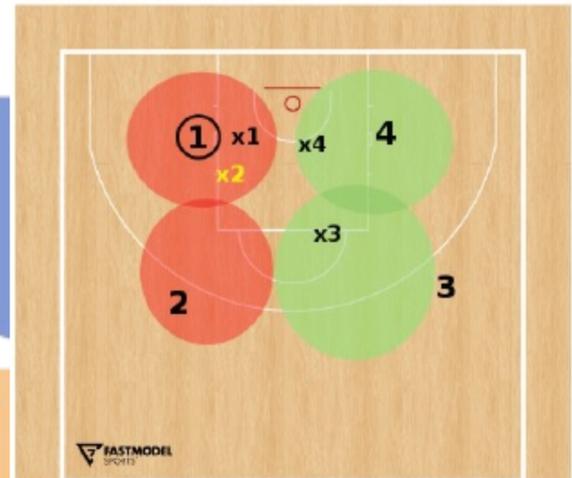
All players are in appropriate distance of their checks



x1 and x4 are packed too tightly in the paint, not in appropriate guarding position



When the ball is below the free throw line, near or in the paint, defenders may move closer but may not double team. Defenders in this slide are in appropriate guarding position



In this slide x2 has come down too low and is double teaming the player, leaving appropriate guarding position of their check.

x4 should have the help side responsibility in this scenario

- b. In the 13U division:
- i) MUST play person-to-person defense, proper help side technique is permitted on-ball – switching on screens will be permitted
    - A Player may leave their check to help on an opposing player who is entering the key with the ball. If the ball leaves the key, so should the help side. **Stopping the ball in the key is NOT considered a double team.**
  - ii) Double-teaming of the ball carrier will be permitted - Once the ball has been passed away, the double team must end and defensive player(s) must return to their person-to-person defensive position.
  - iii) Triple-teaming the ball carrier in the front court will be deemed to be a zone defense and is not permitted.
  - iv) Full court person-to-person pressure will be permitted
  - v) No zone pressure of any kind will be permitted
- c. In the 15U divisions:
- i) May play person-to-person defense, proper help side technique is permitted on-ball
  - ii) Full court person-to-person pressure will be permitted
  - iii) Full court Zone pressure will be permitted:
    - Defensive players will be permitted to apply a full court zone defense, once the offensive team crosses half court with the ball, the defensive team must return to playing a person-to-person defense unless double-teaming the ball carrier.
  - iv) Double-teaming of the ball carrier will be permitted - Once the ball has been passed away, the double team must end and defensive player(s) must return to their person-to-person defensive position.
  - v) Triple-teaming the ball carrier in the front court will be deemed to be a zone defense and is not permitted.
- d. In the 18U division:
- i) teams can play a full court zone press or a full court person-to-person press
  - ii) teams may play full court or half court zone defense.
  - iii) Please note: 18U Girls division will be played as 3X3 format
- e. Once a team has a lead of **20 points or more**, they may not use full court pressure of any kind.

On-court officials will issue a warning to the offending team for the first violation and a technical foul for repeat violations.

- f. Double teaming is permitted in the 13U, 15U and 18U divisions only. Only the person in possession of the ball may be double teamed. Once the ball has been passed away, the double team must end.
  - Official's discretion will be given to adhere to these infractions should they be viewed as non-compliant with the spirit of the rule or clear and deliberate violation.

F. Defensive Definitions

- a. Zone: A defensive strategy in which a defensive player's primary responsibility is for an area of the floor rather than for a specific opponent.
- b. Person-to-person: A defensive style in which each defensive player is responsible for guarding a particular offensive player.
- c. Help Side/Weak Side: A defensive tactic where a player is in position to "help" a defensive teammate. This may require the help side defender to leave the person they are guarding. This is not considered zone defense.
- d. Double Team: A defensive tactic in which two defenders may guard the ball carrier while in possession of the ball. A double team must end once the ball has been passed away.
- e. Full Court: A defensive tactic where the defensive team pressures the offensive team in the offensive team's back court.

G. Three (3) Point Line:

- a. The three (3) point line will be used at the 13U, 15U and 18U levels. At the scheduled gym location, 13U divisions will use the closest marked three (3) point line. 15U and 18U divisions will use the 6.75m three (3) pt line if available. At the Saville Centre, this is the black line on the court.

H. Free throws:

- a. In the 11U divisions, free throws may be taken from 12 feet (i.e. Three feet closer than the marked free throw line. In the 13U divisions, free throws may be taken from 13 feet (i.e. Two feet closer than the marked free throw line). Where possible, tape will be placed down on the court to indicate this line.

## II. Games Tied at the End of Regulation Time

If the score is tied at the end of playing time for the fourth period the game shall continue until the tie is broken by the first team to score four (4) points or three (3) minutes stop time, whichever one comes first.

- A. Each team will continue to shoot at the same basket as the second half. The overtime period will begin immediately by a jump ball at center court. Each team will be allowed a one (1) minute time-out for the overtime period. Players who were fouled out or ejected during regulation time will not be allowed to participate in the overtime period.
- B. If this period ends with no team scoring 4 points the leading team will be declared the winner.
- C. If the score remains tied at the end of the first overtime period; the game will move to a next point wins format. All fouls and ejections will be carried forward from previous periods of play. Play will start with a jump ball. The winner is determined by the first team to score a point (including a free throw).

## III. Roster Changes/Player Additions after the Roster Deadline

A team may be declared to have up to 15 players to its roster; rosters must coincide with registered rosters as per league of play (pending league availability). Players may be listed on and participate for only one roster for the duration of the 2023 Youth Provincials.

For the 18U Divisions (Age Eligibility: 2005, 2006, 2007). All rosters and players must be previously registered with their league of play (pending league availability) to represent their team. A team from the 18U girls' 3X3 Division may be declared to have up to 6 players to its roster; rosters must coincide with registered rosters as per league of play (pending league availability). Any 3X3 division may be subject to open declaration as not all regions, zones or leagues may be fielding 3X3 programming at this time. Players may be listed on and participate for only one roster for the duration of the 2023 Youth Provincials.

A team may request to add a maximum of three players to its roster if they have declared a team made up of eight or



fewer players. These players can be added to take a team roster up to a maximum of ten players. Therefore, a team that has declared eight players can add two, and a team that has declared seven or less can add three or more. If teams are declared from the CMBA/EYBA leagues the players must be approved by your league. If teams are declaring from outside of the CMBA/EYBA leagues, please send your request to Alberta Basketball. Rosters will be verified and confirmed with the appropriate league in which you played your season.

Players being added must be from either: 1) a younger age category; or 2) a lower division level within the same age category (i.e A Div 1 team could add any Div 2 player, while a 'Div 2' team could add any player from Div 3/4 or lower). Players from a higher division are not eligible to be added to a lower Division team.

Players being added must reside in the same community or amalgamated communities as the team which has declared for provincials.

A team must submit all roster additions to Alberta Basketball. Requests must clearly demonstrate why the team needs additional players. All requests must be received in writing via e-mail by Tuesday, March 7, 2023 at 12pm.

#### IV. Player Usage

Alberta Basketball believes in the development of all athletes and strongly encourages coaches to provide fair playing time for all players. The Long-Term Athlete Development model is the basis for our instruction, and it is important for all athletes to be exposed to on-court learning opportunities in an encouraging yet challenging environment. Each team will be responsible for managing playing time for their players. Challenges to playing time from opposing teams will not be entertained.

- A. New for 2023 – 11U Division will introduce Automatic Substitutions as follows:
  - a. Automatic substitutions will take place every 3 mins, up to the final 3 mins of period 14:
    - i) the score table will set the game clock to 3-minute periods to indicate substitutions for the referees and teams
- B. Modified Rules: (based on 8 players or more)
  - a. 3 Minute shifts where the buzzer will sound (even during live play) to rotate the next 4 players in. Players subbing in should be ready at the score table.
  - b. No player is to double shift except for the following exceptions:
    - i) A player can play in period 7 and start period 8. Halftime is considered as a reset, and this is not considered a double shift
    - ii) Period 14 (final period of the game) coaches' consideration will be given in this period. This includes players that may have played in period 13.
  - c. Score table minor officials running the score sheet must fill out the player jersey numbers on the tracking sheet to make sure players do not double shift. If the minor official sees that a player has double shifted, they are to bring it to the attention of the referee and the coach will be asked to make a substitution.
  - d. Shooting Fouls
    - i) Periods 1 thru 13 - If a player gets fouled in the act of shooting the team will automatically receive 2 points. If a player gets fouled in the act of shooting and scores the basket, the team will receive 3 points. In both scenarios the game will proceed as if a basket was made and the other team will inbound the ball on the baseline.
- C. Below is clarification on Period 14:
  - a. **PERIOD 14** – The final period of the game will be a 3-minute stop time period. During this period, fouls in the act of shooting OR when teams are in the bonus will shoot free throws like a regular game.
  - b. Bonus begins at 10 fouls in each half. For the exception of Period 14, any fouls committed while in bonus will result in an automatic two points for the other team.
  - c. Possession arrow will be in place for the start of Periods 2 to 14. A jump ball will take place at the start of the game.
- D. Exceptions to playing time rules:
  - a. Less Than 8 players – a team with less than 8 players will have no choice but to double shift at least 1 player each shift.

- b. All double shifts must be spread out equally with the players.
- c. Example, with 7 players in this format, no player would double shift more than 2 times in the first 14 periods.
- d. Unable to Continue current shift – if player “X” gets injured, gets into foul trouble\*, fouls out or is unable to continue their shift, any player can substitute for the remainder of that shift and it will not be considered a double shift. They are playing on behalf of that player for the rest of the period. However, for all future periods, the playing time rules will apply if player “X” is unable to participate for the remainder of the game. Disciplinary – If a player is not being played for a portion of the game due to circumstances within the team, the player’s number, and length of time the player will be sitting, needs to be indicated on the tracking sheet before the start of the game.
- e. **\*Please note** that foul trouble will be defined as follows: more than two fouls in the first four periods, more than three fouls in the first 8 periods and more than four fouls in the first 12 periods.

E. Time Format:

Total 14 x 3-minute periods

First Half: Periods 1 to 7	3 – minute run time
HALFTIME	2 – minutes
Second Half: Periods 8 to 13	3 – minute run time
Period 14	3 – minute stop time

## V. Forfeits

Teams will be given 5 minutes from their scheduled start time to have registered players ready to play. If a team does not have five registered players (four for 11U divisions, three for 18U Girls) within those 5 minutes, they will forfeit the game.

Any team that forfeits a game may not be allowed to continue playing in the tournament. Forfeiture and all other division schedule impact and modifications will be determined at the discretion of the Technical Committee.

## VI. Protests

As per ASAA and Alberta Basketball rules, there are no game protests. The Technical Committee will be available to rule on eligibility and discipline issues as they arise.

Appeals on referee decisions will not be entertained.

Rulings on situations not addressed within this package will be made at the discretion of the Technical Committee.

## VII. Enforcement

Game officials will be made aware of these rule modifications as well as all general tournament rules. Game officials and tournament officials will be monitoring and will be enforcing these rules during the tournament at each age group and level of play. Please be aware that the following penalties may be enforced for any violations of these rule modifications and/or other general tournament rules:

- A. First violation - will receive a verbal warning
- B. Second violation - technical foul may be assigned to the player or coach
- C. Third violation - a 2nd technical foul may be assigned to the player or coach.

Any player or coach who receives two-technical disqualification or is ejected from any game **MAY BE** suspended for the remaining duration of tournament play at the discretion of the tournament committee. All violations will be recorded on the official game sheet.

**All participating teams are expected to comply with the Spirit of the Rules - Any indication of deliberate or clearly demonstrated violations of the rules will not be tolerated**



## **VIII. Technical Committee Representatives**

Alberta Basketball Association (ABA) – Jef Bailey  
Calgary Minor Basketball Association (CMBA) – Mike Shaw  
Edmonton Youth Basketball Association (EYBA) – Jay Ouellette

## **IX. Organizing Committee Representatives**

Alberta Basketball Association (ABA) – Paul Sir  
Alberta Basketball Association (ABA) – Jef Bailey  
Alberta Basketball Association (ABA) – Natalie Hoy  
Alberta Basketball Association (ABA) – Dione Kristel  
Alberta Basketball Association (ABA) – Reagan Wood  
Calgary Minor Basketball Association (CMBA) – Mike Shaw  
Edmonton Youth Basketball Association (EYBA) – Jay Ouellette  
Edmonton Basketball Officials Association (EBOA) – Noel Metrunc

## **X. Contact Info**

Questions about the tournament can be directed to:

Alberta Basketball  
780-427-9044

[info@basketballalbert.ca](mailto:info@basketballalbert.ca)