

AB BEST PRACTICES GUIDELINES

Alberta Basketball recommends that following rules and regulations be implemented during events. These rules and regulations are in compliance with LTAD recommendations for adequate rest and recovery time.

- Teams should have at least a 90-minute break between games.
- Alberta Basketball highly encourages hosts to limit games to two per day, though teams are permitted to play three games per day.
- Games for U11 to U13 teams should not start after 7:30 p.m.

FIBA RULE MODIFICATIONS

LTAD Stage	Learn to Train	Train to Train	Train to Compete
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Age Category	U10	U11 - U12	U13 - U14	U15 - U19
Free Throw Line	13'	15'	15'	15'
3 Point Line (use in numbered order)	Not in use	<ol style="list-style-type: none"> NFHS 19.75' FIBA old 6.25m FIBA new 6.75 	<ol style="list-style-type: none"> FIBA old 6.25m NFHS 19.75' FIBA new 6.75 	<ol style="list-style-type: none"> FIBA new 6.75 FIBA old 6.25m NFHS 19.75'
Drop Back Rule	Always in effect	20 or more points	20 or more points	Not applicable

No Charge	Not in use
Restricted Area (Key)	<ol style="list-style-type: none"> New FIBA Rectangle Old FIBA trapezoid NFHS (one spot up on free throws)
Duration	4 - 10 minute quarters with 1-5 minute overtime if needed
Bonus	As per FIBA rules
Substitutions	As per FIBA rules
Base Rule Set	FIBA rules

COACH TO PLAYER RATIO

In all Alberta Basketball Sanctioned events it is required that there is one coach present at all times. However, if possible Alberta Basketball recommends that there is a four to one player to coach ratio to ensure the proper skills are being taught and reinforced.

PRACTICE TO GAME RATIO

Alberta Basketball clubs and teams are recommended to use a minimum of a three to one practice to game ratio to ensure proper skill development.

NCCP REQUIREMENTS STARTING 2019

LEVEL	HEAD COACH	ASSISTANT COACH
U11	Learn to train	Fundamentals
U13	Certified Learn to Train	Learn to Train
U15	Train to Train	Learn to Train Certified
U17	Certified Train to Train	Certified Train to Train

RECRUITING

The following are the rules and regulations set by Alberta Basketball in regards to recruiting. Anyone found in violation of any of these policies is subject to the loss of sanctioning.

- Recruitment of players from other programs during the competitive season is prohibited.
- During the seasonal commitment period, coaches may not engage in discussions with players or their families about recruiting players to play for their teams or Clubs. For the purposes of this policy, the term "discussions" refers but is not limited to verbal communication in-person or by telephone, as well as all forms of electronic discussions such as through e-mail, text or other social networking sites. Clubs should also not use existing players to try and recruit from other programs.
- Please recognize that clubs have different commitment periods. This must be considered before recruiting a player from an existing club.
- Recruit only for your own program and based off the merits of your program and accomplishments only. Don't degrade opposing coaches or programs. Have respect for athletes and your fellow coaches alike. Do not place either in positions of torn loyalties. The use of individual sponsorships/scholarships or other incentives to attract other players or coaches is not permitted until season of play is over.
- Have respect for fellow coaches and their programs. Always show professionalism and follow the rules of Alberta Basketball. Interact with coaches, parents, players, and administrators in the same fashion that you would want to be treated yourself.
- For players that do not play in a program with a longer commitment period, recruiting can be done after the end of the fall league and before the beginning of the club season. This would allow teams to approach players during their Junior High or High School season. All discussions would have to cease at the end of Junior High or High School Provincials tournament.
- New players can be added to a roster as long as the player is not currently registered on any other Alberta Basketball sanctioned Club Team.
- Any person that wishing to report a breach of this policy is encouraged to submit a written complaint to Alberta Basketball.