

BNS

Provincial Championship Rules

Introduction

Basketball Nova Scotia (BNS) is the leader of amateur basketball in the province. The International Basketball Federation (FIBA) and Canada Basketball (CB) have been our guides in creating our youth basketball rules. These rules should be used to play youth/amateur basketball in the province. This document serves as a quick reference for our more comprehensive and all-encompassing rules that can be found on our website.

Note: Any points that are bolded are changes as of the 2023/24 season.

Ball size

- Under 10: Size 5
- Girls and boys under 12
- Girls under 14, 16, 18: Size 6
- **Boys under 14, 16 and 18: Size 7**

Mercy rules (refer to section 5 of the comprehensive rules for more detail)

- U12 - If a team is ahead by **30 points**, the score is set to 0 with no score showing for the rest of the game.
- U12 D1/D2 - If a team is ahead by 15 points or more, the leading team must remove any full-court pressure.
- U14,16,18 - If a team is ahead by 25 points or more, the leading team must remove any full-court pressure.

Game timing, time violations and shot clock

- U12 - 8 x 4-minute stop time shifts with a 1-minute break between quarters and 5-minute halftime.
- U14 D3 and below - 6 x 4-minute stop time shifts (in the first 3 quarters) and 1 eight minute stop time fourth quarter, with a 1-minute break between quarters and 5-minute halftime.
- U14 D1/D2 - 4 x 8-minute quarters with a 1-minute break between quarters and 5-minute halftime.
- U16/U18 - 4 x 10-minute quarters with a 2-minute break between quarters and 5-minute halftime.
- At all age levels, the game clock will stop at 2 minutes and under, if the score difference is 10 points or less. (U12 D3 and below, refer to the comprehensive rules for a variation in the final 2 minutes of play - item 10.9).
- At all age levels, the shot clock will be 24 seconds and all FIBA rules apply with regard to the shot clock.
- At all age levels, teams are permitted to have the ball in the back court for 8 seconds.

Equal play

- U12 - No player shall play more than a one shift difference than any other teammate and no player shall be permitted to play more than 5 shifts in a game (excluding overtime). For more detail, refer to section 10 in the comprehensive rules.
- U14 D3 and below - No one player shall play more than a one shift difference than any other team-mate over the duration of the first three quarters of the game (with those three quarters being divided into two 4-minute shifts).

Overtime - Occurs if the score is tied after regular time ends. (refer to section 7 of the comprehensive rules for more detail)

- U12 - 4-minute shifts of overtime will be played until there is a winner.
- U14/U16/U18 - 5-minute shifts of overtime will be played until there is a winner.

Timeouts (refer to section 9 of the comprehensive rules for more detail)

- Each team can take a total of five time-outs, two of which may be taken in the first half, 3 of which may be taken in the second half with only two permitted to be taken in the final 2 minutes of play.

Number of players (refer to section 11 of the comprehensive rules for more detail)

- U12 - Teams must have 5 players present to start a game. There must be 8 players present by the fifth shift, or the game will be ruled a default. A team must have used a minimum of 8 players to complete an official game.
- U14/U16/U18 - Each team must have a minimum of 5 players present for the start of the game.
- **Teams can have a maximum of 15 athletes on a roster for Provincial Championships.**

Rosters (refer to section 12 of the comprehensive rules for more detail)

- A player can only play with one club for BNS provincial championships. If an athlete plays for a different club than they played with through the season, the team on which they play must submit at least **two seeding games** with that athlete on their roster.
- Any player may play in an older age class, but no player shall play down in an age class younger than their eligibility. **No team shall play at an age level lower or higher than when they registered with BNS OR than they played in the minor basketball season. U10 teams are only permitted to participate in the U10 Jamboree.
- No player can be listed on more than one roster for BNS Provincial Championships. (Includes U10 Jamboree) Athletes can only be listed on a roster in one provincial championship (ie: U12, U14).
- Official Team Roster for Coaches - All persons present on the bench during a game must be listed on the team's official roster.

Defensive restrictions

- U12 D3 and below - After a made basket, teams must retreat back to their own 3-point line (or top of the key if no 3-point line).
- U12 and U14 - Player to player defense must be played. Zone defense of any kind is not permitted.
- U12 and U14 - Double teaming is not permitted (**except once the ball has entered the key, double teaming the ball is permitted**). Help defense is permitted but not in a sustained manner such as a trap. When an offensive player has beaten their defender another defender may step in to help momentarily (maximum of 2 seconds) but then must immediately return to guard their own offensive player or switch players to return to player to player. Penalties for violations can be referenced in the comprehensive rules in section 13.

U16/18 Age Group (refer to section 15 of the comprehensive rules for more detail)

Note: The AA and AAA structure that previously applied to Provincial Club Championships has been updated. Here are the new guidelines:

- The U16 and U18 girls age groups will be combined to form a U16/18 division.
- All under 16 and 18 age athletes are eligible to compete in the Club Provincial Championships.
- All under 16 and 18 divisions must have a minimum of six (6) teams and can have a maximum of eight (8) teams. If the minimum number of teams is not available, BNS has the discretion to cancel the division.
- According to the seeding criteria, teams must play and submit to BNS a minimum of 2 seeding games. (If there are athletes who were not present for a seeding game, the game MAY be submitted, but the team must submit at least 2 other games, where the missing athlete was playing. (All athletes on official rosters must be present for at least 2 seeding games)).
- All under 16 and 18 teams will be seeded starting with Division 1.
- Seeding information and rosters must be submitted to BNS no later than **4 weeks** before the start of the tournament.
- FIBA rules will be followed.

Games lost by forfeit, Tie-break procedures, Seeding and Protests

Refer to the comprehensive rules for the procedures.