

The 2026 ABA Youth Provincial Championships will use current FIBA rules, with the following modifications and points of emphasis:

1. Game Format for games in the 11U Divisions:

- a. Played with a 4 v 4 format
- b. The use of screens (on-ball as well as off-ball) will not be permitted at the 11U level of play.
- c. Offensive isolation tactics will be strongly discouraged – this will be a point of emphasis to encourage teams to not attempt to overload one side of the court with three players while emphasizing one player to play one-on-one without the ability for help-side defense.
 - i. **Spirit of the Rule** – coaches and teams will be asked to honor the spirit of the offensive isolation rule. Any indication of deliberate or clearly demonstrated violations of this rule will not be tolerated.
- d. 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.
 - i. **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.
- e. Automatic Substitutions (For 11U Divisions ONLY) – 3 minute shifts (please see **Section 9 - Player Usage** for more information).
- f. Free throws: In the 11U divisions, free throws are taken from 12 feet (i.e. Three feet closer than the marked free throw line).

2. Game Ball

- a. The official game ball for the 2024 ABA Youth Provincial Championships is Molten.
- b. 11U Boys and Girls both use Size 5

3. Timing of Games

- a. Pre-game warm-up will begin as per scheduled start time and is 5 minutes long.
 - i. 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. 11U Divisions shall consist of Periods 1 to 13 with 3-minute run time and Period 14 with 3-minute stop time. 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

- c. 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.
- d. If overtime is necessary: Please see Section 7 for full details.

4. 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.
- c. Unused timeouts **WILL NOT** carry forward to the next period of play.

5. Defense

- a. In the 11U division teams **MUST** play person-to-person defense, proper help side technique is permitted on-ball only
- b. Once the ball has entered the front court, defensive players must establish person-to-person position.
- c. 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.
- d. Stopping the ball in the key is NOT considered a double team.
- e. No full court pressure of any kind will be permitted
- f. No double teams and no trapping will be permitted
- g. No zone pressure of any kind will be permitted.
- h. 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.

6. 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.

7. Games Tied at the End of Regulation Time

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

8. Roster Changes/Player Additions after the Roster Deadline

- a. A team may be declared to have up to 15 players to its roster
- b. Rosters must coincide with registered rosters as per league of play (pending league availability). All final team rosters are to be confirmed and validated by the administrator(s) of the team's league of play prior to being submitted to Alberta Basketball.
- c. Players may be listed on and participate for only one roster for the duration of the ABA Youth Provincials.
- d. A team may request to add a maximum of three players to its roster if they have registered a team made up of eight or fewer players.
- e. These players can be added to take a team roster up to a maximum of ten players. Therefore, a team that has registered eight players can add two, and a team that has registered seven or less can add three.
- f. 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 or lower). Players from a higher division are not eligible to be added to a lower Division team.

- g. Players being added must reside in the same community or amalgamated communities as the team which has declared for provincials.
- h. If teams are registered from the CMBA/EYBA leagues the players must be approved by your league as all final team rosters are to be confirmed and validated by the administrator(s) of the team's league of play prior to being submitted to Alberta Basketball. If teams are registering 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.
- i. 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 **March XX, 2026 at 12:00 pm.**

9. Player Usage

- a. 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.
- b. Each team will be responsible for managing playing time for their players. Challenges to playing time from opposing teams will not be entertained.
- c. 11U Division will utilize Automatic Substitutions as follows (based on **8 players or more**):
 - i. Automatic substitutions will take place every 3 mins, up to the final 3 mins of period 14:
 - ii. The score table will set the game clock to 3-minute periods to indicate substitutions for the referees and teams.
 - iii. 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.
 - iv. A jump ball will take place at the start of the game.
 - v. The team in possession of the ball at the end of each 3-minute shift, will retain possession into the start of the next 3-minute shift.
 - vi. **Please note** that if the offensive team chooses to take a shot at the buzzer, this will be treated as a loss of possession.
 - vii. *No player is to double shift except for the following exceptions:*
 - viii. 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

- ix. 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.
- d. 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.
- e. Exceptions to playing time rules:
 - i. **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.
 - ii. All double shifts must be spread out equally with the players.
 - 1. For example, with 7 players in this format, no player would double shift more than 2 times in the first 14 periods.
- f. 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.
 - i. *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.

10. Shooting Fouls

- a. Periods 1 thru 13 - If a player gets fouled in the act of shooting the team will automatically receive 1 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 defensive (other) team will inbound the ball on the baseline.
- b. 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.
- c. 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.

11. Forfeits

- a. Teams will be given **5 minutes** from their scheduled start time to have registered players ready to play. If a team does not have **four (4)** registered players within those 5 minutes, they will forfeit the game.
- b. 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.

12. Protests

- a. 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.
- b. Appeals on referee decisions will not be entertained.
- c. Rulings on situations not addressed within this package will be made at the discretion of the Technical Committee.

13. Enforcement

- a. 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.
 - b. As role models and leaders in youth sports the first responsibility for enforcement of these rule modifications lies with the coaches to conduct themselves to the highest standards of sportsmanship and ethical behaviour.
 - c. Please be aware that the following penalties may be enforced for any violations of these rule modifications and/or other general tournament rules:
 - i. First violation - will receive a verbal warning
 - ii. Second violation - technical foul may be assigned to the player or coach
 - iii. Third violation - a 2nd technical foul may be assigned to the player or coach.
14. Any player or coach who receives a two-technical disqualification or is ejected from any game MAY be suspended for the duration of tournament play at the discretion of the technical committee. All violations will be recorded on the official game sheet.
15. 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.

Safe Court – Safe Sport

Basketball is an inclusive and accessible sport for all players, coaches, referees, staff, and spectators. Everyone is welcome and to be treated with dignity and respect in a safe environment.

There is ZERO TOLERANCE for any maltreatment or behavior that is harassing, disrespectful, bullying, discriminating, or in violation of the ABA Code of Conduct. Violations will be addressed immediately and removed from the event venue.

Technical Committee Representatives

Alberta Basketball Association (ABA) – Reagan Wood
Alberta Basketball Association (ABA) – Dave Drabiuk
Calgary Minor Basketball Association (CMBA) – Ken King
Edmonton Youth Basketball Association (EYBA) – Jay Ouellette

Organizing Committee Representatives

Alberta Basketball Association (ABA) – Dave Drabiuk
Alberta Basketball Association (ABA) – Natalie Hoy
Alberta Basketball Association (ABA) – Reagan Wood
Alberta Basketball Association (ABA) – Amber Cleasby
Calgary Minor Basketball Association (CMBA) – Ken King
Edmonton Youth Basketball Association (EYBA) – Jay Ouellette
Edmonton Basketball Officials Association (EBOA) – Noel Metrunec
Calgary Minor Basketball Association Officials – Jordan Wright (Assignor)

Contact Info

Questions regarding the technical package and rule modifications should be directed to a zone and/or league representatives directly for follow-up.

Questions about the tournament can be directed to:
Alberta Basketball
780-427-9044
coordinator@basketballalberta.ca