



Regular Season CMBA Rules will be in effect with the following Spring modifications:

Club Divisions - Weeknight Rules - Spring 2024

- Strategies to help Coaches in lopsided games <https://cloud.rampinteractive.com/calgaryminorbasketball/files/CMBA%20Rules%20and%20Policies/C.1.%2040%20Pt%20Mercy%20Policy.pdf>
- Each team will have 2 timeouts in the first half and 2 timeouts in the second.
- **Overtime in the regular spring season of play** will start immediately at the end of the 4th quarter with a jump ball. The winner will be determined by the first team to score a point. This includes any type of point scored including a single foul shot. There will be NO timeouts in OT
- Spring Playoff overtime rules are TBD and will be determined before the spring playoffs begin.
- No player shall play for two teams.
- **In the Club Divisions: No team will press with a lead of more than 20 points.**

U13 Club Games

- U13 A/B will play 4 - 9 minute stop time quarters with a 2-minute half time break and 1 minute break between quarters.
- U13 can play full court person to person defense (*****no full or half-court zone defense will be permitted*****)
- Double teaming of the ball handler is allowed in the full court and half court.
- CMBA follows Canada Basketball Learn to Train Stage Defensive Concepts (L2T) Chapter 7 page 37
- http://cloud.rampinteractive.com/calgaryminorbasketball/files/Canada_Basketball_LTAD_Model.pdf
- If teams need clarification on the person to person defensive rule please contact the CMBA Office at cmba@cmba.ab.ca
- Foul Line: 16ft from baseline, or 2ft closer than marked foul line

U15 Club Games

- U15 will play 4 - 9 minute stop time quarters with a 2-minute half time break and 1 minute break between quarters.
- U15 teams will play full FIBA rules (**ZONE DEFENSE IS PERMITTED**)

U18 Club Games

- U18 will play 4 - 9 minute stop time quarters with a 2-minute half time break and 1 minute break between quarters.
- U18 teams will play full FIBA rule



Spring Rec Tournament Rules

- 40-point mercy rule is in effect in ALL CMBA Community Divisions
- Strategies to help Coaches in lopsided games
<https://cloud.rampinteractive.com/calgaryminorbasketball/files/CMBA%20Rules%20and%20Policies/C.1.%2040%20Pt%20Mercy%20Policy>
- **Overtime in the regular spring season of play** will start immediately at the end of the 4th quarter with a jump ball. The winner will be determined by the first team to score a point. This includes any type of point scored including a single foul shot. There will be NO timeouts in OT
- Spring Playoff overtime rules are TBD and will be determined before the June 16/17 spring playoff tournament begins
- **In Community/Recreational Divisions No team will press with a lead of more than 20 points. (U13 - U18 Divisions)**

U11 Division

- **U11 will play 4 on 4** (As per Canada Basketball's developmental model)
- Ball Size: 5 both boys and girls
- Hoop Height: 8.5 feet
- Foul Line: 15ft from baseline, or 3ft closer than marked foul line
- Games shall consist of 14 periods of 3 minutes each for substituting periods (7 periods in the 1st half and 7 periods in the 2nd half)
- NO full court defense allowed
- FIBA Rules with modifications
- Please click here for more information about 3 minute player substitutions
<https://www.cmba.ab.ca/content/U11-3-Min-Shift-Games>

U13 Division

- U13 A/B will play 4 - 9 minute stop time quarters with a 2-minute half time break.
- U13 can play full court person to person defense (*****no full or half-court zone defense will be permitted*****)
- Double teaming of the ball handler is allowed in the full court and half court.
- CMBA follows Canada Basketball Learn to Train Stage Defensive Concepts (L2T) Chapter 7 page 37
- http://cloud.rampinteractive.com/calgaryminorbasketball/files/Canada_Basketball_LTAD_Model.pdf
- If teams need clarification on the person to person defensive rule please contact the CMBA Office at cmba@cmba.ab.ca
- Foul Line: 16ft from baseline, or 2ft closer than marked foul line



U15 Division

- U15 will play 4 - 9 minute stop time quarters with a 2-minute half time break.
- Each team will have 2 timeouts in the first half and 2 timeouts in the second.
- **U15 teams may play full court zone defense at any time until the ball crosses the half court line and then must revert to man to man defense;** double teaming of the ball handler is allowed in the full court and half court.
- No half court Zone defense allowed

U18 Division

- U18 will play 4 - 9 minute stop time quarters with a 2-minute half time break.
- Each team will have 2 timeouts in the first half and 2 timeouts in the second.
- U18 teams will play full FIBA rules