

SECTION 15

MODIFIED RULES



15



CANADA
BASKETBALL



15.0 MODIFIED RULES

Steve Nash Youth Basketball contains three distinct developmental groups: FUNdamentals, Learn to Train and Train to Train. This means that the established rule set for each group must facilitate each stage of development. FIBA rules will be the basis for each rule set with each group having its own set of approved modifications to assist in long term athlete development.

15.1 - APPROVED RULE SETS

FUNdamentals

The suggested rule set for the FUNdamentals group will be playing **Small Ball**. An overview of the Small Ball rules that will be used is covered in the next section.

Learn to Train

The suggested rule set for the Learn to Train group will be playing **FIBA Mini Basketball**. An overview of the FIBA Mini Basketball rules that will be used is covered in the next section. A complete and up to date Mini Basketball rules guide can be obtained free of charge on the FIBA website at www.fiba.com.

Train to Train

The suggested rule set for the Train to Train group will be playing **Full FIBA**. A complete and up to date FIBA rules guide can be obtained through your PTSO or directly from the FIBA website at www.fiba.com.

15.2 - SMALL BALL GAME RULES

Small Ball game rules for 5-6 year-olds are similar to those for 7-8 year-olds.

Object of the Game in Small Ball

- To have fun playing basketball.
- Use and develop skills.
- Be a team player.

EQUIPMENT - *Baskets comprising rings and nets.*

Each of them shall be:

- 2.1336 m (7 ft) above the floor for boys and girls of 5 - 6 years of age
- 2.4384 m (8 ft) for children 7 – 8 years of age.

SCORING AREAS

A scoring area is designated at each end of the court. This area consists of a basket, located at the mid-point of the endline, as well as three shooting spots, each within 5 feet of the centre of the basket. The placement of the shooting spots can be changed before each game, provided each spot remains within 5 feet of the basket.

TEAM COMPLIMENT

Number of Players

Before the game the players are divided into groups of 3 or 4 per group. Each player will have the opportunity to play an equal amount of time.



Number of Coaches

There can be either one or two Coaches per team.

- If only one Coach is present, he/she remains on the sideline encouraging team concepts and supervising substitutes.
- If two Coaches are present, one Coach is on the court facilitating play (for example, encouraging team concepts) while the other Coach remains at the team bench to supervise substitutions.

NOTE: If you only have one Coach per team, try to recruit a parent to supervise the substitutes to allow the Coach to concentrate on facilitating play.

Number of Officials

It is ideal to have one designated Official for the game. However, if a team has two Coaches, the on-court coach can serve in place of an Official.

Suggested Playing Time

Suggested playing time for each shift will be four minutes, straight running time. Officials and Coaches should strive to minimize interruptions of playing time. However, when it is necessary to interrupt the game (for an injury or for any other valid reason determined by the Official), the Official will approximate the time of interruption and extend playing time appropriately. If a game clock is being used, then the clock will be stopped during the interruption.

The Official will verbally alert players and Coaches when twenty seconds of playing time remains. In the event that a volunteer is not available to run a game clock, the Official will be responsible for keeping time on a watch.

THE GAME

How the Game is Played

How the game begins:

- When players come onto the court at the beginning of the game and at the beginning of each shift, they shake hands with the player they will be guarding.
- The players each point towards the basket they will be scoring on.
- The Official then gives the ball to a player in the backcourt.
- That player then attempts to advance the ball, at which time the game begins and the clock starts.

How Additional shifts begin:

- Using alternating possession will make sure a different team starts each shift with possession of the ball.

Defending

Each player on the defending team guards only his/her opposing player, staying at arm's length distance from the player. Players may not guard an opposing player until after that player has crossed over the mid-court.

NOTE: If one or more players fail to observe the distance restriction, the Official may briefly interrupt the game and correct the situation without penalty.

Scoring

- There will be no score kept during the game.
- When the offensive team scores, the opposing team will get possession of the ball, becoming the offensive team.

Advancing the Ball

The ball may be advanced by dribbling or passing. To move around the court with the ball, a player must bounce (dribble) the ball with the following restrictions:

- The ball must not come to rest in his/her hand between bounces.
- Each player is limited to a maximum of four bounces when dribbling.
- If the ball does come to rest in the dribbler's hand(s) during the dribble, or if the dribbler has bounced the ball the limit of four times, then the dribble is considered to have ended. That player must then pass or shoot for a goal.
- **The dribbler may not touch the ball with both hands simultaneously, except when passing and shooting.**



NOTE: The Official, or on-court Coach, should be available to the offensive team as an additional receiver. If a player has ended his/her initial dribble and is having difficulty finding a teammate to pass to, that player may pass to the Official/Coach. The Official can then resume play by passing to another player on the offensive team.

VIOLATION

Dribble

If the dribbler dribbles for a second time after his/her initial dribble has ended, or dribbles more than four consecutive times, then a dribbling violation has occurred. **If the dribbler has touched the ball simultaneously with both hands a dribbling violation has also occurred.**

Correction for Dribble Violation

The Official interrupts play and briefly explains the error. Play then resumes from the point of interruption with the same player continuing to control the ball. If, however, that player repeats the error, a dribble violation has occurred and the ball is awarded to the opposing team for a throw-in at the nearest sideline.

Travel

When not dribbling, a player who is holding the ball may not take more than one step (movement of both feet). To advance the ball by passing, the passing player may not move more than one step (movement of both feet) before releasing the pass.

Correction for Travel Violation

The Official interrupts play and briefly explains the error. Play then resumes from the point of interruption with the same player continuing to control the ball. If, however, that player repeats the error, a travel violation is called and the ball is awarded to the opponents for a throw-in at the nearest sideline or endline.

Out-of-Bounds

A player who is in contact with the ball must not touch or move beyond the sidelines or endlines.

Correction for Out-of-Bounds Violations

The ball is awarded to the opposition at the point where the violation occurred.

Shooting

Players may attempt to score only from the designated shooting spots. If a player attempts to score from a position other than at a designated shooting spot, then a shooting violation has occurred.

Once a player has attempted an unsuccessful shot, that player may not attempt another shot until a teammate has done so first.

Correction for Shooting Violation

There is no loss of possession of the ball resulting from a shooting violation. The ball becomes dead when a shooting violation has occurred. The Referee briefly explains the error. Play resumes with the violating team being given the ball.

Fouls

Defensive players can not use hands, arms or extended legs to prevent an opponent from advancing or passing the ball, nor use the body to push a stationary opponent from their position.

Offensive players will not use hands, arms or extended legs to prevent a defensive player from securing the ball or preventing a pass.

Correction for Fouls

Any violation of the above results in the ball being awarded to the team not committing the foul at the point nearest to where the foul occurred.

NOTE: A record of the number of fouls is not kept, neither for individual players nor for a team.



15.3 FIBA MINI BASKETBALL RULES

Mini Basketball is a modification of the adult game that has been adapted to the needs of children.

The philosophy is quite simple: do not make children play a game that is not suitable for their physical and mental development, but change the adult game to suit them.

The aim of Mini-Basketball is to provide opportunities for children of all abilities to enjoy rich and quality experiences, which they will transfer to Basketball with enthusiasm.

Definition

Mini-Basketball is a game for boys and girls who are eleven years or less in the year the competition begins.

Mini-Basketball is played by 2 teams of 5 players each. The aim of each team is to score in the opponents' basket and to prevent the other team from scoring.

EQUIPMENT - *Baskets comprising rings and nets.*

Each of them shall be:

3.05 m above the floor for boys and girls of 10 - 11 years of age

2.60 m for children under 10.

Beginning the Game

- Each game is started by a jump ball in the centre circle administered by the game official. The clock begins when the ball is legally tapped by one of the jumpers.
- All other periods and jump ball situations will use the alternating possession method.
- For the start of the second half the teams shall exchange baskets.

Jump Ball and Alternating Possession

- A jump ball occurs when the official tosses the ball in the centre circle between two opponents at the beginning of the first period.
- During a jump ball, the two jumpers shall stand inside the half of the circle nearest to their own basket. The non-jumpers shall remain outside the circle until the ball has been tapped.
- The ball shall be tapped by one or both of the jumpers only after it has reached its highest point.
- If a player violates during the jump ball, the opposing team will be given possession and a throw-in.
- If there is a violation by both teams or if the official makes a bad toss, the jump ball shall be retaken.

A jump ball situation occurs when:

- Two or more players of opposing teams have one or both hand(s) firmly on the ball (held ball).
- The ball goes out-of-bounds and the officials are in doubt or disagree which of the opponents last touched the ball.
- The ball goes out-of-bounds and it was last touched simultaneously by two opponents.
- A live ball lodges on the basket support.
- A double foul is called.
- To begin periods 2, 3 and 4.

The alternating possession is a method of causing the ball to become live with a throw-in rather than a jump ball, i.e. in all jump ball situations, teams will alternate possession of the ball for a throw-in at the place nearest to where the jump ball situation occurred.

The team that did not gain control of the ball on the court after the jump ball at the beginning of the first period will start the alternating possession.



Status of the Ball

- The ball can be either live or dead.
- The ball becomes live when:
 - > During the jump ball the ball is legally tapped by a jumper.
 - > During a free throw, the ball is at the disposal of the free-throw shooter.
 - > During a throw-in, the ball is at the disposal of a player for the throw-in.
- The ball becomes dead when:
 - > Any field goal or free throw is made.
 - > A referee blows his whistle.
 - > The game clock sounds for the end of a period.

Exceptions

- The ball does not become dead and the goal counts, if made, when:
 - > The ball is in flight on a shot for a field goal and
 - > A referee blows his whistle.
 - > The game clock sounds for the end of a period.
 - A player commits a foul on any opponent while the ball is in control of the opponent in the act of shooting for field goal and who finishes his shot with a continuous motion, which started before the foul occurred.

Goal - When Made and its Value

- A goal is made when a live ball enters the basket from above and remains within or passes through the net.
- A goal from the field counts two points and a goal from a free throw counts one point.
- After a field goal or successful last free throw, the opponents shall have the ball to make a throw-in within 5 seconds, from any point on or behind the endline, with the ability to run up and down the baseline.

End of the Game. Tied Score

- The game shall terminate on the sounding of the game clock signal indicating the end of the playing time.
- If the score is tied at the expiration of the fourth period, the result shall stand and no extra time shall be played.

Substitutions

Each player must play in a minimum of two periods, except a player who is injured, disqualified or has committed five fouls. Each player shall therefore sit on the bench as a substitute for the remaining two periods, except when it is necessary to replace a player who is injured, disqualified or has committed five fouls.

How the Ball is Played

- The ball is played with the hand(s) only and may be passed, shot or dribbled in any direction, subject to the restrictions of these Rules.
- To run with the ball, deliberately kick or strike it with the fist is a violation. However, to accidentally come in contact with the ball with any part of the leg is not a violation.

Control of the Ball

- A player is in control of the ball when:
 - > They are holding a live ball.
 - > They are dribbling a live ball.
 - > They are set to pass the ball in from out of bounds.
- A team is in control of the ball when a player of that team is in control of a live ball or when the ball is being passed between team-mates.

Player in the Act of Shooting

A player is in the act of shooting when, in the judgment of the official; they start an attempt to score. The act of shooting ends when the ball has left the shooter's hand(s), and in case of an airborne shooter, both feet have returned to the floor.



VIOLATIONS

Definition

- A violation is an infraction of the Rules that is penalized by awarding the ball to the opponents for a throw-in from out-of-bounds at the place nearest to where the infraction took place.

Throw-In

- A throw-in occurs when the ball is passed into the court from out-of-bounds, at the place indicated by the official, except if it is after a field goal or a last successful free throw.
- When the official hands or tosses the ball to the player who is to make the throw-in they have five seconds to throw the ball into play.
- When a throw-in is being made, no other player may have any part of his body over the boundary line; otherwise the throw-in is retaken.

Player-Out-of-Bounds. Ball Out-of-Bounds

- A player is out-of-bounds when he touches the floor or any object on, above or outside the boundary line, except a player.
- The ball is out-of-bounds when it touches a player, the floor or any object, including the backboard support or the back of the backboard on, above or outside the boundary lines.

Pivot

- A pivot is the legal movement in which a player who is holding the ball, steps once or more than once in any direction with the same foot, while the other foot, called the pivot foot, is kept at its point of contact with the floor.
- Establishing a pivot foot for a player who catches a ball on the court:
 - > While standing with both feet on the floor: The moment one foot is lifted, the other becomes the pivot foot.
 - > While moving or dribbling: If both feet are off the floor and the player lands, the foot that lands first becomes the pivot foot.

Progressing with the Ball

A player may progress with the ball in any direction within the following limits:

- Progressing with the ball for a player who has established a pivot foot:
 - While standing with both feet on the floor:
 - > To start a dribble, the pivot foot may not be lifted before the ball is released from the hands(s).
 - > To pass or shoot for a field goal, the player may jump off a pivot foot, but neither foot may be returned to the floor before the ball is released from the hand(s).
 - While moving or dribbling:
 - > To start a dribble, the pivot foot may not be lifted before the ball is released from the hands(s).
 - > To pass or shoot for a field goal, the player may jump off a pivot foot and land on one foot or both feet simultaneously. After that both feet may be lifted but may not be returned again to the floor before the ball is released from the hand(s).
- To progress with the ball in excess of these limits is a traveling violation and the ball is awarded to the opponents for a throw-in.

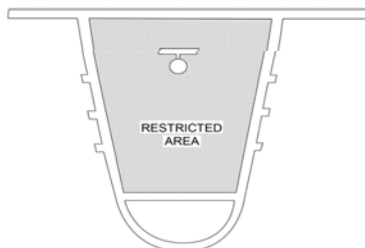
Dribbling

- If a player wishes to progress while in control of the ball, they must dribble, that is to bounce the ball on the floor with one hand.
- A player is not allowed to:
 - > Dribble the ball with two hands at the same time.
 - > Let the ball come to rest on the hand(s) and then continue to dribble.
- To dribble a second time after the first dribble has ended is a violation (double dribble) and the ball is awarded to the opponents for a throw-in.
- The following are not considered as dribbles:
 - > Successive shots for a field goal.
 - > Tapping the ball from the control of another player and then recovering it.



Three Second Rule

A player shall not remain in the opponents' restricted area for more than three seconds whilst his team is in control of the ball in his frontcourt and the game clock is running.



Closely Guarded Player

- A player who is holding a live ball on the court is closely guarded when an opponent is in an active guarding position at a distance of no more than one normal step away.
- A violation shall be called if a closely guarded player with the ball does not pass, shoot or dribble the ball within five seconds. The ball is then awarded to the opponents for a throw-in.

Ball Returned to Backcourt

- A player who is in control of a live ball may not cause the ball to be illegally returned to his backcourt. This restriction is valid also for the throw-ins.
- The ball has been illegally returned to the backcourt when a player of the team, in control of the ball, is the last to touch the ball in his frontcourt, after which that player or a team-mate is the first to touch the ball in his backcourt.
- To return illegally the ball to the backcourt is a violation (**over and back**) and the ball is awarded to the opponents for a throw-in from the nearest place to where the violation took place.

FOULS

Definition

- A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike behavior.

Personal Foul

- A personal foul is a player's foul, which involves contact with an opponent.
- A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, knee or foot, nor by bending his body into an "abnormal" position nor use any rough tactics.
- If personal contact occurs and results in an unfair advantage, not intended by the Rules, the official shall call a personal foul against the player responsible for the contact.
- If the foul is committed on a player who is not in the act of shooting, the ball is awarded to the opponents for a throw-in.
- If the foul is committed on a player who is in the act of shooting and the shot for goal is not successful, he is awarded two free throws.
- If the foul is committed on the player who is in the act of shooting and the shot for goal is successful, no free throw is awarded and the game is started by a throw-in taken by the opponents from the endline.

Unsportsmanlike Foul

- An unsportsmanlike foul is a personal foul, which in the opinion of a official, is not a legitimate attempt to directly play the ball within the spirit and intent of the Rules.
- If a player in an effort to play the ball causes excessive contact (hard foul), then this contact shall also be judged to be unsportsmanlike.
- A player charged with two unsportsmanlike fouls shall automatically be disqualified.
- Two free throws are awarded to the player who was fouled by an unsportsmanlike foul, unless this player was shooting and succeeded in scoring followed by a throw-in for the same team at the centre line extended, opposite the scorer's table.



Disqualifying Foul

- A disqualifying foul is any flagrantly unsportsmanlike behavior of a player.
- Two free throws are awarded to the opponents followed by a throw-in for the same team at the centre line extended, opposite the scorer's table.

Double Foul

- A double foul is a situation in which two opponents commit personal fouls against each other at approximately the same time.
- A personal foul shall be charged against each offending player and a jump ball situation occurs.

RULES OF CONDUCT

Technical Foul

- In Mini-Basketball all players shall always show the best spirit of cooperation, sportsmanship and fair play.
- Any deliberately or repeated non-compliance with the spirit of this Rule shall be considered as a technical foul, which is a **behavior non-contact foul**.
- The official may try to prevent technical fouls by warnings or even overlooking minor technical infractions, unless there is repetition of a similar infraction after a warning.
- Two free throws shall be awarded to the opponents, followed by a throw-in for the same team at the centre line extended, opposite the scorer's table.

GENERAL PROVISIONS

Free Throws

- A free throw is an opportunity given to a player to score one point, uncontested from a position behind the free-throw line and inside the semicircle.
- The free-throw shot shall be made within five seconds after the ball is at the disposal of the free-throw shooter. Whilst the player is attempting a free throw, he shall not touch the free-throw line nor the restricted area, until the ball enters the basket or strikes the ring.
- When a player is attempting a free throw, a maximum of five other players shall occupy the restricted area places:
 - > Two players from the defending team may occupy the two places near the basket.
 - > Two players from the shooter's team may occupy the next two places.
 - > One player from the defending team may occupy one of the next two places.
- The players in the restricted area places:
 - > Shall not occupy rebound places to which they are not entitled.
 - > Shall not enter the restricted area or leave the places until the ball has left the hand(s) of the free-throw shooter.
- All the players who are not in these places shall be behind the free-throw line extended until the ball touches the ring or it is evident that it will not touch it.
- If the last free throw does not touch the ring, the ball is awarded to the opponents for a throw-in from the free-throw line extended.
- No player from either team may touch the ball until it touches the ring.
- An infraction of these Rules is a violation:
 - If committed by the free-throw shooter, the point, if made, shall not count and ball is awarded to the opponents for a throw-in from the free-throw line extended unless there is a further free throw to be administered.
 - If a free throw is successful, all violations committed by any player(s) other than the shooter are disregarded and the point shall count.
 - If a free throw is not successful and a violation is committed by:
 - > A team-mate of the shooter during the last free throw, the ball shall be awarded to the opponents for a throw-in from the free-throw line extended unless there is a further free throw to be administered.
 - > An opponent of the shooter, a substitute free throw shall be awarded to the shooter.
 - > Both teams on the last free throw, a jump ball situation occurs.



15.4 - DUTIES AND POWERS OF MINOR OFFICIALS

Definition

- The minor officials will include the scorekeeper and the timekeeper.

Scorekeeper

- The Scorekeeper is responsible for the Scoresheet.
- They keep a running summary of the points scored, recording the field goals and free throws made.
- They will also operate the alternating possession.

The Scoresheet - Instructions to the Scorekeeper

A. Before the game starts fill in, using capital letters:

- The names of the teams.
- Date, time, place, number of the game and name of the competition.
- Names of official(s).
- Names of the players, along with their uniform number.
- Names of the coaches.

B. During the game:

- Complete the running score requirements.
- At the end of each period, put a circle round the latest scores of each team and rule a line immediately below them.
- Enter the scores for each half in the appropriate boxes.
- Mark and count fouls of each team.

C. After the end of the game:

- Complete the "Final Score" and the name of the winning team.
- Sign the scoresheet and have it counter-signed by the timekeeper and at last by official(s).

Timekeeper

The Timekeeper shall be provided with a game clock and a stopwatch and shall:

- Measure playing time and intervals of play.
- Ensure that a signal sounds very loudly at the end of playing time in a period.

The Timekeeper shall measure playing time as follows:

- Starting the game clock when:
 - During a jump ball, the ball is tapped by a jumper.
 - During a throw-in the ball touches or is touched by a player on the court.
 - A last free throw is unsuccessful and the ball continues to be live, the ball is touched by a player on the court.

Stopping the game clock when:

- Time expires at the end of playing time in a period.
 - A referee blows his whistle.
-