1. **League Structure**
   1.1. All competition will be scheduled league, tournament and exhibition play.
   1.2. Schools will compete within their family of schools, however league structures may be modified to accommodate number of teams entered.

2. **Officials**
   2.1. League convenors will obtain referees from the Waterloo County Basketball Officials Association.
   2.2. All officials for playoff games will be assigned through the Athletic Department.
   2.3. The timer and scorekeeper shall be appointed by the host team and should be a teacher or responsible students.

3. **Player Eligibility**
   3.1. Any student is eligible to play.
   3.2. To be eligible for playoff play, a player must have played in one regular season game.

4. **Regional Playoffs & Championships**
   4.1. Four teams will receive an automatic bye into the regional championship tournament, but will play an exhibition seeding game during playoffs against another team receiving a bye.
      4.1.1. St. Benedict League – 1st
      4.1.2. Monsignor Doyle League – 1st
      4.1.3. St. Mary’s League – 1st
      4.1.4. Resurrection/St. David League – 1st
   4.2. Eight teams will play in elimination playoff games:
      4.2.1. St. Benedict League – 3rd @ Monsignor Doyle League – 2nd
      4.2.2. Monsignor Doyle League – 3rd @ St. Benedict League – 2nd
      4.2.3. St. Mary’s League – 3rd @ Resurrection/St. David League – 2nd
      4.2.4. Resurrection/St. David League – 3rd @ St. Mary’s League – 2nd
   4.3. The championship tournament seeding will be completed by a committee and released with the draw following the regional playoff games have been completed.
   4.4. The above structure is subject to change based on team entries. The final playoff structure will be confirmed before the first league game.

5. **Length of Games**
   5.1. Games will consist of 4 – 6 minute quarters with stop time. Substitutions will occur every 3 minutes except for the last quarter. In exhibition games, we ask that free substitution only occurs during the last 3 minutes of the game.
   5.2. For 21 of the 24 minute game, defence will be half court man to man. Once the offensive player, with the ball, crosses the half court line, that player may be pressured.
   5.3. Each team will be granted two (2) full time outs (1 minute) in the first half, two (2) full time outs (1 minute) in the second half and one (1) full time outs (1 minute) in the overtime period. No carry over from first half to second, or second to overtime (use them or lose them). Timeouts can be called by player or coach if ball is dead or team has player control.
5.4. Teams cannot advance the ball to front court in the last two (2) minutes after a made basket – timeout.

Substitutions

5.5. Modified in 2001-02: A team must carry at least 12 players to facilitate platooning. (This allows for two complete shifts plus two extra players in case of injury or illness.) A minimum of 12 players must play a minimum of one shift before the last six minutes. If a team does not carry 12 players, you must notify the opposing coach, the game will be played and the game will be forfeited to the opposing team. See page 85 Cancellation Policy. Coaches cannot agree to play with less than 12 players. It is still a forfeit.

5.6. A team of players enters the game at designated times during the contest.

5.6.1. Platooning system must be employed by all teams for 18 minutes of a 24-minute game. Every three (3) minutes, you have five (5) new players enter the game.

5.7. SPIRIT RULE: Please ensure that all players receive playing time during the year. Participation should be our prime focus.

5.8. Substitutions are made at:

5.8.1. First Half: 3 minutes, 6 minutes, 9 minutes, 12 minutes

5.8.2. Second Half: 3 minutes, 6 minutes or at any time during game if the coach feels it is necessary (e.g., injury, discipline, foul trouble, etc.)

5.8.3. We expect a coach to remove a player from the court for inappropriate behaviour. The player who replaces the misbehaving player cannot play the next shift. The player who was removed cannot play the next shift.

5.9. A platoon that finishes a first half must not begin the second half of the same game.

5.10. If a player is injured coaches must replace him/her immediately. Games should not be delayed. While a player decides if they are able to continue or not, coaches must assess the injury and decide to substitute or not immediately. (If you are in doubt, take player out of the game. Further injury should not be risked.)

5.11. Substituting will be made every 3 minutes. All play ceases when 3 minutes have passed. A timer will blow a whistle to halt play. Platoons must change and begin play immediately. The stoppage is not considered a time out. Coaches do not take this time for ‘coaching’. If you need time you must call a time out.

5.12. The last 6 minutes of a game may be used to substitute freely, by a coach. In exhibition games, only substitute freely in the last 3 minutes.

5.13. In a case where a player fouls out (or is injured) and there are at least 10 players still remaining, the coach may use another player from the bench but this new player may not double shift (they cannot play in the next shift).

5.14. If a substitution is made where there are fewer than 10 players left, a player may not play in more than two consecutive shifts. (Coaches must use different players to take turns playing two consecutive shifts.)

6. Rule Modifications

6.1. LAST THREE MINUTES: During the last three minutes of the game:

6.2. The timer will call out “three (3) minutes” to make officials and coaches aware there is only 3 minutes remaining (Play does not stop!)

6.3. Full court pressure can now be applied by the defensive team. A player may be checked anywhere on the court. (‘Over and back’ and ‘10 sec. call’ still apply for the offensive team.)

6.4. SPIRIT RULE: If a team has a 10 point advantage, no full court pressure can be applied.

6.5. OVERTIME will:

1) consist of 3 minutes stop time
2) since overtime is a continuation of the last half of the game, the press may still be employed
3) second overtime period is one minute. Continue 1 minute overtime periods
4) teams will be allowed 1 extra time out per overtime period - time outs may be saved

6.6. JUMP BALL: There will be a jump ball to start the game and every overtime period. At every other jump ball situation, the ball will be given to the teams on an alternating basis beginning with the team which does not gain control of the initial jump ball. (Suggestion: Have a large arrow to be kept on scorer’s table to indicate the direction the ball will go in a jump ball situation). The team that has possession of the ball at the end of the first, third and fifth shift will maintain possession to begin the next shift. If there is no possession at the end of a shift, the arrow will be used. (Example:
during a foul shot.) If a team scores as time expires, the arrow will not be utilized for the next possession. The alternating possession will be used to start the third, fifth and seventh shift.

6.7. **DEFENSE:** All teams must play man-to-man defence. This does not prohibit switching, double-teaming, etc. When a check crosses center court, the defence must make an obvious effort to go to that check (they cannot hang around the basket to assist others). As a guide, a player should be within approximately 6 feet (2M) of the man they are guarding. The intent of this rule is to prevent a team from simply “zoning” an area, especially near the basket. It would not be expected of a defensive player to closely guard a man standing in a position where they are making no attempt to advance to the basket (e.g., centre line).

A player cannot pick up his/her check until they have crossed half court. If the defensive player steps into the back court, they will be warned once. After that any violation will be a technical foul. Players who interfere with a dribble or pass in the other team’s court will receive a warning. If any team member interferes again, a technical foul will be assessed.

6.8. **HELP MAN TO MAN:** If your check is away from ‘Play’ you may temporarily leave them to double team or switch. You must then return to your check. No double-teaming when away from the ball. This would result in a 2-shot technical to the bench. If the ball is in your area of the court or coming towards you, you must make a play on the ball.

If there is no movement toward your check, "Zone" will be called and a technical foul awarded to other team. (Especially if a player continuously stays in key area and is not defending a particular check!)

6.9. A player is fouled out of the game after they have been assessed five (5) personal fouls or two (2) technical fouls. Technical fouls count towards personal fouls.

6.10. Any game that is defaulted will be recorded with a 10 - 0 score.

6.11. All other rules will be the same as the FIBA rules with the exception of a shot clock and floor markings and the addition of SPIRIT Rules listed below:

6.11.1. Every player who makes a team should receive playing time.

6.11.2. All players should be respectful to opposing teams, coaches and facilities.

6.11.3. Players and coaches should respect and follow every decision made by officials.

7. **Rule Clarification**

7.1. **DOUBLE SHIFT DEFINITION:** A player that finishes a shift may not play in the next shift, except for the last 6 minutes.

7.2. **TEN SECOND AREA:** Half court line is where a player must cross within 10 seconds of a throw in before they lose possession.

7.3. **OVER AND BACK:** 'Over and back' will be called by an official when a team has crossed the center (10 sec) line and goes back past their own foul line. (Most of our gyms are quite small so for safety reasons, the foul line may be used in elementary gyms for 'over and back'). (When both feet and the ball are in front court a player is considered in 'front court'.) In large gyms, the centerline is the Over & Back line and the 10 second line.

7.4. If the ball goes out of bounds in the front court and the offensive team retains possession, the ball must be inbounds to the front court only.

7.5. **FREE THROW RESTRICTIONS:** Players must be either in spaces along the free throw line or behind the free throw line extended. Restrictions for players in marked lane spaces end when the free throw shooter releases the ball. All players not in marked lane spaces must be outside the three point line above the imaginary free throw line extended and cannot pass (or cross the three point line) until the ball hits the rim or backboard.) If anyone other than the shooter violates and the ball goes in violation is ignored. If the shooter violates (ie crosses the line before the ball hits rim) the violation is applied even if the ball goes in.

7.6. Players will receive two (2) bonus free throws for any common foul once the opposing team has reached five (5) team fouls in each quarter. Team fouls will reset each quarter. If the foul is an offensive foul, there will be no bonus shots awarded. The team loses possession of the ball.

7.7. No free throw shall be attempted after time has expired at the end of the 4th quarter, or any extra period, unless the point(s) would affect the outcome of the game.
7.8. CLOSELY-GUARDED (5 sec.) VIOLATION – A 5 second violation is called when a player has made no attempt to advance the ball by dribbling, passing or shooting for 5 seconds while closely guarded. When a closely guarded 5 second violation is reached, it becomes a violation and the defensive team is awarded the ball out of bounds. Closely guarded is considered one (1) meter from offensive player holding or dribbling ball.

7.9. All team (boys & girls) will use a Size 6 basketball. ABSOLUTELY NO JEWELLERY. A player will not be allowed with earrings even if they are taped. As well, players are not allowed to play with casts, metal barrettes in their hair, bracelets, etc. Players with Medic-Alert bracelets should wear them under a sweatband or sock.

7.10. Coaches must indicate starting line-up five minutes prior to beginning of game (on score sheet).

7.11. Small School Tournaments – If schools have less than 12 players, they must contact the convenor prior to the day of the tournament.

8. Tie Breaking Procedures (For Standings)

8.1. The following procedure shall be used for breaking ties to identify position in standing:

8.1.1. The win-loss record of the teams tied against each other;
8.1.2. If still tied, points for and against each other;
8.1.3. If still tied, the win-loss record against higher ranked teams;
8.1.4. If still tied, the points for and against higher ranked teams;
8.1.5. If still tied, a toss of a coin shall decide the final standings;
8.1.6. In a situation where more than two teams are tied, the process indicated above will be used to find the higher place finisher and then the process will repeat itself among the remaining teams still tied.