



**RULES AND REGULATIONS**  
**FOR ELEMENTARY SCHOOL BASKETBALL**  
*Junior and Intermediate – (October 2019)*

**THE COURT**

There is no 'three point' line.

**EQUIPMENT**

**Junior** – An official Junior-size basketball (size 6) shall be provided by LEA for each game.

**Intermediate** – An official Intermediate-size basketball (size 7) shall be provided by LEA for each game.

**THE TEAM**

A team **MUST** consist of at least ten (10) players. Coaches may carry as many players above the minimum as they wish, but must ensure that **all** players participate as equally as possible. Teams playing with fewer than ten (10) players will forfeit the game, but may still choose to play the game.

**THE GAME**

Game and shift length is dependent on the schedule. There will be **no** half-time or changing of ends, unless an advantage is gained (eg. bent basket.)

There shall be **running time** throughout the game, **except** in the final minute of a game in which one team is ahead by **fewer** than ten (10) points. In this case, "stop time" shall occur during the **final** minute.

A team is allowed two (2) 30-second **time outs** per game. Time outs may be called only by the team in possession of the ball, or at any stoppage in play.

**SUBSTITUTIONS**

Substitutions shall be made at regular intervals determined by the schedule. At this time, the referee shall be informed by the scorer's table that it is time for substitutes. The referee shall call for substitutes. Each team shall then replace all five (5) players presently on the court.

Your five substitutes shall be ready to take to the court as soon as the referee calls for substitutions, since there shall be no clock stoppage.

If a team seems to be intentionally delaying the game while making substitutions, the clock shall be stopped and technical foul assessed.

Injured players may be substituted for at the next stoppage in play, or when their team has possession of the ball. The game clock shall be stopped, and a suitable substitute will be chosen and agreed upon by both coaches. This shall be done in an area away from the other players.

If a shooting foul occurs at substitution time, the shot(s) shall be taken and then substitutions made. The clock shall continue running.

## **DEFENSE**

**Half-Court Defense** – after a team has scored a basket, they must retreat to their own half of the court until the other team has advanced the ball beyond the centre line.