

# 2023 Spring and Summer Tournament Rules

Divisions are based on September 1<sup>st</sup> birthdate. For example:

U13 – In Grade 7 this school year, or any Grade 8's born after Sept 1<sup>st</sup>

U12 – In Grade 6 this school year, or any Grade 7's born after Sept 1<sup>st</sup>

U11 – In Grade 5 this school year, or any Grade 6's born after Sept 1<sup>st</sup>

A player cannot play on two teams in the same division. For instance, they cannot play for U12 VanCity and U12 Elevate in the same tournament. They could however play in two divisions for the same "club". Using the same example, if they were a talented U12 player, they could play U12's for VanCity AND U13's for VanCity, since they are U12 age.

**U10-U12 divisions:** No zones, zone presses or trapping defenses. You must play man to man. You can pickup full court man-to-man, but as mentioned, no traps/switches. Once the score difference is greater than 20 points, you must back up to half court. Get back and work on your half court defense.

**U13-U17 divisions:** Zones, presses and traps are allowed. But once the score difference is greater than 20 points, you must back up to half court.

We will be playing modified FIBA rules, and we will be using the narrow key.

All games will consist of two 16-minute stop-timed halves. Overtime periods will be three (3) minutes long. Running time last 5 minutes if the score differential is greater than 20 points.

Teams should bring their own warm-up balls, and will use one of those balls during the game. Pre-game warmups will last a minimum of five (5) minutes and the halftime break will be three (3) minutes.

The first team listed in the draw is the home team, and should try to wear light colored uniforms. Teams may make arrangements among themselves to change this guideline.

Players are allowed five (5) personal fouls before being disqualified. Bonus foul shots will be shot on the 10<sup>th</sup> team foul, resulting in two shots

Teams will get two timeouts per half (no carry-over). Only one timeout will be given for each overtime period. Timeouts are called through the bench.

No shot clock will be used. Teams that are stalling will be given warnings by the referees that they have 10 seconds to shoot.

Team coaches are responsible for the conduct and supervision of their players as well as their fans/parents, including approaching the officials and scorekeepers.