



First Nations Education Council Inter-school Games



General Rules

B a s k e t b a l l

Prior to the game

- ✓ Teams have ten minutes from the end of the preceding game to get ready and warm up before each game.
- ✓ If a team arrives late during the ten-minute warm-up period, the opposing team is awarded two foul shots.
- ✓ Any team that is not present when their game is scheduled to begin will lose the game by default.
- ✓ If the preceding game runs late, teams have a minimum of five minutes to warm up.

Team composition

- ✓ The number of players allowed on the court is five with no more than seven substitutes.
- ✓ There may be no more than twelve players on each team.

Game play

- ✓ A game has two twenty-minute periods. The game clock can only be stopped during the last two minutes of each period.
- ✓ **If there is a tie at the end of the game**, there is a five-minute overtime period to determine the winner. **If the tie persists**, there is another five-minute overtime period. The game clock can only be stopped during the last minute in each overtime period.
- ✓ Three-second rule
 - While on the offence, players may not stay more than three seconds in their opponents' free throw lane, regardless of whether they are in possession of the ball or not.
 - After a shot is made, the three-second countdown begins again only once a player takes possession of the ball.
- ✓ Players on the offense cannot return to their backcourt with the ball.
- ✓ Players are out-of-bounds and will be given a foul if they touch or go beyond the boundary lines while in possession of the ball.
- ✓ A held ball is called when two opponents have their hands firmly on the ball. A throw-in is then granted to the team entitled to take possession of the ball based on which team won the opening



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jump ball of the game. The referee is responsible for keeping track of which team is entitled put the ball back into play.

- ✓ If a team violates the rules or loses possession of the ball, the opposing team resumes play with a throw-in near the place where the infraction took place or where possession of the ball was lost.
- ✓ Players in possession of the ball may not stay immobile for more than five seconds. However, they can remain in possession of the ball as long they are dribbling.
- ✓ It is strictly forbidden for one or more boys to play on a girls' team; however, one or more girls may play on a boys' team.
- ✓ Man-to-man defense is suggested in all categories. Zone defence is allowed in the 16–18-year-old category only.

Game ball

- ✓ 13–15-year-old and 16–18-year-old boys teams
 - The 300 or the sx-450 model used in men's basketball will be used.
- ✓ 10–12-year-old boys teams and all categories of girls
 - The 28 model will be used. However, if the coaches agree on another model, the referee must grant their request.

Substitutes

- ✓ All changes, in any age group, must be made at the scorer's table.
- ✓ Substitute players must put one knee on the floor next to the scorer's table while waiting for the next stoppage of play.
- ✓ The referee will signal to the players when it is their turn to play.
 - * There are no rules governing level of participation, but we strongly urge coaches to give all their players some playing time.

The **height of the basket** is set at ten feet.



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Scoring

- ✓ Scoring is as follows:
 - Two points per basket.
 - Three points per basket if the shot is made behind the three-point line.
 - One point per basket made from a free throw.

Fouls

- ✓ A player commits a foul by coming into contact with another player or by touching an opponent (anywhere on the body) while trying to take possession of the ball.
- ✓ Players who commit five fouls in a game are ejected.
- ✓ If six fouls are assessed to a team in one half, every defensive foul committed after that point grants two free throws to the player who was fouled.
- ✓ This **bonus situation** will last until the end of the half. If there is an overtime period, the number of fouls assessed in the second half will continue to accumulate. As such, a team in a bonus situation in the second half will continue to be in that bonus situation in overtime.
- ✓ A serious foul or aggressive behaviour (violent, vulgar, etc.) on or off the court can result in an unsportsmanlike foul. If coaches commit this type of foul, their team is automatically ejected from the game. A player may be suspended from playing for an indefinite period of time after being ejected from a game.

Time-out

- ✓ Each team is permitted one time-out per period of regulation play and overtime.

Team shirt colours

- ✓ When teams' jerseys are the same colour, the team entered as the home team on the schedule has to wear a different colour of bib.

Team rankings

- ✓ Teams are ranked according to the number of wins and losses they accumulate during the preliminary round.



First Nations Education Council Inter-school Games



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- ✓ To break a tie in the ranking, the team having won the game played between the tied teams will be ranked higher.
- ✓ The number of points for (the points scored by the team) is applied.
- ✓ The number of points against (the points allowed by the team) is applied.
- ✓ If a tie persists, the difference between the points for and the points against is applied.
- ✓ If needed, the ranking of the two teams is determined by a coin toss.

NB: The FNEC Inter-school Games sports consultant reserves the right to make a final decision regarding these rules.