

PSAA Basketball Rules

Size of ball to be used:

U12 girls to use size 5 basketball

U12 boys to use size 6 basketball

U14 girls to use size 6 basketball

U14 boys to use size 7 basketball

Defenses allowed:

U12 is to use person-to-person defense. After a basket or whistle, teams can only guard their player on their defensive side of half court [the opponent's offensive end]. On a turn-over or rebound, with the ball still in play, players may defend immediately.

In the spirit of the game, coaches are urged to have all players on the court to be in positions that require coverage and all defensive players are expected to be responsible for covering one player each. That would mean that each player is responsible for a set player on the opposing side and would be able to state the number of that player. For example: #12 of the white team is guarding #3 from the blue team as opposed to #12 from the white team moving to a low post position on the court and waiting for a player from the blue team to come into that position and then attempt to play that player. If the coach did not like that match-up the player is free to switch checks but should become responsible for one. So #12 might switch to player #5 from the blue instead. Players switching coverage is acceptable, as a counter to the pick and roll. This would mean that the players involved would be the defender on the ball and the player setting the pick. Teaching person-to-person defensive skills is critical to children's overall skill development, enjoyment and success in the game of basketball. **The focus is training all players to become multi- skilled, multi-positional players. The spirit of the rule is to not encourage any athlete to stand in the key playing a one-person zone and to teach the athletes to help and recover to their offensive check.**

Explanation of Terms

Legal Guarding Position: The position of a defensive player who is guarding the offensive player with the ball. The defender must be attempting to stay within an arm's length of his or her check and separation as defined below has not occurred.

Gapping: Where a defensive player is within one stride away from what would be legal guarding position of his or her check if that check passed the ball.

Help Situation: Where there is separation and a defender (the Help Defender) leaves his or her check to defend the offensive player who has caused the separation to occur.

Help Position: As per the Ontario Basketball young player rule modification, a defensive position which is not guarding the ball and is outside the three-second area. In this position the defensive player should have no feet inside the three- second area, unless the person who is guarding the ball has clearly beaten his or her opponent.

Separation: Occurs when a defender (aka "Beaten Defender") has been clearly beaten by his or her check and the offensive player has a visible advantage (shoulder or feet past the defenders back foot) over the defender.

Quarter Court: The area on the floor closest to the basket below an imaginary line drawn perpendicular to the sideline through the top of the three-point arc.

Recover: Where a help defender assists and (either the help defender or the beaten defender) establishes legal guarding position, then either the beaten defender must switch to cover the check left open by the help defender or the help defender must return to his or her original check. At no point should two defenders be left guarding one offensive player.

Weak side: The side of the quarter court that is opposite the side where the ball is situated.

Zone Defence: When any player defends an area on the court as opposed to guarding an offensive player.

Double Team: is when two or more players are guarding the ball handler.

Pressing: is a defensive concept where by the defense guards the offensive team the full length of the floor in person-to-person defence.

Definition of Person-to-Person Zone defences are illegal and not allowed.

When the ball is inside the boundaries of the half court, each defensive player must guard an offensive player and make all moves associated with the offensive player's positioning and movement including the rules further set out below.

Defenders are entitled to provide help but only where there is separation.

Double teams are not permitted! In no situation should a double team occur beyond a help situation. The spirit of the rule is not to encourage any athlete to stand in the key playing a one-person zone and to teach the athletes to help and recover to their offensive check.

Where help is provided, the help defender or the beaten defender must recover once one of them establishes legal guarding position.

The only time defenders can defend from within the 3-second area is:

When they are guarding an offensive player who is standing in the 3-second area;

OR

The defender is within an arm's length of his or her check who does not have the ball;

OR

They are guarding the ball with respect to their check;

OR

There has been separation and they are providing help.

Defensive positions when the ball is in the quarter court:

Defender Guarding the Ball

The defensive player guarding the ball must defend the player with no gapping permitted. The defender must be attempting to stay an arm's length away from the offensive player and may not slack off by gapping.

Defender is a Pass Away from the Ball

The defensive player must be committed to an offensive player. The defender **should not be more than a stride** from his or her check, however the defensive player is not permitted to provide help unless there is separation.

Defender is 2 Passes Away or on Weak side

Defenders who, on the weak side or at least 2 passes away, are not restrained as to the distance they can play from their check and may assume a help position provided that the defender stays on the weak side. They are reminded that this means that the defender

must remain outside the key area with no feet in the key area. The defender is not permitted to provide help unless there is separation.

Defending Players Above the Top of the Three-Point Line

When defending a check who does not have the ball and is above the line which defines the quarter court, the defender can play below the quarter court line but must stay above a line extending across the free throw line to the sideline. Defenders must remain on the same side of the court as his or her check.

Intentional Double Teaming:

Double teaming and trapping is not permitted. Accidental double teams [i.e. when an offensive player dribbles towards a teammate and their defender is in the same part of the floor] are not a violation unless the defensive players do not immediately retreat back to their original checks.

Note: Person-to-person rules will be considered off when teams use extreme offensive formations to gain an advantage and create an isolation opportunity for one athlete.

Isolation plays are not encouraged.

Consequences for Person-to-person rule infractions:

One warning.

Second offence will result in technical foul and 2 free throws and possession of the ball at half court will be awarded to the offensive team.

U14 teams will be allowed to play any type of defense and at any time [which means possible full, $\frac{3}{4}$, and $\frac{1}{2}$ court presses.]

Foul Shooting:

U12 to be from 12 feet. Defensive team to take first position above the block, then offensive is entitled to next position, and then the defensive team is allowed the third and final spot. The remaining players to be beyond 20' from net.

U14 will use the regulation 15' free throw line.

Players on the lane may enter the key upon release of the shot.

At 7 team fouls all fouls are shooting fouls. At 10 fouls, double bonus.

Time Restrictions

5 seconds to inbound the ball.

5 seconds to take free throw – once official gives the shooter the ball.

If closely guarded and not advancing the ball, player must pass or shoot the ball within 5 seconds.

10 seconds to get the ball over the half court line.

Personal foul penalties: If a player is shooting while being fouled, then he gets two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point

shot and makes it anyway, he is awarded one free throw. Thus, he could score four points on the play.

Inbounds. If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.

One & one. If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.

Ten or more fouls. If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

Charging. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

Blocking. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant foul. Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

Intentional foul. When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical foul. Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Travelling. Taking more than 'a step and a half' without dribbling the ball is travelling. Moving your pivot foot once you've stopped dribbling is traveling.

Carrying/palming. When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

Double Dribble. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

Held ball. Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis. [possession arrow]