

BHNCDSB Basketball Tournament Rules

Jr. and Sr. Basketball

Rules:

- Most official basketball rules apply.
- Jr. Basketball – Grades 4 to 6 – Teams must be made from the grade 4 to 6 population. Grade 3 players are not allowed. A team must carry a minimum of ten players.
- Sr. Basketball – Teams must be made from the grade 7 and 8 population. Only schools who cannot field a team with grade 7 and 8 students, may go to grade 6. You may not cut grade 7 or grade 8 students or discourage them from the team in order to take a younger student. You must inform one of the Athletic Director's if you cannot field a team with grade 7 and 8 students.
- If you are unable to bring the minimum, you need to double shift everyone equally. For example, if 'Steve' and 'Sam' double shift in game one, they cannot double shift again until all players on the team have double shifted. As a coach, you must keep track of who is double shifted throughout the tournament. Also, no player shall play 3 shifts in a row.
- All players must rotate every five minutes. No player shall play two consecutive quarters. (see above rule for exception)
- A game consists of four (4) five-minute running time quarters. **There will not be a half time break.** A jump ball will begin the game and the possession arrow will be used at all other times. After two quarters, teams will switch ends. The clock will only be stopped for the following reasons:
 - An injury
 - A time-out
 - The last two minutes of the game in the playoffs
- All foul shots will be taken during the game. (It is a good idea to practice lining up for foul shots to help save time during the game since the clock will not stop).
- Each coach will have one 30 second timeout per game.
- If after four quarters there is a tie, there will be an additional **two-minute** shift. **Any player can play the two-minute overtime shift.**
- A team should have matching numbered shirts or pinnies. Players must wear non-marking, proper gym shoes.
- There is NO over and back violation.
- All jewelry must be removed. Taping of jewelry is not permitted.

Any contravention of these rules may result in forfeiture of a game, tournament, banner or championship for your team.