

CTAA Senior Basketball Rules

- 1) Home team provides **adult** referees and scorekeepers. If referees are high school volunteers, please ensure there is an adult available to assist if needed.
- 2) All games are six-minute stop-time quarters.
 - a. Overtime periods are 3 minutes stop time.
- 3) Use a size 6 basketball.
- 4) Timeouts:
 - a. Two timeouts per half (no carry-over).
 - b. Timeouts can only be called on a 'dead' ball.
 - c. One timeout is added per overtime period.
- 5) Over and back and 8 seconds rule:
 - a. Over and back rule and 8 seconds (to cross half) rule should be decided by both coaches before the game begins and should depend on the size of the gym being used for the game.
- 6) 3 seconds rule – a player shall not remain in the opponents' key for more than three consecutive seconds while their team is in control of the ball.
- 7) 5 second inbound rule – players have five seconds to inbound the basketball to a teammate. Ensure that players have ample room to throw the ball into play.
- 8) Fouls:
 - a. Team fouls are calculated each quarter to a total of **5** and are reset after each quarter. On the 5th team foul, the player fouled will be awarded two free throws.
 - b. Players are allowed 5 personal fouls (throughout the game). On their 5th personal foul, they are removed from the game.
 - c. If your court does not have lane markers for where players should stand during foul shots, please put down some tape to mark the lanes.
- 9) Three-point shot is not in effect during the season. However, it will be in effect for the finals.
- 10) Full court man-to-man or a full court zone press will **not be permitted** by a team that is winning by 20 or more points. Officials will be told to give a warning on the first offense followed by a technical foul on the second offense.
- 11) There is no rule against using a zone defence in Senior Basketball. Man-to-man defence is encouraged for skill development, but using a zone defence is permitted.
- 12) As a coach, it is your responsibility to ensure that everyone (players, coaches, officials, spectators) has an enjoyable season.