

CTAA Junior Basketball Rules
Updated December 2022

All FIBA rules are followed with the exception of the following modifications:

Set-Up	- Home teams provide scorekeepers and officials. Adult officials with a good understanding of the rules are preferred. - Use a Size 5 game ball.
Timing	- 2-12-minute stop time (clock stops on the whistle) halves. - There is no overtime - games can end in a tie.
Fouls	- Players are allowed 5 personal fouls before being removed from the game. - The team is allowed 7 team fouls per half. On the 7th team foul, BONUS is awarded. Bonus means the player drawing the foul will shoot 2 shots, the second shot being live.
Time Outs	- 2 x 60 second time outs per half - Time outs may only be called by a coach and only on a dead ball (after a whistle) or after the opposing team has scored a basket.
Violations	- 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. - 3 second 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. - 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. - Shot clock and 3-point shots are not in play at all.
Full Court Press/Zone Defense	- Teams are to play half-court defense only . Once a player has control of the ball the other team must "fall back" to half. - To help further the development of basic defensive principles, a man-to-man (person-to-person) defense must be used. No Zone defense is permitted.

This is a developmental league. No scores are submitted and there are no playoffs. The goal is for players to learn the game in a safe and fun environment.

There are a few specific guidelines coaches should keep in mind:

- Keeping score is optional - coaches can discuss this before the game and make a decision. If the score is being kept on the scoreboard, please do not continue to add points if the score differential is greater than 15.

- Coaches should try to keep equal playing time for all players (e.g., create two balanced lines of players and substitute every 3 minutes).
- The free throw line is 14 feet from the hoop (one foot in front of the standard line). Please mark the line with a piece of tape.

[Link](#) to basic rules video - There are some changes for the CTAA league.

[Link](#) to official rule document.