

CTAA Junior Basketball Rules

Updated December 2023

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

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

[Link](#) to official rule document.

It is strongly encouraged for coaches to provide equal playing time for all players. Coaches are welcome to take the 12 minute halves and divide them into 3 or 4 minutes blocks. This means that 8, 3 minute blocks will constitute the game or 6, 4 minute blocks will be played. Coaches can discuss this BEFORE the game is started.

Set-Up	<ul style="list-style-type: none"> - Home teams provide scorekeepers and officials. Adult officials with a good understanding of the rules are preferred. - Use a Size 5 game ball.
Timing	<ul style="list-style-type: none"> - 2-12 minute stop time (clock stops on the whistle) halves. OR 8- 3 minutes blocks OR 6- 4 minute blocks - There is no overtime - games can end in a tie.
Fouls	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 2 x 60 second time outs per half (every 12 minutes) - 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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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. With this in mind, 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 or 4 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.

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- Home team provides **adult** referees and score keepers. If referees are high school volunteers, please ensure there is an adult available to assist if needed.
- All games are **six-minute** stop-time quarters with two timeouts per half (no carry-over). There is no overtime (games may end in a tie).
- Use a Size 5 basketball.
- Each team has 8 seconds to cross the half-line. Pressing is **not** permitted.
- No over and back rule. (Players may cross back over into the backcourt with the ball).
- 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.
- 5 second inbound – players have five seconds to inbound the basketball to a teammate. Ensure that players have ample room to throw the ball into play.
- Fouls
 - o 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 with two free throws.
 - o Players are allowed 5 personal fouls (throughout the game). On their 5th personal foul, they are removed from the game.
- Keeping score is optional (at the discretion of both coaches). If keeping score, please make every effort to keep the score differential less than 20 points.
- Zone defense is **NOT** permitted.
 - o The league focuses on basic basketball instruction and development of skills. To help further the development of basic defensive principles, a man-to-man (or person-to-person) defense must be used.
- Every attempt should be made to give all players adequate playing time.