

As such, once the closely guarded count begins, the offensive player who is closely guarded must pass or shoot the ball within five seconds.

9. AGE-SPECIFIC RULES

Please refer to Canada Basketball's Long-Term Athlete Development model for additional stage-appropriate information (www.basketball.ca/files/LTAD.pdf).

9.1 LEARN TO TRAIN (U10 – U12) RULES

Playing Court Dimensions & Equipment

Court Size (Minimum)	44' X 74'
Court Size (Maximum)	50' X 84'
Free Throw Line (U10)	13'
Free Throw Line (U11 & U12)	15'
3-Point Line (U10)	Not in effect
3-Point Line (U11 & U12)	In effect
Ball Size	5 (27.5")

Game Rules

The Participation Rule will be in effect for the entire game as outlined in the section below.

The game will be eight periods with each period being four minutes in length.

The time between period four and period five is halftime.

Periods two to eight will start in the direction of the possession arrow and the throw-in shall be from out-of-bounds straddling the centre line extended, opposite the scorers' table.

During the game, substitutions will only occur at the end of each period.

Substitutions are permitted for medical reasons at any time if an injury occurs during the eight periods.

A player who leaves a shift due to injury or medical reasons shall not return to the game during the same shift.

In the event a player fouls out or is injured and unable to return to play, the team is permitted to continue with fewer than 10 players. The Fair Play Commissioner will investigate any formal complaint regarding any incident where a team has player(s) intentionally foul out to gain a competitive advantage. Discipline could include but is not limited to suspensions and/or fines.



Participation Rule

The Participation rule was formulated for the best interests of the children playing at the Learn to Train stage of development and aims at providing stage-appropriate competition that maximizes each athlete's long-term development.

Every child who is registered and has signed a team roster form must participate under the Participation rule. Every coach is expected to respect the intent of these rules and adhere to them.

Coaches are required to provide playing time for all players present at the game who have been registered with Ontario Basketball. This rule will be in effect for the entire game.

All teams must abide by this rule for all Ontario Basketball games including sanctioned games, sanctioned tournaments, Ontario Basketball League games, and Ontario Basketball Championships.

Participation Rule Exemption

Teams playing in OBLX for U10 and U11 boys and girls will have open shifting for period #1 and #8.

OBLX U12 boys and girls will have no participation rule.

League and tournament hosts can apply and request for this participation exemption.

Participation Rule Violations

If any team is found in violation of the participation rule, the game will be considered a forfeit game (2-0).

It is the responsibility of all coaches to check the scoresheet during and after the game for accuracy of shift tracking.

Should a violation in the participation rule occur, it is the responsibility of the coach to raise this issue.

During OBL games, coaches must report violations to the convener and by e-mail to Rohan Prasaud (rprasaud@basketball.on.ca). The violation will be reviewed by Ontario Basketball after the weekend. Changes to game results will happen after the review, if necessary.

If a shifting violation has occurred, teams must finish playing the game and any decisions regarding further penalties will be handled by the Fair Play Committee upon completion of the game.

Minimum Shifts Required Per Player

Number of Players	Min. Shifts per Player	Max. Shifts per Player
15	2	3
14	2	3
13	3	4
12	3	4
11	3	4
10	4	4
9	4	5
8	5	5

Important Shifting Notes

- Each player must play and complete a minimum of one shift per half.
- Back-to-back shifts are permitted.
- The sequence of shifting is not relevant as long as each player receives the minimum number of shifts, does not exceed the maximum, and plays at least one shift per half (First half = Shifts 1, 2, 3, 4; Second half = Shifts 5, 6, 7, 8).
- For all sanctioned games, leagues, tournament, and OBL games, a team must have 8 players to start each game, otherwise the game is forfeited (2-0). In such circumstances, the game must still be played.
- In the case of injuries or foul outs that result in a team playing with less than the required 8 players, a team is permitted to continue the game with less than 8 players and the game will not be considered a forfeit based on this circumstance. Equal play guidelines still apply to the athletes remaining in the game; **no player is permitted to play more than one shift than any other player**. This exception only applies if the team meets the required number of players to start the game. Subsequently, if injured or fouled out in the 1st half. That player does not have to satisfy a shift in the 2nd as they are no longer considered in the shifting.
- For Ontario Basketball Championships, a team must have 10 players to start their first game of each weekend, otherwise the game is forfeited (2-0). In such circumstances, the game must still be played. Specific to Ontario Basketball Championships only, in the case of injuries or foul outs that result in a team playing with less than the required 10 players, the first and subsequent games will not be considered a forfeit; the game results will count provided that all players have completed at least one shift in the first half of their first game, and the Participation rule is observed throughout all games.
- In the case of a disagreement on which team has to put out their lineup first, the lower ranked seed will be asked to put their lineup out first.

Assigning Shifts

For the purpose of shift assignment for the participation rule, each shift shall be divided into four one-minute intervals, and assignment of a shift shall take place as follows:

In the event of an injury, medical emergency or an athlete fouling out and a substitution is required, the athlete who plays the majority of the shift will be assigned as having played that shift.

If Player #1 is injured any time in the first minute and fifty-nine seconds or less of their shift (4:00 to 2:01 on the game clock) and requires a substitute, the shift will be assigned to Player #2 (the substitute).

If Player #1 plays the majority of their shift (has played two minutes or more of the shift, or 2:00 or less on the game clock) and requires a substitute, the shift will be assigned to Player #1 (the injured or fouled out player).

Case 1 Example: Player A1 is injured 1 minute and 15 seconds into the shift (2:45 on the game clock). Player A2 is substituted into the game to replace teammate A1. The shift is assigned to the substitute (Player A2) on the scoresheet, as they will have played the majority of the shift (2 minutes and 45 seconds of the four-minute shift).

Case 2 Example: Two minutes and five seconds into shift (1:55 on the game clock), Player B4 received their fifth foul and is therefore fouled out. Player B7 is substituted in to replace teammate B4. In this case, Player B4 has already played the majority of the shift (more than half of the four-minute shift) and therefore the shift is recorded as being played by Player B4 on the scoresheet.

Late Players

Although adding eligible player(s) after the game has started to the official scoresheet is permitted, the Participation rule must be met for all players including late player(s). Players must play in at least one shift in the first half in order to fulfill equal playing time requirements and thus a player cannot be added in the second half and meet the Participation rule.

Tracking Playing Time

The scorer is required to track all of the players' shifts including substitutions due to injuries, medical reasons, and fouling out.

Each time a player is on the court for a shift, a checkmark will be made in the space provided on the scoresheet (see example below).

Team:		Date:				Location:			
Player	First Quarter		Second Quarter		Third Quarter		Fourth Quarter		
Shift	One	Two	Three	Four	Five	Six	Seven	Eight	
Cave		✓ (1)		✓ (2)		✓ (3)		✓ (4)	
Stockton	✓ (1)		✓ (2)		✓ (3)		✓ (4)		
Dawkins	✓ (1)		✓ (2)		✓ (3)		✓ (4)		
Selliah		✓ (1)		✓ (2)		✓ (3)		✓ (4)	
Prasaud		✓ (1)		✓ (2)		✓ (3)		✓ (4)	
Cross	✓ (1)		✓ (2)		✓ (3)		✓ (4)		
Mallia		✓ (1)		✓ (2)		✓ (3)		✓ (4)	
Acton	✓ (1)		✓ (2)		✓ (3)		✓ (4)		
Shipley		✓ (1)		✓ (2)		✓ (3)		✓ (4)	



Bennett	✓ (1)		✓ (2)		✓ (3)		✓ (4)	
Total	5	5	5	5	5	5	5	5

Note: The brackets illustrate the number of shifts the player has played and are not placed on the scoresheet.

Faking Injuries/Not Dressing Players

It is considered unethical and having a lack of respect for the intent and spirit of the game for a coach to instruct an athlete to fake an injury or not allow them to dress for competition for no reason. Instructing particular players to not attend particular games for the competitive advantage of circumventing equal shifting is unethical, unsportsmanlike, and counterproductive to the focus on development for Learn to Train athletes.

At no time shall a player be intentionally excused from a sanctioned game by a coach. Coaches are not permitted to instruct any players on their roster that they are not able to play in selected games. Ontario Basketball recognizes the fact that not every child will attend every game due to other commitments and circumstances. However, the choice to attend must be left up to the player and player's parents.

As per FIBA rules (Art 5.3), an athlete is considered injured if they cannot continue to play immediately (within approximately 15 seconds) or if they receive treatment on the floor.

Drop Back Rule

For U10 teams, pressing is not permitted.

For U11 and U12 teams, when a team leads by 15 points or more, its players must immediately 'drop back' into their backcourt behind the eight-second line once the losing team secures player control of the ball (dribbling or holding the ball) in its backcourt. The losing team shall be allowed to dribble the ball unimpeded across the eight-second line and establish frontcourt status.

Violation of the rule stated above will result in the ball being awarded out-of-bounds to the losing team, at the frontcourt sideline, at the extended free throw line. Repeated violations of this rule may result in a delay of game penalty.

Overtime

The length of each extra period shall be four minutes.

Timeouts do not carry over to the overtime period. Each team receives one timeout per overtime period.

The participation rule during overtime is still in effect during overtime.

Each overtime period begins in the direction of the possession arrow.