

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 NOVICE TO U12 MAJOR ATOM) RULES AND REGULATIONS

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 Equal 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 less than ten players. Any penalties resulting for playing under the minimum number of players will be handled after the game. Any incident where a team has player(s) intentionally foul out to gain competitive advantage will be investigated by the Fair Play Commissioner. Discipline could include but is not limited to suspensions and/or fines.

EQUAL PARTICIPATION RULE

The Equal 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 Equal 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 exhibition games, sanctioned tournaments, Ontario Basketball League games, and Ontario Cup. If any team is found in violation of equal play, the game will be considered a forfeit game (2-0).

It is the responsibility of all coaches to check the score sheet for accuracy of shift tracking. If there is an error, both coaches must attempt to resolve the issue before leaving the facility.

Should a violation in equal participation occur, it is the responsibility of the coach to raise this issue with the tournament convener or, at Ontario Cup, with an Ontario Basketball staff member.

If a violation has occurred, teams are required to 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

Important Shifting Notes:

- Each player must play 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).
- In the case of injuries or foul outs that result in a team playing with less than the required 10 players, a team is permitted to continue the game with less than 10 players under these specific circumstances. However, since the team is below the minimum number of players required, the game can be considered a forfeit. Equal play guidelines still apply and of the athletes still remaining in the game, **no player is permitted to play any more than one shift than any other player.**

***Note:** A player is eligible to play for a team if they are registered online with the team and appear on the team roster form. All players signed to a team roster must receive equal play.*

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. 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.

For the purpose of shift assignment for equal participation, 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. For example, if Player 1 is injured any time in the first minute and fifty nine seconds or less of their shift 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) 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. 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, 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.

OVERTIME

Equal participation during overtime is still in effect.

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 score sheet (see example below).

Team:		Date:				Location:			
Player	First Quarter		Second Quarter		Third Quarter		Fourth Quarter		
Shift	One	Two	Three	Four	Five	Six	Seven	Eight	
Barbin		√(1)		√(2)		√(3)		√(4)	
Jansson	√(1)		√(2)		√(3)		√(4)		
Harding	√(1)		√(2)		√(3)		√(4)		
Lennox		√(1)		√(2)		√(3)		√(4)	
Gibson		√(1)		√(2)		√(3)		√(4)	
Kapadia	√(1)		√(2)		√(3)		√(4)		
Mallia		√(1)		√(2)		√(3)		√(4)	
Savoie	√(1)		√(2)		√(3)		√(4)		
Selliah		√(1)		√(2)		√(3)		√(4)	
Walsh	√(1)		√(2)		√(3)		√(4)		
Total	5	5	5	5	5	5	5	5	

Note: Brackets illustrate the number of shifts the player has played and are not placed on the score sheet.

DROP BACK RULE

For U10 Novice teams, pressing is not permitted.

For U11 Atom and U12 Major Atom 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.

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 or have an athlete fake an injury or not allow them to dress for competition for no reason.

At no time shall a player be intentionally excused from a sanctioned game by a coach.

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.

LATE PLAYERS

Although adding eligible player(s) after the game has started to the official score sheet is permitted, the Equal 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 Equal Participation rule.