

9.2 TRAIN TO TRAIN (U13 – U14) RULES

Playing Court Dimensions & Equipment

Court Size (Minimum)	44' X 74'
Court Size (Maximum)	50' X 84'
Free Throw Line	15'
3-Point Line	In effect
Ball Size	6 (28.5")

Game Rules

The game will consist of four quarters of play. Each quarter is eight minutes long. After the first quarter, each quarter 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.

Overtime

The length of each overtime shall be four minutes long.

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

Each overtime begins in the direction of the possession arrow.

Drop Back Rule

When a team leads by 20 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. More than one delay of game penalty shall result in a technical foul (B) to the offending team.