

9.3 TRAIN TO COMPETE (U15 – U19) RULES

Playing Court Dimensions & Equipment

Court Size (Minimum)	50' X 84'
Court Size (Maximum)	50' X 94'
Free Throw Line	15'
3-Point Line	In effect
Ball Size (U15–U19 Females)	6 (28.5")
Ball Size (U15–U19 Males)	7 (29.5")

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.

It is mandatory that all sanctioned games for the U15 to U19 age categories use shot clocks.

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.

24-Second Shot Clock Rules

Shot clocks are mandatory for all games. Standard FIBA rules will apply should a shot clock malfunction or not work during a game.

Whenever a player gains control of a live ball on the court, their team must attempt a field goal within 24 seconds.

To constitute a shot for a field goal within 24 seconds, the ball must leave the player's hand(s) before the 24-second device signal sounds, and after the ball has left the player's hand(s), the ball must touch the ring or enter the basket.

When a shot for a field goal is attempted near the end of the 24-second period and the signal sounds while the ball is in the air:

- If the ball enters the basket, no violation has occurred, the signal shall be disregarded and the goal shall count.



- If the ball touches the ring but does not enter the basket, no violation has occurred, the signal shall be disregarded and the game shall continue.
- If the ball hits the backboard (not the ring) or misses the ring, a violation has occurred unless the opponents have gained immediate and clear control of the ball, in which case the signal shall be disregarded and the game shall continue.

Refer to Article 29 of the FIBA Manual (page 33) for the full 24-second rules and procedures.

24-Second Shot-Clock Procedure

Possession of the ball shall be awarded to the same team that previously had control of the ball if the game is stopped by an official for:

- A foul or violation (not for the ball having gone out-of-bounds) by the team not in control of the ball,
- Any valid reason by the team not in control of the ball, or
- Any valid reason not caused with either team.

If the throw-in is administered in the backcourt, the 24-second clock shall be reset to 24 seconds.

If the throw-in is administered in the frontcourt, the 24-second clock shall be reset as follows:

- If 14 seconds or more is displayed on the 24-second clock at the time when the game was stopped, the shot clock shall not be reset, but shall continue from the time it was stopped.
- If 13 seconds or less is displayed on the 24-second clock at the time when the game was stopped, the shot clock shall be reset to 14 seconds.

However, if in the judgement of an official, the opponents would be placed at a disadvantage, the shot clock shall continue from the time it was stopped.

24-Second Shot Clock Penalty

The ball shall be awarded to the opponents for a throw-in at the place nearest to where the game was stopped by the official, except when directly behind the backboard.