

	Elementary (Boys Grade 3-4 & JR Girls)	Middle (Boys Grade 5-6, Boys Grade 7-8, SR Girls)	High School (Grades 9-12)
Man to Man or Zone	No Zone	Boys 5/6-Boys 7/8: Man to Man or zone Girls: Man to Man	Man to Man or Zone
Full Court Press	Last 1 minute of 3rd /4th quarter *Allowed with 10 point lead or less	Last 2 minutes of 3rd/4th quarter * Allowed with 10 point lead or less	Allowed, with 10 point lead or less
Backcourt Rule	Yes	Yes	Yes
Double Team	Grades 3-5: Within the lane	Within the 3pt arc	Yes
Foul Shot Line	~13 feet (flexible) Grade 3/4: One step in from line Grade 5: jumps in front permitted	15 feet	15 feet
3 second rule	3 seconds, give warning	3 seconds	3 seconds
Time Outs	3 per game, max 2 per half	3 per game, max 2 per half	3 per game, max 2 per half
Bonus Foul	7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots)	7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots)	7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots)
Technical Foul/ Flagrant Foul	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league
Overtime	None Playoff only—2 minutes	None Playoff only—2 minutes	Regular Season — 1 minute Playoff only — 2 minutes
Basketball	Junior (28.5)	Grade 5/6: (28.5) Grades 7/8: (29.5) Girls 6-8: (28.5)	Regulation (29.5)
Playing Time	Equal Playing Time * Non-compliance results in forfeit	Equal Playing Time * Non-compliance results in forfeit	Equal Playing Time recommended * Non-compliance results in forfeit
Time Played	(4) seven minute stop time, no break in between quarters	(4) seven minute stop time, no break in between quarters	(4) seven minute stop time, no break in between quarters