

JR HIGH - BASKETBALL

CISAA LEAGUE RULES – OVERVIEW

Grade 8/9 Leagues

- i. FIBA rules – 4 x 8 minute. Stop time. 5 minute HALF time break.
- ii. Bonus (Penalty) – 2 shot penalty will occur on the 4th foul of each quarter
- iii. In the last two minutes of 4th Quarter - Please Stop clock after each basket.
- iv. Always handle in the backcourt (except after basket)
- v. 8 second continuous to cross half court
- vi. Zone defences are allowed
- vii. Full court presses are allowed
*****Please stop the full court press if there is a 20 point diff***
- viii. Overtime – 3 minutes stop time. We shouldn't have games that end in a tie. Start the overtime with a jump ball, not possession arrow.
- ix. Time Outs are called through the scorekeepers table.

Grade 7/8 Leagues

- x. FIBA Rules – 4 x 10 minute run time, last minute of each quarter is stop time. 5 minute HALF time break.
- xi. Bonus (Penalty) – 2 shot penalty will occur on the 4th foul of each quarter
- xii. Always handle in the backcourt (except after basket)
- xiii. 8 Second continuous to cross half court
- xiv. Zone defences are prohibited
- xv. Full court defences are prohibited
- xvi. Overtime – 3 minute stop time. We shouldn't have games that end in a tie. Start the overtime with a jump ball, not possession arrow.
- xvii. Time Outs are called through the scorekeepers table. Time is STOPPED during time outs (hence the name Time OUT).