2024 GAME RULES
JUNIOR COMPETITION

RULE	
Match Ball	Size 4 for Under 10'S Size 5 for Under 12's Size 6 for Females and Under 14 Males Size 7 for Under 16, Under 18 & Under 21 Males
Max. no of Players	12
Playing numbers	0, 00 – 99
Scoretable	**Each team must supply 1 competent bench officials.** Unless there is an agreement between officials, duties are to be allocated as follows: - home team will be responsible for game clock - away team will be responsible for stadium scoring
Warm up	3 minutes
Game time	4 x 10-minute quarters Clock only stops in the last minute on all scored baskets and whistles if the game is within 10 points.
Half time interval	2 minutes
¼ & ¾ intervals	1 minute
Extra Time	3-minute periods until result obtained (1-minute break after full time and in between extra time periods) **only in finals**
Time outs per team	1 timeout per quarter Timeouts can NOT be taken in the last 2 minute of any quarter unless the clock is stopped. For example if you call a timeout with 2:40 on the clock you will have 30 seconds before the 10 second warning at 2:10 to be back on the court at 2:00 to resume play.
Time out duration	50 seconds with a 10 second warning. Both teams ready to play after 1 minute
Substitutions	Request must come from the players to the score table personnel For both teams when the ball becomes dead. For both teams when the ball becomes dead after a successful last free throw. For the non-scoring team when a field goal is scored in the last minute of the fourth period or the last minute of each extra period
Zone Defence	The no-zone rule applies for the Under 10, Under 12 & Under 14 Junior Competitions. In the interest of better player development, coaches should ensure defences are only those which incorporate man to man principles. Any defence in the half court which does not incorporate normal man to man defensive principles. Trapping defences which rotate back to man-to-man defensive principles are acceptable. Violation of the "no zone" rule will generally fall within one of the following categories: One or more players are not in an acceptable man to man defensive position in relation to the player they are guarding and the player with the ball. A cutter moved all the way through the key and was not defended using acceptable man to man defensive techniques (e.g., bumped, switched, followed). Following a trapping or help and recover situation the team make no attempt to re-establish man to man defensive positioning. Teams Zone press and did not assume man to man defensive positioning once the ball was into the quarter court.
Technical Foul **Juniors only**	Any technical foul shall result in the player being substituted from the game and sitting **five minutes** of playing time on the Team Bench, irrespective of score, number of players on the court or remaining time in the game.

2024 GAME RULES
UNDER 10'S

RULE	
Match Ball	Size 4 for Under 10's
Max. no of Players	12
Playing numbers	0, 00 – 99
Scoretable	**Each team must supply 1 competent bench officials.** Unless there is an agreement between officials, duties are to be allocated as follows: - home team will be responsible for game clock - away team will be responsible for stadium scoring
Warm up	3 minutes
Game time	4 x 10 minute quarters Clock only stops in the last minute on all scored baskets and whistles if the game is within 10 points.
Half time interval	2 minutes
¼ & ¾ intervals	1 minute
Extra Time	3 minute periods until result obtained (1-minute break after full time and in between extra time periods) **only in finals**
Time outs per team	1 timeout per quarter Timeouts cannot be taken in the last 2 minute of any quarter unless the clock is stopped.
Time out duration	50 seconds with a 10 second warning. Both teams ready to play after 1 minute
Substitutions	Request must come from the players to the scoretable personnel For both teams when the ball becomes dead. For both teams when the ball becomes dead after a successful last free throw. For the non-scoring team when a field goal is scored in the last two (1) minutes of the fourth period or the last two (1) minutes of each extra period
Amended Rules	The wristband rule will apply: Each team has 5 different coloured wristbands, they must play man to man defense on the player with the corresponding colour in the opposing team; (this is primarily to encourage man to man defense).Exceptions to the above rule is when an offensive player is on a fast break; ONE defensive player from the opposing team with a different coloured wristband may defend that player. The player cannot steal or clock the ball. They are to play help defense until the correct wrist band recovers and gets into position. After every basket is scored, the defensive team must retreat to halfway before playing defense. NO ZONE BASKETBALL ALLOWED **There are no free throws in Under 10's.** If a player is fouled in the act of shooting and the basket is successful, there is no additional free throw awarded. The opposing team inbounds the ball from the baseline after the basket is scored. If the player is fouled in the act of shooting and the basket is NOT successful, (2) points shall be awarded, and the opposing team will inbound as normal after a scored basket from the baseline.