

## CCJHSAA BASKETBALL MODIFICATIONS 2020

All games will be played under F.I.B.A. Rules – modifications are listed below.

1. Coaches should meet before start of game with official to discuss safety and players who may not be playing (see 12).
2. The game shall consist of four (4) quarters of ten (10) minutes.
  - a. Last three (3) minutes of the game will be stop time. (This includes when a basket is scored.)
  - b. Last one (1) minute of the first three quarters will be stop time.
  - c. There shall be intervals of one (1) minute between the first and second period (first half), between the third and fourth period (second half) and before each extra period.
  - d. There shall be a two (2) minute half time break.
  - e. The clock will be stopped for time outs and injuries.
  - f. Each team will have two (2) time outs per half (no carry-over) and one (1) in overtime.
  - g. Overtime – 3 minutes stop time.
3. The trapezoid key, only if properly marked, will be used. (in the case of a narrow and a trapezoid — use trapezoid)
4. Shot-clock Referees will count twenty-four (24) seconds – Eight (8) seconds in the back-court. Cannot throw ball into back-court from front-court. Centre-court – over and back will be called for any body part on the ball.
5. Teams may not employ a full court press when they have a lead in the score of **ten (10) points** or more. The referee will stop play for violation and warn the offending coach and player(s). A technical foul will be assessed for continued violation.
6. Teams may not use a zone defence in the defensive zone. The referee will stop play for violation and warn the offending coach and player(s). A technical foul will be assessed for continued violation.
7. The Home team shall provide a satisfactory game basketball (SIZE 6).
8. Style of uniform shall be optional. However, each player on the floor must be wearing a team shirt or jersey with visible numbers on the front and back. The team may use any uniform numbers with a maximum of two digits. No player will be allowed to play without a uniform. The style of shorts is optional, however the following are not allowed: cut-offs, jams or tear-away shorts, pockets, pockets turned inside-out, pocket openings, slits, tears in the material or belt loops. All teams are expected to have at least five (5) pinnies or reversible jerseys available if both teams are wearing the same color uniforms. The home team will wear pinnies. If pinnies are not available, the coaches and official will create a workable solution.
9. Tee shirts may be worn underneath jersey as follows:
  - a. A white tee shirt.
  - b. A tee shirt with the same colour as the majority colour of the jersey.
  - c. Sleeves and leggings are allowed under uniform.
10. The three (3) point line will be played in gyms where the line is properly marked (minimum twenty-one (21) foot radius).
11. All body jewellery (including studs of any kind) and watches are strictly forbidden. No taping of hair accessories and jewellery is allowed. Religious medals must be taped inside the player's jersey.
12. **All players dressed for a game must be given court time.** CCJHSAA constitution Professional conduct to inform opposing coach if a player will not participate due to injury (indicated on score sheet) or for disciplinary reasons. **NOT MONITORED BY OFFICIALS**
13. Scorekeepers should only be spoken to when clock is stopped. This includes coaches, players and any spectators.
14. **When the score reaches a 30 point differential there will be a 1 minute Coaches conference time-out to review protocols for continuing.** (Not charged to either team)
  - a. No fast break.
  - b. Keep playing however no more points added to scoreboard. Score continues to be kept on game sheet. (If differential is less than 30 scoreboard will be updated at time-out or break).
  - c. No shot before 10 second call (team ahead).
  - d. Running time.

## STRATEGIES TO EMPLOY WHEN UP BY 30 POINTS

- Allow the losing coach to speak first – what do they want / need
- No 3 point shots
- No Fast Break
- Use bench players to try new plays
- Have players play new positions

There will be occasions when one team is simply stronger. We all lose at some point and we need to teach players to understand this. Always stay positive with the team, they will model your behaviour.

Create small goals that are achievable.

## STRATEGIES TO EMPLOY FOR TAUNTING

- Immediate substitution of player.
- Conversation with player.
- Second offense sits for the rest of half, or entire game.