



HAMILTON BASKETBALL ASSOCIATION - RULES 2023-24

Uniforms and Accessories

- All players must wear an HBA provided jersey
- All jewelry (necklaces, bracelets, rings, earrings) must be removed
- All other FIBA rules, not related to safety or unfair advantage, regarding uniform and accessories, will not be in effect

Fair Play

- Fair play (player rotation) is in effect for all divisions

Clock Operation

CO-ED & U12 Boys

- Twelve 3 minute shifts per game (6 shifts per half)
- ALL SHIFTS are running time format (clock doesn't stop)
- HALF TIME – 2-4 MINUTES (depending on if the game is running on schedule)
- The clock will only stop for:
 - Time Outs
 - End of shifts
 - During an injury
- **The clock may be stopped in the last 2 minutes of a game if:**
 - **There is time permitting (at the discretion of the referees) and;**
 - **At the 2 minutes remaining time, the score difference is 10 or less**

U14 Boys, U14 Girls, U16 Boys & U19 Boys

- Ten 4 minute shifts per game (5 shifts per half)
- ALL SHIFTS are running time format (clock doesn't stop)
- HALF TIME - 2-4 MINUTES (depending on if the game is running on schedule)
- The clock will only stop for:
 - Time Outs
 - End of shifts
 - During an injury
- **The clock may be stopped in the last 2 minutes of a game if:**
 - **There is time permitting (at the discretion of the referees) and;**
 - **At the 2 minutes remaining time, the score difference is 10 or less**

3-Point Line

- The 3-Point Line is in effect for all divisions

Fouls

- Players foul out of the game on their 5th foul
- Bonus in effect on the 7th team foul per half
- Bonus is always 2 shots



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Free Throw Shooting

CO-ED & U12 Boys

- 13 FT. (2 Ft. closer than regulation)

U14 Boys, U14 Girls, U16 Boys & U19 Boys

- 15 FT. (Regulation line)

Fall Back

CO-ED & U12 Boys

- **NO FULL COURT PRESSING**
- All players must fall back to half court upon possession change
- Fall back rule to 3point line in effect when leading by 20 points or more

U14 Boys, U14 Girls, U16 Boys & U19 Boys

- **FULL COURT PRESSING IS ALLOWED**
- Fall back rule to 3point line in effect when leading by 20 points or more

Possession

- Each shift will start in the direction of the possession arrow
- The possession arrow will change at the start of each shift and on held balls

Time-Outs

- Each team will receive two 60 second time-outs per half
- Time-outs cannot be carried over to the next half
- Timeouts must be called through the table officials
- Timeouts can only be called on a dead ball

Player Substitutions

- Player substitutions during a shift are only allowed due to player injury

Ball Sizes

- Rookie Ball, U10 CO-ED, U12 Boys - SIZE 5 (27.5")
- U14 GIRLS, U14 BOYS, U19 GIRLS - SIZE 6 (28.5")
- U16 BOYS, U19 BOYS - SIZE 7 (29.5")

Zone Defense

CO-ED & U12 Boys

- NO ZONE DEFENSE

U14 Boys, U14 Girls, U16 Boys & U19 Boys

- ZONE DEFENSE IS ALLOWED