

SDBA Grade 8/12 League Rules



All Basketball BC rules apply, except as noted below.

1. Two 25-minute halves. There will be stop time during the last 3 minutes of 2nd half provided the teams are within ten (10) points
2. Zone defence is allowed. Full court press is allowed unless your team is winning by ten (10) or more points.
3. Double teams are allowed any where.
4. Two (2) 30 second time-outs allowed by each team per half. Unused time-outs cannot be carried over into the second half.
5. Scorekeeper will buzz for substitutions during a stoppage in play at approximate intervals of 5 minutes.
6. Fouls are recorded for the team. After seven (7) team fouls per half the bonus will apply. In the playoffs 5 personal fouls will warrant an ejection, and the next player on the substitution list will be inserted into the game.
7. Substitution sheets must be filled out and shown to the refs before the game. Thus ensuring equal playing time for every player.
8. There is a five (5) minute warm-up
9. Half time will be five (5) minutes.
10. Every basket inside the three-point line will count as two (2) points. Except fouls shots which will count for a single (1) point. There are three (3) point baskets in this age group.
11. There will be a three (3) second in the key violation. The ref will count out the time and will explain the call to the player.
12. There will be a five (5) second violation for inbounding and for a frozen ball will situation. The ref will count out the time and will explain the call to the player.
13. There will be a ten (10) second violation for not brining the ball across the half court. The ref will count out the time and will explain the call to the player.
14. Picks and screens will be allowed.
15. Over and back will be called and explained to the player.