

Youth Basketball Rules (U14 and U16)

Translated from French

All published clarifications have been added to this document

Rules for U16 (Scolaires and Filles-Scolaires)

Article 1: Official Basketball Rules

- Official basketball rules apply to school competitions (boys and girls), with the condition that **individual defense is mandatory**.
- Zone defenses and mixed defenses (e.g., Box-and-One) are prohibited.

Illegal Defense Situations:

1. A defender stays in the paint for more than 3 seconds without actively guarding an opponent.
 - To be considered as actively guarding, the defender must be within arm's length of the opponent and in a defensive stance.
2. An offensive player holds or dribbles the ball near or inside the three-point line for at least 3 seconds without being actively defended.
3. A team repeatedly positions itself in a zone defense or fails to demonstrate clear individual defense consistently.

How to procede:

- The referee will determine if an illegal defense is being played and will inform defenders pedagogically about their infraction.
- If repeated, the referee may penalize the team with a **free throw for the offense**, which retains possession of the ball.
- All throw-ins resulting from illegal defense penalties must occur at the **Throw-in Line**.
- Referee decisions regarding illegal defense are final and cannot be appealed.

Article 2: Restrictions for Divisions 3 and Below (Including Cup Matches)

- If a team leads by **30 points or more**, it is only allowed to defend starting from midcourt.
- If this rule is violated, the referee will warn the defenders and coach. Repeated violations result in a **technical foul (C1)** against the coach.

Article 3: Promoting Fast Play

- To encourage fast play, stoppages during backcourt throw-ins should be minimized.
- The referee does not need to touch the ball in backcourt situations unless required for:
 - Recording a foul.
 - Validating a timeout.
- For violations like out-of-bounds, traveling, or double dribble, the team can inbound directly without waiting for the referee to handle the ball (a one-meter deviation is allowed).
- The game clock stops when the referee whistles for a violation.

Backcourt Substitutions:

Substitutions in the backcourt are only allowed if a counterattack is not possible, such as in cases of:

- Fouls.
- Timeouts (Both teams may call a timeout during a quick inbound situation.)
- Prolonged stoppages (e.g., injuries, ball out of play).

A quick inbound is allowed following these violations:

- Out of bounds
- Traveling
- Double dribble
- Carrying/palming the ball
- Foot violation (kicking the ball)
- 3-second violation
- 5-second violation
- 24-second shot clock violation
- Offensive interference/goaltending

Exceptions

Quick inbounds are not permitted in the following situations:

- Free throw violations: This exception helps prevent confusion among youth players regarding the correct inbound location.
- 2. Jump ball situations: A jump ball is not a violation.

Incorrect Inbound Location

If a quick inbound is attempted from the incorrect spot, the referee should:

- Interrupt the game
- Award the ball to the same team
- Ensure the inbound occurs from the correct location

Last Two Minutes

The quick inbound rule remains unchanged during the last two minutes of the game. However, as per FIBA rules, substitutions by the team receiving the inbound after a basket are still permitted during the last two minutes of the game (4th quarter and any overtime).

Article 4: Shot Clock Rules

- For Divisions 1 and 2, using a **24-second shot clock** is recommended.

Rules for U14 (Minis/Fillettes)

Article 1: Purpose of U14 Basketball

- U14 basketball is designed for boys and girls to learn basketball in a spirit of **fair play**.

Article 2: Game Format and Equipment

- Matches are played on standard courts with standard backboards.
- Games consist of **four quarters of 10 minutes each**, with overtime periods of **5 minutes each**, if necessary.
- A size **6 basketball** must be used for U14 games.

Article 3: Promoting Fast Play

- To encourage fast play, stoppages during backcourt throw-ins should be minimized.
- The referee does not need to touch the ball in backcourt situations unless required for:
 - Recording a foul.
 - Validating a timeout.
- For violations like out-of-bounds, traveling, or double dribble, the team can inbound directly without waiting for the referee to handle the ball (a one-meter deviation is allowed).
- The game clock stops when the referee whistles for a violation.

Backcourt Substitutions:

Substitutions in the backcourt are only allowed if a counterattack is not possible, such as in cases of:

- Fouls.
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Article 4: Team Composition and Player Participation Rules

For Divisions 1 and 2 (Including Cup Matches):

- Teams must have at least **8 players** (maximum of 12).
- Every player must participate during the first half. Substitutions are allowed during regular stoppages per official rules but must comply with specific limitations described in Article 7.
 - If this condition is not met, players who did not play must play the whole third quarter without substitution unless injured, disqualified, or fouled out.
 - Failure to comply results in an automatic **20–0 loss**, with no points awarded in standings.

For Divisions 3 and Below:

- Teams must have at least **5 players** (maximum of 12). The same participation rules apply as above.

Article 5: Court Markings and Free Throw Line Adjustments

- Court lines are standard except for the free throw line, which is marked at **4 meters from the backboard**.
 - If not specifically marked, players use the standard free throw line.

Article 6: Mixed-Gender Teams

- U14 girls can participate on boys' teams.

Article 7: Defense Rules

Individual defense is mandatory; zone defenses and mixed defenses are prohibited.

1. A defender stays in the paint for more than 3 seconds without actively guarding an opponent.
 - To be considered as actively guarding, the defender must be within arm's length of the opponent and in a defensive stance.
2. An offensive player holds or dribbles the ball near or inside the three-point line for at least 3 seconds without being actively defended.
3. A team repeatedly positions itself in a zone defense or fails to demonstrate clear individual defense consistently.

How to proceed:

- The referee will determine if an illegal defense is being played and will inform defenders pedagogically about their infraction.
- If repeated, the referee may penalize the team with a **free throw for the offense**, which retains possession of the ball.
- All throw-ins resulting from illegal defense penalties must occur at the **Throw-in Line**.
- Referee decisions regarding illegal defense are final and cannot be appealed.

Article 8: Restrictions for Divisions 3 and Below

- If a team leads by **30 points or more**, it can only defend starting from midcourt.
 - Repeated infractions result in a technical foul against the coach (C1).

Article 9: Shot Clock Rules

- For Divisions 1 and 2, using a **24-second shot clock** is recommended.