

CISAA BASKETBALL (Boys)

Values; Integrity, Respect, Inclusion, Sportsmanship, Education

last updated September 26, 2025 (Tim White)

(refer to Article 1: Vision, Mission, and Values)

1. OFFICIAL RULE BOOK

[Official FIBA website](#)

[Fiba Rule Differences Explained](#)

[Playing Regulations | Ontario Federation of School Athletic Associations](#)

[Why Zone Defense is bad at youth level](#)

[How to teach man to man](#)

The rules shall be those published by the International Basketball Federation (FIBA) and adopted by Canada Basketball and the Ontario Basketball Association.

Ejection(s) of any participant from a CISAA game (player, coach, spectator) will be reported to the CISAA Director. Ejection from the game will result in a minimum suspension of ONE (1) league game (includes playoff and championship games). Further sanctions may apply if the circumstances require a review by the CISAA Director or the formation of an Investigations and Outcomes Committee.

Additionally;

a) Protests

It is the policy of the National Basketball Committee of the United States and Canada that it does not recognise protests.

b) Game Modifications

U13 and U14 DEFENSE

At the U13 and U14 level, double-teaming the ball will be permitted with the following rules:

- i. In the front court only
- ii. No double teaming the inbounder
- iii. Double teaming may only occur once the player has possession of the ball
- iv. All other person to person rules listed apply (ie. No zone)
- v. There is no double teaming once a team has a 15 point lead

SENIOR & JUNIOR

Shot Clock(24 second)

- Offensive rebounds should be a 14-second reset.
- Change of possessions (*including steals, defensive rebounds*) should be a full 24-second reset
- Fouls in the back court should be a full 24-second reset

- Fouls in the front court should be reset as follows:
 - If 14 seconds or more are on the shot clock at the stoppage, the shot clock shall not be reset, but continue from when the time is stopped
 - If 13 seconds or less are on the shot clock at the stoppage, the shot clock would be reset to 14 seconds.

Federation or FIBA notes:

- i. Federation lines will be used even when FIBA lines are available
- ii. Federation game length will be used (including overtime)
- iii. No dunking in the warm-up will be permitted (technical foul(s) assessed to player (s))
- iv. Timeouts: FIBA time out procedure will be used.
(refer to FIBA Rules differences explained link)

c) Person-to-Person Rules

CISAA / Ontario Basketball requires its member schools and coaches to have as one of their most important priorities, the development of long-term basketball skills. For this reason:

- i. CISAA / Ontario Basketball believes that teaching person-to-person defensive skills is critical to children's overall skill development, enjoyment and success in the game of basketball.
- ii. CISAA member schools and coaches are required, therefore, to teach their players the necessary skills needed to use only person-to-person defense during Under 14 games and all age levels below.
- iii. The spirit of the rule is to not encourage any athlete to stand in the key playing a one-man zone and to teach the athletes to help and recover to their offensive check.

Definition of Person-to-Person

- i. Zone defenses are illegal and not allowed.

When the ball is inside the boundaries of the half court, each defensive player must guard an offensive player and make all moves associated with the offensive players positioning and movement including the rules further set out below.

- ii. Defenders are entitled to provide help but only where there is separation. Double teams are not permitted! In no situation should a double team occur beyond a help situation.
- iii. Where help is provided, the help defender or the beaten defender must recover once one of them establishes a legal guarding position.
- iv. The only time defenders can defend from within the three-second area is:
 - When they are guarding an offensive player who is standing in the three-second area; OR
 - The defender is within one arm's length of his or her check who

- does not have the ball; OR
- They are guarding the ball with respect to their check; OR
- There has been separation and they are providing help.

Consequences for Person-to-Person Rule Infractions

- i. First Infraction:
The referee will provide one warning to the offending team.
The scorer must then notate the warning on the game sheet.
- ii. Subsequent infraction(s):
The site convener will instruct the referee to assess a team technical foul against the defensive team for each and every infraction.
Two free throws and possession of the ball at half court will be awarded to the offensive team.

Procedures to the Consequences to Person-to-Person Rule Infractions

- i. Any player of the offensive team listed on the game sheet (on the court) may shoot one or both free throws.
- ii. The team's coach whose team receives three or more team technicals as a result of person- to-person infractions in any one game, will be reported to the convenor and to the local referee assignor.

Person-to-Person Recommendations

- i. Coaches must take a more active role in reminding their young players throughout the game to play according to the rules and guidelines as set out in this manual.

Person-to-Person rules will be considered off when teams use extreme offensive formations to gain an advantage and create an isolation opportunity for one of our athletes. Isolations are not encouraged by Ontario Basketball. Athletes at this age should play using the offensive concepts identified in the Introduction to Competition coaching course.

Isolation Plays

If a team uses extreme offensive formations to gain an advantage by creating an isolation opportunity for one of their players, the referee will provide one warning to the offending team (the scorer must note the warning on the game sheet). The referee will assess a team technical foul against the offensive team for each and every infraction after the warning. Two free throws and possession of the ball at half court will be awarded to the defending team.

- d) Explanation of Terms

Legal Guarding Position: The position of a defensive player who is guarding the offensive player with the ball. The defender must be attempting to stay within an arm's length of his or her check and separation as defined below has not occurred.

Gapping: Where a defensive player is within one stride away from what would be legal guarding position of his or her check if that check passed the ball.

Help Situation: Where there is separation and a defender (the Help Defender) leaves his or her check to defend the offensive player who has caused the separation to occur.

Help Position: As per the Ontario Basketball young player rule modification, a defensive position which is not guarding the ball and is outside the three-second area. In this position the defensive player should have no feet inside the three-second area, unless the person who is guarding the ball has clearly beaten his or her opponent.

Separation: Occurs when a defender (aka "Beaten Defender") has been clearly beaten by his or her check and the offensive player has a visible advantage (shoulder or feet past the defenders back foot) over the defender.

Quarter Court: The area on the floor closest to the basket below an imaginary line drawn perpendicular to the sideline through the top of the three-point arc.

Recover: Where a help defender assists and (either the help defender or the beaten defender) establishes legal guarding position, then either the beaten defender must switch to cover the check left open by the help defender or the help defender must return to his or her original check. At no point should two defenders be left guarding one offensive player.

Weak side: The side of the quarter court that is opposite the side where the ball is situated.

Zone Defence: When any player defends an area on the court as opposed to guarding an offensive player.

e) Defensive Positions when the ball is in the quarter court:

Defender Guarding the Ball

The defensive player guarding the ball must defend the player with no gapping permitted.

The defender must be attempting to stay one arm's length away from the offensive player and may not slack off by gapping.

Defender is One Pass Away from the Ball

The defensive player must be committed to an offensive player. The defender is permitted to gap from his or her check, however the defensive player is not permitted to provide help unless there is separation.

Defender is Two Passes Away or on Weak side

Defenders who, on the weak side or at least two passes away, are not restrained as to the distance they can play from their check and may assume a help position provided that the defender stays on the weak side. They are reminded that this means that the defender must remain outside the key area with no feet in the key area and be in help position. The defender is not permitted to provide help unless there is separation.

Defending Players Above the Top of the Three-Point Line

When defending a check who does not have the ball and is above the line which defines the quarter court, the defender can play below the quarter court line but must stay above a line extending across the free throw line to the sideline. Defenders must remain on the same side of the court as his or her check.

- f) Intentional Double Teaming
(see special rules for U14 above)
 - i. Double teaming and trapped is not permitted the entire length of the floor.
 - ii. Accidental double teams (i.e. when an offensive player dribbles towards a teammate and their defender is in the same part of floor) is not a violation unless the defensive players do not immediately retreat back to their original checks. The intent of this rule is to eliminate intentional double teaming, so please inform your parents of this rule so a positive playing environment is maintained at all times.

- g) Drop Back Rule
 - i. Pressing is permitted except when one team leads by 15 points or more, its players must 'drop back' behind the ten-second line.
 - ii. Once the losing team secures player control of the ball (dribbling or holding the ball) in its backcourt the winning team must retreat immediately into their backcourt, behind the ten-second line.
 - iii. The losing team shall be allowed to dribble the ball unimpeded across the ten-second line and establish frontcourt status.
 - iv. Drop Back Rule Penalty
Violation of the rule stated above will result in the ball being awarded out-of-bounds to the losing team at the front court sideline at the extended free throw line.

- h) Defending the Inbounding Player: Front Court
 - i. When the ball is baseline out of bounds/sideline out of bounds in the front court a player must defend the inbounder. There are no double teams

permitted and players are not allowed to cover an area on the floor so the defender must be approximately an arm's length away.

- ii. If the offence uses a formation that is clearly designed to draw all potential help defenders from the basket area then the no zone rules do not apply. Once the ball is inbounded and the offensive players enter the quarter court each defensive player must guard their offensive check.

i) Coaches and Ref Conference

At the beginning of each game, both coaches must discuss the man-to-man regulations and expectations.

Concerns regarding the use of zone defences should be directed to the convenor who will contact the appropriate Athletic Director.

j) THREE-POINT SHOT

The three-point shot will be in effect for Senior, Junior, Under 14 and Under 13 levels only.

2. OFFICIALS

a) Major Officials

- i. Every effort must be made to arrange two officials for all games at and above the **under 13 level**.
- ii. At least one certified referee must be present for all league games.
- iii. If no official is present, the game may be played as a league game on mutual consent of both coaches prior to the start of the game. If the game is to be rescheduled by the AD's of the involved schools, the location will be determined by the visiting school.
- iv. At all levels, a competent staff member may officiate the game, if both officials fail to arrive and both coaches agree. The game would be exhibition.

b) Minor Officials

A single timer and a single scorer may be used if they are trained and acceptable to the referee. The same timer and scorer should be employed throughout the game. These minor officials shall be located at the scorers and timers table on the side of the court.

3. LENGTH OF GAME

a) Junior and Senior

- i. Federation game length will be used (including overtime)
- ii. Four quarters of eight minutes stop time will be played at all levels

- b) U13 and U14
 - i. Federation game length will be used (including overtime)
 - ii. Four quarters of eight minutes stop time will be played at all levels
 - iii. Four minute extra overtime as necessary
 - iv. Tie games will occur after one overtime period

- c). Multiple games in one day require specific rest periods between games;

Under 13	15 minutes (not including warm up time for the next game)
Under 14	20 minutes (not including warm up time for the next game)
High School	Age groups currently do not play more than one game in a day during the regular season. Playoffs require a minimum 30 minute break before the warm up can begin for the next game.

4. **STANDINGS & TIE BREAKERS**

(refer to Article 17: CISAA Tie Breakers)

(refer to Article 15: Forfeits and Cancellations)

- a) League standings will be calculated as follows;
 - i. Win 2 points
 - Loss 0 points

- b) Ties in league standings will be broken as follows;
 - i. result(s) of head to head competition between tied teams
 - ii. if still tied, point differential in head to head competition between tied teams
 - iii. if still tied, fewest points against in head to head competition between tied teams
 - iv. if still tied , point differential using all league games in that season
 - v. if still tied, fewest points against in all league games in that season

Process

- i. In the event that two or more teams are tied and the process is able to successfully rank the teams and no ties now exist, this ranking will be used to seed the teams.
- ii. If the process is only able to reduce the number of tied teams by one or more and a tie still exists;
 - * the teams that are no longer tied will assume their new ranking
 - * the process involving only the remaining tied teams shall commence again from the beginning with 'a. i.'

- c) The maximum point differential in any single game will be 30 points

5. **ELIGIBILITY**

(refer to Article 13: Eligibility for CISAA Participation)

(refer to Appendix 2: OFSAA Participation)

- a) Eligibility Rosters must be sent in to the league convenor for all Senior teams that declared their intent for OFSAA participation before the first CISAA league game.

6. **UNIFORMS**

If teams are able to have two sets of uniforms, the lighter colour should be worn during home games. If the uniforms are deemed to be of the same colour, the home team should wear the pinnies.

7. **EQUIPMENT & Safety**

(refer to Appendix 12: Emergency Action Plan)

(refer to section 11 in this document; OPHEA Safety Guidelines)

- a) Ball Size:
- | | |
|-----------------|---------------|
| U-16 and higher | size 7 (29.5) |
| U14 and U13 | size 6 (28.5) |

8. **PLAYOFFS, CHAMPIONSHIPS & END OF SEASON EVENTS**

(refer to Article 18: Playoffs and Championships for general details)

9. **CONVENOR, COACH & HOST RESPONSIBILITIES**

(refer to Article 3: Code of Conduct)

(refer to Appendix 5: Sport & League Convenor Responsibilities)

(refer to Article 19: CISRR)

- a) Game Management
- i. Running up the score is not acceptable. When the point spread reaches **30 points**, coaches must make a strategy change: (i.e.)
 - pass a minimum of 5x without calling out the passes
 - discourage fast breaks and lay-ups
 - play all team members

- don't overplay starters
 - ii. In the event of an unbalanced game, coaches are encouraged to discuss strategies at the end of the quarter.
- b) All game results must be reported to the Convenor by the coaches. League game results must be reported on the following school day and U12 scores could be reported on Friday mornings of each week.
- c) Any postponed or rescheduled game must be reported to the Convenor and updated on the website immediately. This is the responsibility of the team that initiated the change.
- d) Coaches must check the website to confirm that schedules are correct.
- e) The maximum point differential in any game that will be published or recognized will be 30 points. Coaches must be committed to this concept and must avoid running up the score.

10. **AWARDS**

(refer to Appendix 18: CISAA Awards)

- a) CISAA Plaques (or trophies)
A CISAA plaque will be awarded to the champion at each level. Where a trophy has been introduced, no CISAA plaque is required.

Gary West Trophy- awarded to the Senior Division I Champions
- b) CISAA Medals

SR and JR	Individuals on the championship and finalist teams will receive CISAA gold and silver medals.
U13 / U14	Individuals on the championship, finalist, and third place teams will receive CISAA gold, silver, and bronze medals.

11. **OPHEA SAFETY GUIDELINES**

All CISAA member schools are required to meet the safety standards set out by OPHEA as a minimum for participation in inter-school sport. The CISAA may, at its discretion, require additional safety standards.

See the OPHEA safety guidelines for BASKETBALL at the following link:

<https://safety.ophea.net/elementary/interschool/basketball>

<https://safety.ophea.net/secondary/interschool/basketball>