



Hills Raiders Basketball Association

By-law update to replace 10.1 – 10.9 November 2024

10. PLAYING RULES

The HRBA Domestic Competition is played under the FIBA playing rules with modifications.

U10 Modifications, modified rules in play for entire game:

1. Do not play a full competition; there will be no competition ladder or 'finals' series.
2. Teams must play one on one defence.
3. Only one person can guard the ball; no double or triple teaming.
4. No Zones allowed - penalty for use of zone defence will be possession from the sideline for the opposition.
5. Players are not "fouled out" if they have 5 fouls, they may continue in the game. However, if a player is being too rough, the referees may substitute them off.
6. 3-point shots are not counted in U10s; all field goals are counted as 2-points regardless of where they are shot from on court.
7. Travel and illegal dribble rules will be applied sparingly. For Divisions 2 or lower, referees will give feedback to players about their footwork, but the ball will be awarded back to the team in the first of each game; ball will be overturned to the other team in the second half of each game. Referees will assess skill levels & experience of Division 1 teams and advise prior to the start of the game if the standard travel & illegal dribble rules will apply.
8. There is "No 5 Second" violation for Divisions 2 or lower; instead, the whistle is blown, the referee will instruct the player about the error and return the ball back to the player. Referees will assess skill levels & experience of Division 1 teams and advise prior to the start of the game if the standard 5 Second violation rule will apply.
9. No cross-court for Divisions 2 or lower.
10. Free throws to be taken from the bottom of the keyway circle.
11. Defending team drops back to the defensive 3-point line after a goal and all inbound passes in the backcourt. Players must pick up a player when the ball moves into the opposition's front court. No full court press.

U12 and U14 Modifications, modified rules in play for entire game:

1. Players are to assume one on one defence whenever a goal is scored or for any inbound pass.

2. No zones allowed – penalty for use of zone, first offence - warning issued to the coach, repeated offence -technical foul.
3. Double team and trap are permitted once the ball is in play.