

**U14, U16 Basketball**

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| Format: | Dynamic National Schools Competition |
| Team & squad numbers: | Minimum 8 players with a maximum of 12 players in squad |
| Pathway: | SSP League to District final and then West Yorkshire School Games. The EB national competition runs independently of this pathway. |
| Support: | Leeds Carnegie Basketball Club – Matt Newby07912178918 |
| Further information: | www.englandbasketball.co.uk |

**COMPETITIONS SHOULD BE GENDER SPECIFIC. EB do not permit mixed sex games above U13 level.**

**BASIC RULES**

* No contact.
* One step while holding ball.
* One dribble – a dribble is a continuous bouncing action.

**GAME RULES**

* Normally teams are 5 v 5
* Where 5 v 5 games, 10 children on the court at all times.
* Squads may contain up to 12 players.
* The court should ideally be up to the maximum 28m x 15m but can be 26m x 14m.
* The basketball ring should be 10’ 0” (3.048m) high.
* Detailed court details can be found in the facilities section of the England basketball web site.
* Each game is started by a jump ball in the centre circle and begins when the ball is tapped in by one of the jumpers.
* Players may be substituted at any time on a dead ball.
* A basket from the field, from outside the arc counts as 3 points, within the arc counts as two points and a basket from the free throw counts as one point.
* After a basket, the opponents will be given the ball to make a throw in from any point behind the baseline.

**BALL SIZES**

* Key stage 3 and 4 (13 – 16 years): boys to U14 = size 6
* Key stage 3 and 4 (13 – 16 years): girls to U14 = size 5
* Key stage 4 (16 – 19 years): boys = size 7, girls = size 6

**VIOLATIONS**

If any violation is committed, the non-offending team should take a throw in from the side line.

**Violations Include:**

* *Deliberately* kicking the ball or striking it with a fist.
* Knocking the ball out of court.
* Dribbling with two hands on the ball at once or letting the ball come to rest then continuing to dribble (Double Dribble).
* Running with the ball (travelling).

**FOULS**

* A personal foul involves personal contact with an opponent, if this occurs in the act of shooting two free throws are allowed, otherwise it is sideline ball to the opposing team.
* Once a player has 5 personal fouls he/she take no further part in the game. (Reduce to four if shorter games.)

**EQUIPMENT**

* Game clock and Score sheet.
* Markers numbered 1 to 5 indicating the number of fouls committed by a player.
* A loud sounding device such as a horn.
* An alternating possession arrow, a red arrow on a white background, which indicates the direction of the next possession when a held ball situation is called in a game.

**COACHES AND OFFICIALS**

The officials shall be a referee and an umpire, who shall be assisted by a scorekeeper and a timekeeper.

**COMPETITION FORMAT**

Most **LNW SSP CV League festivals** will involve 4 schools playing on one court (6 matches) within a 90min period. Match duration could be 2 x 6 minute halves running clock. This is determined by the host school on arrival. In these circumstances foul counts can be dropped to four per individual/team.

**England Basketball National Schools Competitions**

The duration of a full game would be 4 x 10 minute quarters (stopping clock) and this format should be used when single games are played on a Home / Away basis. But basketball is flexible enough to allow a variation in time for tournament style games to be completed within any specified time slot.

Tournament formats will depend upon local circumstances, e.g. number of courts available, number of teams, time available. 2 typical formats are suggested below.

**1 hour games**

If local circumstances dictate that each game in the tournament should take 1 hour then the quarters could be reduced to 7 minutes and the half-time to 5 minutes. 10 minutes should be allowed between games for change-over and warm-up of the next 2 teams. 1 time out allowed per quarter of 30 seconds duration.

Alternatively, if it is required to both play a game and turn around for the next one within a 1 hour slot, then another suggested format is to play 2 x 15 minute halves, first half running clock, second half stopping clock and a 5 minute half-time. 1 x 30 second time out allowed in the first half and 2 in the second half.

**20 minute games**

If local circumstances dictate that each game in the tournament should take 20 minutes then the game could be 2 x 7 minute halves (running clock) with a 1 min half time and no time-outs allowed. 5 minutes turn around between games. This format would allow 3 games to be played in a 1 hour slot.

This format is best suited to having a larger number of teams and only a short time available.

As you can see it is possible to adjust game formats and times to fit any local circumstances and restrictions. Do seek advice if you are unsure.

**Guidelines for the “No Zone Defence” Rule**

In Leeds for both U14 and U16 age categories there will be a ruling of ‘No Zone Defence’, the below explains what this means:

**What is a Zone Defence?**

For the purpose of this rule, for competitions under the jurisdiction of England Basketball, a zone defence is defined as ***“any defence which does not involve normal person-to-person / man-to-man defensive principles”***.

**Violations Occur When:**

* One or more players are not in a normal man-to-man position in relation to their player and the basketball.
* A player cutting through the key is not defended in normal man-to-man coverage; i.e. by following them, switching or bumping them to change direction.

**Administration of the “No Zone Defence” Rule:**

The match referees are responsible for administering the rule and will be the sole judges in deciding whether a defensive team is employing a zone defence. They will take into account the intention of the defensive team and whether there is deliberate use of a zone defence at a critical time during the game. If they are in any doubt, the benefit of the doubt will be given to the defensive team. Otherwise they should take immediate action as follows:

* Issue a warning for the first violation of the rule.
* When, in the opinion of the referees, a second violation of the rule occurs, they will charge the coach of the defending team with a Technical Foul and two free throws and possession will be granted to the attacking team.
* A third violation means a second Technical Foul on the coach of the defending team, resulting in their disqualification from the game, two free throws and possession.

**Regular Breaches of the “No Zone Defence” Rule:**

Complaints regarding a specific team regularly employing a zone defence will be referred to England Basketball. Persistent complaints will be referred to the Competitions Committee with the possible consequences being the use of an Observer to oversee a particular team or match and/or the loss of competition points and/or disqualification.