

*Updates (bold) September 2022*

## **RBL Basketball Rules: Grade 8/9/10 Competitive Leagues**

We are primarily using RBL Grade 6/7 rules, with which you are most likely familiar and may be attached.

Exceptions are: Size 7 (full size) balls will be used. All defenses are allowed, including zone and full court defenses. **When a team is leading by 20 or more points, full court defense is discouraged.** Freezing the ball is discouraged. We do not use a shot clock, but referees have the discretion to order a team to shoot within 10 seconds.

Games are played in 24 minute running time halves. **If a game is within six points in the last minute of the game, stop time is to be used. Each team is allowed one time out per half, not carried forward. RBL Basketball is equal play with substitutions every four minutes. Coaches may play whom they wish during the final shift and/or overtime.**

In lieu of foul shots, one point will be awarded to a shooter fouled in the act of shooting; if the shot is successful, three or four points will be awarded. The ball will then be awarded to the opposition. On the 10<sup>th</sup> foul (an excessive number of fouls) in a half, one point will be awarded to the fouled team and the ball returned to them to inbound, unless they were fouled in the act of shooting, converted the shot, and were awarded 3 or 4 points. If that occurs, the ball will be awarded to the opposition.

Technical fouls should not occur in RBL games. The penalty, depending on the infraction, will be 1 or 2 points and possession.

Please contact Blake or Richard for clarification of rules, or if you have any suggestions, which are always welcome. Blake/Richard Poritz, League Commissioners, (604)269-0221.

Please remember that no food or beverages, other than water, are allowed in RBL gyms.

E. & O. E.

### **RBL Basketball is a Kid's Game**

Players, coaches, and supporters are expected to behave appropriately.