

RBL Basketball Rules: 5 on 5 Elementary School updates (bold) Nov 2025

We have modified the rules to maximize playing time. There are no foul shots, no stop time, except for timeouts. RBL Basketball is a fast-paced, kid-centered game, played for their enjoyment.

1. Games are played in 2 halves of up to 24 minutes running time. If a game is tied at the end of regulation, overtime will be 2 minutes. If still tied, the game will end as a tie. If a game is within 6 points in the last minute of the game, stop time is to be used.
 2. Players should tuck in their shirts and not wear jewelry or anything else that may injure themselves or others.
 3. RBL Basketball is equal play with substitutions every four minutes. Coaches may play whom they wish during the final shift and/or overtime. The clock does not stop during substitutions; players entering the game should pick up their checks without delay.
 4. Person to person defense only. Full court defense is permitted when the ball is continuously in play (ie. off a rebound). Double teaming a player with the ball is only permitted in the front court. When the ball is inbounded in the back court after a whistle or after a basket, half court defense rules apply. When a team is leading by 20 or more points, full court defense is discouraged.
 5. The game starts with a jump ball and the alternating possession rule is in effect thereafter,
 6. 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.
 7. Over and back rule is called on courts with a centre line.
 8. Out of bounds – a referee is to handle the ball before every throw-in, but not after a basket.
 9. Baskets: 8 feet for Grade 2/3, 8.5 or 9 feet for Grade 4/5, and 10 feet for Grade 6/7. Balls: size 5 for Grade 2/3, size 6 for Grades 4-7
 10. Timeouts: teams are allowed one 30 second timeout per half with no carryover. Timeouts are to be requested on a whistle. An official may also call a timeout, if necessary.
 11. Fouls for blocking, holding, charging, illegal use of hands, moving screen, etc. will be called. The ball is played in from the side or baseline nearest the foul. On an intentional foul or hard foul on a player taking a clear layup, a referee can award 2 points. If a player commits multiple fouls on a shift, the player, at referee's discretion, may be replaced for the remainder of the shift by the next player in order, but plays the next regular shift. Excessive fouling by a player or team will not be tolerated.
- In some leagues: when the shooter is fouled in the act of shooting, the shooting team is awarded 1 point and possession is given to the defending team on the baseline. If the shot is made, 3 or 4 points are awarded. Intentional fouling should not be part of basketball and game officials have authority to sit a player committing an intentional foul.
- On the 10th foul (an excessive number of fouls) in a half, at least 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. In that event, 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 plus possession.
- In the last minute of a close game (6 points or less), if the team who is trailing is in bonus and fouls the team who is leading, the team in the lead will be given one point but a change of possession will occur, giving the ball to the team who is trailing.**
12. A team has 10 seconds to advance the ball over centre, 3 seconds in the key, 5 seconds to put the ball in play on a throw-in, and 5 seconds to release the ball when closely guarded and not dribbling, foot ball, fist ball, double dribble, and travelling rules are enforced.
- At the beginning of the season, referees may warn players rather than strictly enforcing some of the rules, especially for younger players.

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

RBL Basketball is a Kid's Game

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