



**Calgary Board
of Education**



CMLSAA BASKETBALL - Fall 2025

PLEASE POST THIS DOCUMENT AT THE SCORER'S TABLE FOR EVERY GAME

FIBA Rules are used alongside the Following Modifications:

1. Game Length:
 - Four 10-minute quarters running time. The final minute of each quarter is stop time on all whistles, except the 4th quarter.
 - Final minute of 4th quarter will be stop time for all whistles & made baskets.
 - Half time will be 3 minutes. 30 seconds between quarters.
2. Each team is entitled to 2 timeouts each half. You may not carry over timeouts to the next half. In playoffs only, you may have 1 timeout for the entire overtime period.
3. Clock will only stop for time outs or injuries, except for the final minute of each quarter which is stop time.
4. Overtime will not be played during regular season. In playoffs, when overtime is necessary, the clock will be turned off and the teams will play until one team scores 4 or more points.
5. Whatever time remains in the 1-hour time slot per game will be used as warm-up for the following game.
6. All players dressed for the game must play a meaningful portion of the game and must come off the floor for a rest at some point during the game. Exception: When there are no substitutes available to "sub" a player off.
7. Where a 3-point line exists in a gym (even if it is an illegal one) it will be used. No taped lines will be permitted. If there is no 3-point line, the referees can only award 2 points for long shots.
8. There is a 24-second "shot clock" as handled by the referees. As we have no shot clocks, the referees shall verbally warn the offense when there are 10 seconds remaining on the 24-second count.
9. Each quarter, two free throws will be awarded on the 5th team foul and subsequent fouls in the quarter.
10. Senior teams will shoot free throws from the 15-foot free throw line. The junior teams will be allowed to shoot from a 14-foot free throw line, but only if the 14-foot line is painted on the floor. No taped lines will be permitted.
11. Teams must play "Man-to-Man" defense in their backcourt.
12. Junior Teams may NOT press at any time during the season. Senior Teams may press at any time during the season.
13. Senior teams may choose to zone press but only in their front court. Once a team has crossed the centre line, the defending team must revert to man-to-man defense.
14. There is a "15 Point Mercy Rule" in effect for Senior teams. Teams that are leading by 15 points or more must not use full court presses.
15. Once the score reaches a differential of 30 points, please use 30 Point Rule guidelines for remainder of the game.
16. Junior teams and Senior girls' teams will use a size 6 basketball; Senior boys teams will use a size 7 ball.