



FALL/WINTER 2025-26 ALBERTA COMPETITION RULES

1. FIBA rules with some modifications.
2. Games will consist of TWO 16-minute stop time halves. First OT period will be 2 min. Second OT will be sudden death (first point scored) after physical jump ball.
3. Games cannot start prior to the scheduled time and running time may NOT occur without the approval of the PT court monitor.
4. Pre-game warm-ups will last a minimum of FIVE minutes and the halftime break will be THREE minutes. The warmup and halftime break can be shortened at the discretion of the PT Court Monitor if we are running behind.
5. The first listed team in the draw is the home team and should wear the light coloured uniforms.
6. Teams MUST bring both uniform tops to all games (if available) and each player must have a unique number. Teams should sit on the Home/Away bench, as shown on the front of the score clock and warm up in front of their bench.
7. All players will be disqualified at FIVE PERSONAL FOULS. Bonus foul shots (two shots) will be shot on the 8th team foul each half.
8. Time-outs must be called through the score table. Teams will get TWO 60-second time-outs in each half (no carry-over). Each team gets ONE time-out in OT.
9. Games will not use a shot clock; however, teams that deliberately stall will be given a 10 second warning (at the referee's discretion). 8 second backcourt rules will be in effect.
10. All teams should bring their own warmup balls. Size 6 balls are to be used for all divisions except Boys U14 and above which will use size 7.
11. Zone defense and zone press is NOT permitted in U10 and all U11-U13 Bronze divisions. Help and recover is allowed but trapping is not permitted outside the key. For further clarification on zone classification see Handbook.
12. U11 and below will be permitted to shoot foul shots from 13 feet (one step in front of the foul line).
13. Full court pressing is NOT permitted by a team while leading by 20+ points.
14. Pool tie breakers are: 1) head to head, 2) 3 way tie - point differential between tied teams (max 20pt/game), 3) fewest points against in all pool games(of remaining teams involved), 4) coin toss
15. Players are NOT permitted to play on two teams within the same age category (ex: U14 Gold & U14 Silver or Youth 1 & Youth 2 or U13/14 Gold and U13 Bronze. Players are allowed to play up and/or on multiple teams participating in a higher-age division provided they meet the age eligibility required for both divisions. Any modifications or request regarding this rule must be approved by the Tournament Director AND opposing coach prior to tip-off.
16. To be eligible to play in a Championship game, a player must have played in at least one previous game for that team in the event. Any challenges for the Champ game must be submitted by halftime.
17. Games are not permitted to start without an adult on the bench. Team coaches are responsible for the conduct and supervision of their players. Unacceptable behavior may result in the person being banned from the gym for the remainder of the Tournament.
18. There is a 5 minute forfeit rule in effect for the league. If a team is not onsite and ready to play within five minutes of the designated game time, the Tournament Director or court monitor may, at his/her discretion thereafter, rule a forfeit (20-0 Final Score).
19. First name, last name & uniform number must be listed on the scoresheet, verified by the coach's signature.
20. All decisions made by the Tournament Director ARE FINAL!



ATHLETE ELIGIBILITY SEPT 2025-AUGUST 2026

		GR12*	GR11	GR10	GR9	GR8	GR7	GR6	GR5	GR4	GR3
	U20	U18*	U17	U16	U15	U14	U13	U12	U11	U10	U9
SEP	2005	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
OCT	2005	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
NOV	2005	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
DEC	2005	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
JAN	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
FEB	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
MAR	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
APR	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
MAY	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
JUN	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
JUL	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
AUG	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
SEP	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
OCT	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
NOV	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
DEC	2006	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017

*MUST BE CURRENTLY IN GRADE 12. GRADUATED ATHLETES ARE NOT ELIGIBLE.

GUIDING PRINCIPLES

Long term development research demonstrates the flaws of placing athletes into their birth year for participation in sports. In short, the discrepancies that can occur between youth within the same birth year create significant disadvantages for late developing male athletes and to a lesser degree, early developing females. Therefore, providing a range of months (16) within a competition division gives athletes greater flexibility to choose a level that best suits their needs. Athletes, parents and coach should consider the short term and long term benefits of playing in different age categories. It should be noted that each club may have their own policies regarding playing up/playing down.