

| | Elementary (Grades 3-5) | Middle (Grades 6-8) | High School (Grades 9-12) |
|--|--|--|--|
| Man to Man or Zone | No Zone | Grade 6: No Zone Grade 7/8: Man to Man or zone Girls: Man to Man | Man to Man or Zone |
| Full Court Press | Last 1 minute of 3rd /4th quarter *Allowed with 10 point lead or less | Last 2 minutes of 3rd/4th quarter * Allowed with 10 point lead or less | Allowed, with 10 point lead or less |
| Backcourt Rule | Yes | Yes | Yes |
| Double Team | Grades 3-5: Within the lane | Within the 3pt arc | Yes |
| Foul Shot Line | ~13 feet (flexible) Grade 3/4: One step in from line Grade 5: jumps in front permitted | 15 feet | 15 feet |
| 3 second rule | 3 seconds, give warning | 3 seconds | 3 seconds |
| Time Outs | 3 per game, max 2 per half | 3 per game, max 2 per half | 3 per game, max 2 per half |
| Bonus Foul | 7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots) | 7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots) | 7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots) |
| Technical Foul/ Flagrant Foul | Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league | Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league | Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league |
| Overtime | None Playoff only—2 minutes | None Playoff only—2 minutes | Regular Season — 1 minute Playoff only — 2 minutes |
| Basketball | Junior (28.5) | Grade 6: (28.5) Grades 7/8: (29.5) | Regulation (29.5) |
| Playing Time | Equal Playing Time * Non-compliance results in forfeit | Equal Playing Time * Non-compliance results in forfeit | Equal Playing Time recommended * Non-compliance results in forfeit |
| Time Played | (4) seven minute stop time, no break in between quarters | (4) seven minute stop time, no break in between quarters | (4) seven minute stop time, no break in between quarters |