



ALPE ADRIA

COMPETITION SYSTEM AND RULES

Guidelines for tournament organisation

1. COMPETITION SYSTEM

At all tournaments in each round, a round-robin system is used. Each team plays 3 games at each tournament.

RECOMMENDED SCHEDULE ON TWO COURTS

11:00 - Game 1 and Game 2 • 12:00 - Game 3 and Game 4 • 13:00 - Game 5 and Game 6

It is recommended that the tournament be played simultaneously on two courts. If this is not possible, 6 games are played consecutively on one court. In this case, the host team and the geographically closest opponent play the first game, and the host team also plays the final game.

IMPORTANT

A tournament may not start before 10:30 due to teams' travel and arrival.

Final tournament

The final tournament will take place on the same day, at the same venue, for all competition participants. The format of the final tournament will be announced later.

The purpose of the final tournament is for all participants to gather in one place and enjoy a wonderful day of basketball together.

At the end of the season, every team will therefore have played the same number of games (approximately 14), regardless of its final ranking.

Players and standings

There is no limit on the number of players participating in the league, but the number of players for an individual game is limited to **14**. If a team intends to bring 13 or 14 players to a tournament, it must inform the tournament organiser.

AGE LIMIT

Eligible players are those born in 2015 or later. A referee or the opposing team's coach may request to check identification documents, so players must have them available.

FIBA rules are used for the standings. All games played at the individual tournaments count toward the standings. If teams have the same number of points, head-to-head games are considered first (point difference), followed by the overall point difference.

2. COMPETITION RULES

- **4-on-4 play**

Playing 4-on-4 gives offensive players more space, encourages creativity and makes scoring easier. Defensively, it promotes greater focus on man-to-man defense and less reliance on help defense.

- **Ball size 6; standard basket height 305 cm**

Boys in the U12 category can play comfortably with a size 6 ball and generally score on a standard-height basket without difficulty. This also makes the transition to U14 easier, where most leagues already use a size 7 ball and standard basket height.

- **Playing time: 4 × 8 minutes**

The game clock stops only for major interruptions and during the final minute of each quarter. This is especially important at tournaments where two courts cannot be used simultaneously.

- **A/B/C/D system - one player may play in only two quarters**

It is important that every player who travels to the tournament gets an opportunity to play. We are developing entire teams, not only individual players.

- **The coach has 1 × 1-minute time-out per quarter and in overtime.**

- **Team foul penalty: 5 fouls**

This is intended to prevent players and coaches from relying on excessive personal fouls to stop opponents without consequences.

- **A player is disqualified from the game after 5 personal fouls.**

- **There is no fixed shot-clock limit**

During a prolonged possession, the referee may, at their discretion, begin an 8-second countdown. This is primarily due to limitations with digital scoreboards when two courts are used simultaneously.

- **There is no fixed time limit for advancing the ball across the half-court line.**

- **Screens are prohibited; hand-offs are allowed**

An illegal screen may be penalised with a personal foul on the player setting the screen.

- **Any form of zone defense and zone press (double-teaming) is prohibited.**

- **Man-to-man pressing defense is allowed only during the final 2 minutes of each quarter**

We want to encourage a positive basketball experience for all participants, not only for the strongest teams.

SANCTIONS FOR PROHIBITED TACTICS

For violations, a warning is issued first; repeated violations are followed by the prescribed sanction.

- **Illegal screen**

First a warning; each subsequent violation is a personal foul on the player who set the screen.

- **Zone defense or zone press**

First a warning to the coach; subsequent violations result in a technical foul on the coach + one free throw and possession from the sideline.

- **Man-to-man press before the final two minutes of a quarter**

First a warning to the coach; subsequent violations result in a technical foul on the coach + one free throw and possession from the sideline.

3. RECOMMENDATIONS FOR TOURNAMENT ORGANISATION

- **Whenever possible, organise the tournament in a sports hall where two courts can be used simultaneously.**

- **Referees should be qualified referees or more experienced coaches.**

Teenagers should assist more experienced officials. This will help avoid frustration and keep games more relaxed and calm.

- **Each tournament organiser provides lunch for players and coaches.**

- **No trophies or medals are awarded at regular-season tournaments.**

- **If the hall does not have two digital scoreboards, you can use the free online score-and-time display ScoreCount.**

The display can be configured as needed. Connect a laptop to an older TV via HDMI; the scoreboard is shown on the TV and controlled from the laptop.

Link: scorecount.com

- **The scoresheet will be provided by the competition organiser.**

After the final game of the tournament, please send the results privately so they can be entered on the website. Please send photos for publication during the week following the tournament.

FAIR PLAY AMONG COACHES

If our team is clearly stronger, we certainly know how to adjust so that the game is more comfortable for the opposing team too. There is no need to win by more than 50 points. Let us create an enjoyable competition for all players.

ALPE ADRIA CONNECTS

Communicate with one another, exchange experiences, working methods and coaching philosophies. Encourage respect for opponents, teammates, referees, coaches, spectators and everyone else involved. Above all, let the tournaments be as positive a basketball experience as possible for the children.

All other information about the competition is available on the website

www.alpeadria-basket.si