



BRITISH COLUMBIA & ALBERTA

EVENT HANDBOOK | COMPETITION RULES

2026 SPRING & SUMMER

Welcome to the upcoming season. This handbook has been prepared to clearly outline the policies, procedures, and competition rules governing our tournaments. All participating clubs and coaches are expected to review this document in full prior to the event. Physical copies will be available at the gate table at each venue.



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IMPORTANT DATES & CLUB CHECKLISTS

- 30 Days prior Final deadline for entry withdrawal from event
- 15 Days prior Team submission final deadline
- 15 Days prior Full payment is due
- 15 Days prior Coaching/Scheduling request submission deadline
- 7-10* Days prior Schedule draft review *depending on release
- 5-7* Days prior Final Schedule review *depending on release
- 4 Days prior Rosters MUST be uploaded
- 1 Day prior Follow @ptsportsco for media coverage
- During Event Monitor standings and bracket play

*Dependent on release of schedule

IMPORTANT CONTACTS

Tournament Line
 General Inquires
 Scheduling Support
 Registration Support
 Travel/Hotel Assistance
 Media

Live Tourney Support
 Customer Service, Q & A
 Requests & Conflicts
 E-transfer Payments
 Group Hotel Bookings
 Social & Event Coverage

604.868.3601 (text preferred)
info@primetimesportsco.com
scheduling@primetimesportsco.com
payments@primetimesportsco.com
travel@primetimesportsco.com
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BRITISH COLUMBIA & ALBERTA COMPETITION RULES

1. FIBA rules with some modifications.
2. Games will consist of TWO 16-minute stop time halves. The first OT period will be 2 min. Second OT will be sudden death (first point scored) after a 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 (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 (enforced 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 & zone press is NOT permitted in all U9-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 only (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 only 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 pool or bracket Championship game, a player must have played in at least one previous game for that team in the event. Players who miss Saturday games but are listed on your official roster must obtain prior approval from PrimeTime Sports to remain eligible for any Sunday championship pool or bracket games. Without this approval, the player will be deemed ineligible. Please note that any player not listed on your pre-submitted roster is not eligible to be added for a Sunday championship pool or bracket game.
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 behaviour 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, last name and jersey number of players must match and be listed on the scoresheet. Players on the roster but not present must be crossed out. Scoresheets must be verified and signed by the Head Coach prior to tip-off.
20. All decisions made by the Tournament Director ARE FINAL!



BRITISH COLUMBIA & ALBERTA EVENT HANDBOOK

Code of Conduct:

- PrimeTime Sports has a strict policy regarding inappropriate behaviour at our events. This applies to coaches, athletes, spectators, referees. Inappropriate behaviour will not be tolerated under any circumstances.
- Each head coach is fully responsible for the conduct of their players, assistant coaches, team staff, and spectators, both on and off the court. Coaches are expected to promote and model strong sportsmanship at all times, regardless of the outcome of competition.
- The Court Monitor or any game official has the authority to remove a player, coach, or spectator from a game, tournament, or facility for failure to comply with our code of conduct policies. Game play will not resume until the individual has exited the facility. Failure to leave within three minutes will result in a forfeit by the team involved.
- PrimeTime Sports reserves the right to impose any additional corrective action it deems appropriate to protect the integrity of the event, uphold standards of sportsmanship, and ensure the safety and well-being of all participants.
- All teams, coaches, players, and attendees are subject to these rulings and any resulting disciplinary action.
- Recruiting or approaching players from other clubs or organizations is strictly prohibited in any facility used during PrimeTime Sports events.

Coach/Player Ejection:

- Unsportsmanlike and technical fouls will be administered in accordance with FIBA guidelines.
- Any coach or player who is involved in a fight, or who is ejected for fighting, must leave the facility immediately and will be suspended for the remainder of the tournament pending a formal incident review by tournament organizers.

Application of Rules:

- PrimeTime Sports reserves the right to modify tournament rules at any time when deemed necessary and in the best interest of the event.
- All teams, coaches, players, and attendees will be bound by any such modifications.

Team Roster & Season Waiver Submission

- All players must be rostered online by the roster submission deadline (the Tuesday before the event by 11:00pm) to avoid being placed on the Roster Failure penalty list. Teams that fail to submit their roster by the deadline will be assessed a bench technical prior to tip-off of each game during the event.
- Minor roster additions may be permitted at the event, provided all eligibility requirements are satisfied.
- It is the responsibility of the team's head coach to verify the accuracy of the official roster prior to each game.
- The first and last name of every athlete, along with their corresponding jersey number, must be clearly and legibly recorded on the scoresheet. Failure to provide accurate and complete player information may result in a game forfeiture if a player eligibility protest is submitted and the roster cannot be properly verified.
- Each player must have a parent or guardian-signed Season Release and Waiver on file with PrimeTime Sports through Exposure Events prior to participating in their first game.
- One signed waiver is required per athlete, per season (Fall/Winter and Spring/Summer). Athletes who participate in both seasons must complete a separate waiver for each season.
- PrimeTime Sports reserves the right to suspend participation privileges for any player who does not have a completed and signed Release and Waiver on file.



PLAYER ELIGIBILITY

PrimeTime Sports recognizes the following age categories for both boys and girls for the period of September 1, 2025 through August 31, 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.

Eligibility Guiding Principles

- Long-term development research demonstrates the limitations of placing athletes strictly within their birth year for sport participation. Discrepancies that exist among youth within the same birth year can create significant disadvantages for late-developing male athletes and, to a lesser extent, early-developing female athletes.
- Providing a broader range of months within a competition division allows athletes greater flexibility to compete at a level that best aligns with their stage of development. Athletes, parents, and coaches should carefully consider both the short-term and long-term benefits when determining appropriate age categories. Clubs may also maintain their own internal policies regarding playing up or playing down.



Proof of Player Eligibility:

Team Responsibility:

- Proof of player eligibility is the responsibility of the team manager or head coach. Coaches must be prepared to provide documentation verifying a player's age eligibility in the event of a challenge from another team or during a spot check conducted by PrimeTime Sports before or at any time during the event.

Documentation Requirements:

- As a condition of participation, each team is required to have age verification documentation available for every rostered player at all times during the event. Proof of age must be accessible for review by PrimeTime Sports representatives at any game. Failure to produce the required documentation upon request may result in player ineligibility, game forfeiture, and/or removal of the team from the event.
- Acceptable documentation must include both a photo identification and proof of birthdate. Examples of acceptable documents include clear photocopies of a birth certificate, adoption papers, immigration documents, school records displaying date of birth, a valid driver's licence, or a current passport. Digital copies may be accepted at the discretion of PrimeTime Sports representatives.
- Players competing in the U18 division who exceed the standard age limit must provide valid school identification confirming graduation in 2026.

Player Eligibility Protest Procedure:

Scope:

- The following Player Eligibility Protest Procedure applies to all PrimeTime Sports events.

Who Can Protest:

- A Player Eligibility Protest may only be submitted by the head coach or team manager of a team competing in the same division as the team whose player's eligibility is being challenged.
- In order to submit a protest, the protesting team must have its full roster properly submitted and approved on Exposure Events.
- PrimeTime Sports may conduct eligibility checks at any time during tournament play.

Challenge Policy:

- Each club will be granted five (5) complimentary player age challenges per season.
- One challenge is required per player being questioned.
- If a challenge is upheld, the club retains that challenge credit.
- If a challenge is not upheld, the challenge credit is forfeited.
- Any additional challenges beyond the initial five (5) will require a \$50 deposit per player. The deposit will not be refunded if the challenge is unsuccessful.
- All challenge credits apply across all PrimeTime Sports events during the applicable season.
- For further clarification regarding the protest procedure, please contact daniel@primetimesportsco.com

Player Eligibility for Sunday Championship Games:

- A player must have participated in at least one game for their team during the event to be eligible to compete in a Championship game.
- PrimeTime Sports recognizes that athletes may have prior commitments that result in missing Saturday games; however, any player who does not participate on Saturday must receive prior written approval to be eligible for Sunday Championship play, and teams seeking a special exemption must submit a written request to scheduling@primetimesportsco.com no later than 1:00 PM on Saturday.
- Championship games include pool play games that determine a division champion & bracket championship games.
- This policy is designed to prevent teams from adding players on Sunday who were not present or rostered on Saturday in order to gain a competitive advantage.



What May Be Protested:

- The player exceeds the maximum age limit for the division.
- The player does not meet championship or finals eligibility requirements.

When Can Protests Be Made:

- Pre-Game Protest - A Player Eligibility Protest may be submitted at any time prior to the start of a game. Pre-game protests should be submitted as early as possible to allow for timely review and resolution.
- Post-Game Protest - A post-game Player Eligibility Protest must be submitted within thirty (30) minutes of the conclusion of the game between the protesting team and the team whose player's eligibility is being challenged.

Protest Limitations:

- No Player Eligibility Protest will be considered more than thirty (30) minutes after the completion of the game in question. Failure to submit a protest within the prescribed timeframe constitutes a waiver of the right to challenge that player's eligibility for that game.
- For Championship games, any Player Eligibility Protest must be submitted no later than the conclusion of halftime of that game.
- Any protest received after the start of the second half will not be accepted, and the result of the Championship game will stand.

How to File Protest:

- All Player Eligibility Protests must be submitted using the official physical protest form.
- Protest forms are available at the gate table. If a form is not immediately accessible, the protesting coach may notify the scorekeeper and request that a Court Monitor come to the court with a protest form.
- In the case of a post-game protest, the player whose eligibility is being challenged must provide valid identification within one (1) hour of notification. Failure to produce the required documentation within the allotted time will result in the game being recorded as a forfeit.

Protest Upheld:

- If a pre-game protest is upheld, the player in question will be deemed ineligible and will not be permitted to participate in any remaining games of the event for that specific team.
- If a post-game protest is upheld, the game in question will be recorded as a 20-0 forfeit against the team that used the ineligible player.
- No prior games will be forfeited. Teams that competed in earlier games are considered to have waived their right to protest by not submitting an Eligibility Protest within the required timeframe. The team may continue to participate in the event, provided the ineligible player is removed from the roster.

Player Reinstatement

- *If a player is deemed ineligible solely due to the team's failure to produce the required eligibility documentation, the player may be reinstated once valid documentation is provided.*
- *Reinstatement will apply only to games played after the documentation has been submitted and approved. No prior rulings, results, or forfeitures will be altered or reversed.*

Ruling Binding:

- All Player Eligibility Protest rulings made by PrimeTime Sports are final and binding on all coaches, players, teams, and attendees. There is no appeal process for any decision to uphold or deny a Player Eligibility Protest.
- PrimeTime Sports reserves the right to interpret and apply Player Eligibility Rules in a manner that upholds both the letter and the spirit of the regulations. PrimeTime Sports may impose additional sanctions, suspensions, or corrective action as deemed appropriate based on the circumstances of any violation.
- All coaches, players, teams, and attendees are subject to and bound by these rulings and any disciplinary measures imposed.
- Repeated or consistent violations of eligibility rules may result in suspension or permanent removal from participation in PrimeTime Sports events.



Game Forfeit Policy:

General:

- Teams participating in a PrimeTime Sports event are expected to demonstrate the same level of preparation, punctuality, and professionalism as their opponents by being on time and ready to compete in all scheduled games. Tournament schedules may include early morning and late evening games, which are an inherent part of event play.
- One of the most disappointing experiences for a team is the failure of an opponent to appear for a scheduled game. To minimize forfeits and protect the integrity of competition, PrimeTime Sports has implemented the following Game Forfeit Policy:
- A five (5) minute grace period will be applied to all scheduled games. If a team is not present and prepared to play with a minimum of five (5) players and one coach or responsible adult on the bench within five (5) minutes of the scheduled start time, the Tournament Director or Court Monitor may, at their discretion, declare a forfeit. The game will be recorded as a 20-0 final score.

Teams Forfeiting a Game:

- When a team forfeits a scheduled game in any PrimeTime Sports tournament, the following provisions apply:
 - The game will be recorded as a loss.
 - The team remains obligated to participate in all remaining scheduled games.
 - The team forfeits eligibility for any team or individual awards associated with the forfeited game.

Teams Affected by a Forfeit:

- Game forfeits are often beyond the control of PrimeTime Sports. However, facility rental fees and officiating costs remain payable regardless of attendance. As a result, refunds or credits are not typically issued in the event of a forfeit.
- If advance notice of a forfeit is provided, PrimeTime Sports will make reasonable efforts to reschedule the game or secure an alternate opponent where feasible.
- PrimeTime Sports reserves the right to modify or waive the Forfeit Policy in cases of extenuating circumstances. In reviewing such situations, consideration will be given to the communication provided by the team, the timing of the notification, the reason for the forfeit, and any other relevant factors.
- All decisions regarding the application of the Forfeit Policy are final and binding on all teams and participants.

Payment and Refund Policy:

Payment Terms:

- Full payment is due fifteen (15) days prior to the start of the event (Western Canadian Championship 21 days). Teams will not be scheduled unless full payment and completed registration have been received.
- Payments must be processed directly through Exposure Events. All payment-related inquiries should be directed to payments@primetimesportsco.com.

Refund Policy:

- Refund requests for cancelled team or individual registrations will be considered if submitted at least thirty (30) days prior to the start of the event. Approved refunds are subject to a \$50 administrative fee per team.
- No refunds will be issued for teams or individuals who withdraw, cancel, or forfeit participation within thirty (30) days of the event start date.
- In the event of cancellations due to weather or circumstances beyond the control of PrimeTime Sports, no refunds will be granted.

Withdrawal Policy:

- Notice of withdrawal must be submitted in writing to scheduling@primetimesportsco.com.
- Any withdrawal after the official entry deadline will be considered a Late Withdrawal.



Late Withdrawal Terms:

- If a fully paid replacement team is not secured to fill the vacant spot, no portion of the entry fee will be refunded or credited.
- If a team withdraws after being accepted without full payment, any amount owed under this Withdrawal Policy must be paid before that team will be accepted into any future PrimeTime Sports tournament.
- PrimeTime Sports assumes no obligation to secure a replacement team for any Late Withdrawal. If no replacement team is found, the entry fee will be deemed non-refundable.



ZONE DEFENSE RULES

1. Outline

- The purpose of this document is to provide coaches, officials, and players with a clear understanding of the modifications that apply in divisions operating under a no zone defence policy. These guidelines are intended to minimize confusion, prevent disputes, and ensure consistent application of the rules.
- Our objective is to create an optimal competitive environment that prioritizes long-term athlete development and skill progression.

No 30-Second Shot Clock:

- The absence of a 30-second shot clock is designed to reduce time-related pressure and allow for more deliberate decision-making. This approach encourages greater player involvement within each possession, promotes ball movement, spacing, and proper offensive execution, and supports the development of fundamental skills.

No Zone Defence:

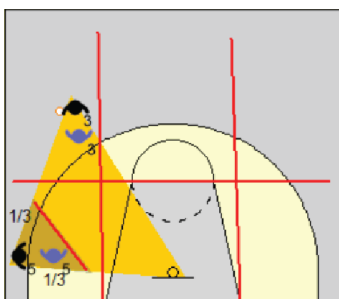
- The prohibition of zone defence is intended to encourage player movement, creativity with the ball, and the development of passing, cutting, and penetration skills. This structure allows coaches to dedicate more practice time to teaching and reinforcing core offensive and defensive fundamentals, particularly man-to-man defensive principles.

2. Spirit of the Rule

- All participants are expected to understand the intent behind these rules, which are designed to support athletes in the early stages of their development. The league's objective is to align with the long-term athlete development principles and recommendations established by Canada Basketball and USA Basketball. These guidelines have been developed in collaboration with Basketball BC to ensure consistency with recognized development standards.
- This document is not intended to provide opportunities to exploit technical loopholes or create strategies that operate at the margins of the rules. Rather, it is meant to clarify expectations and eliminate ambiguity regarding what will and will not be considered zone defence. Coaches are expected to uphold both the letter and the spirit of the rule.

3. Half Court Defensive Positioning Guidelines (1/3 and 2/3 Rule)

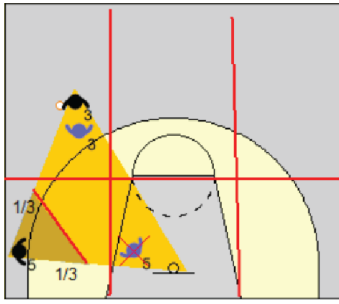
- Our objective in the half court is to eliminate double teaming and excessive help positioning, while reinforcing proper man-to-man defensive principles.
- For the purposes of clarification, the front court is divided into six defined grids. These grids are created by extending a line across the foul line and drawing two vertical lines upward from the baseline at the points where the FIBA key meets the baseline.
- This grid structure is intended to provide a clear framework for positioning and to support consistent enforcement of man-to-man defensive standards.



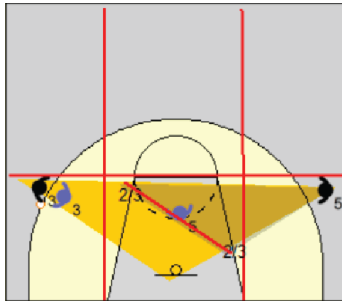
A triangle is formed by the defensive player with the three points of the triangle being the ball, his/her check and the basket. When a defensive player is in the same grid, a grid above, below or beside the offensive player with the ball, this defender can be:

- No further than 1/3 the distance on the line between his/her check and the ball (Approximately 2 metres from their check)
- No further than 1/3 the distance on the line between his check and the basket.

The defender can be in an open or closed stance. A player may hedge or stunt but if they remain stationary in the restricted area it will be deemed an illegal defense.



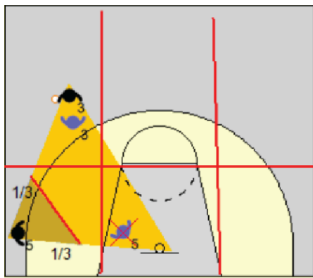
In this example the defender is stationary. Although he/she is still only 1/3 of the distance off the line between the ball and his/her check, he/she is clearly more than 1/3 of the distance to the basket and not within ~2 metres of his/her check. This would be considered an illegal defense as the player is out of position.



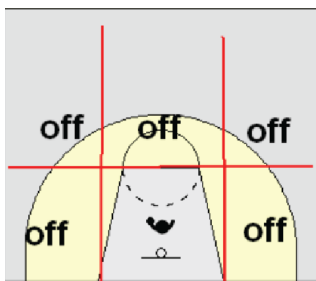
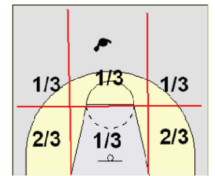
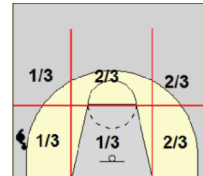
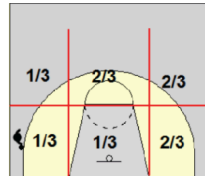
When a defender is in a grid diagonally to or not touching the grid with the ball in it, the defender can be:

- No further than 2/3 the distance on the line between his/her check and the ball
- No further than 2/3 the distance on the line between his check and the basket.

This means a player can assume a good help position in the key with two feet in the centre grid and be in a legal defensive position. The helpside defender may also impede the offense Player on the other side of the court from driving to the basket but two players may not trap the ball carrier after halting that drive by rotating and individually guarding a player.



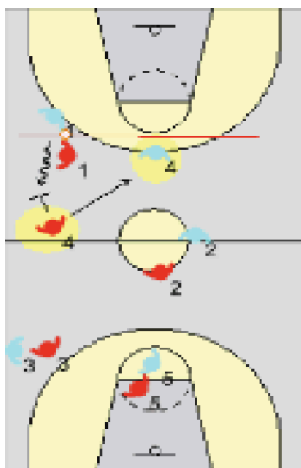
In this example the defender is guarding the basket which means he/she is more than 2/3 of the distance between his/her check and the basket. As before, the defender is allowed to be stunting in and out of the restricted area. They cannot remain stationary.



The restrictions on zone defence will be considered off when:

- The ball is passed into the key
- Penetration towards the basket occurs by the dribble
- A shot is taken
- An offensive rebound is gained. Once the offence re-establishes their formation the zone rule is back on.
- Teams use extreme offensive formations to play on the edges of the rules. It is not the offensive coach's role to expose zone defences.

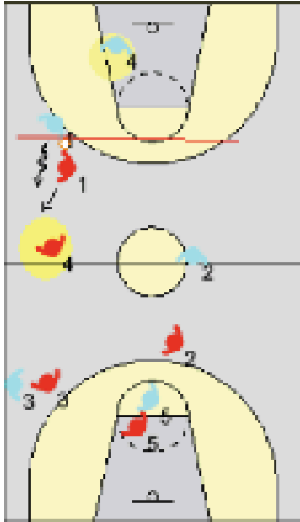
If an offensive player is in the grey area between two grid lines, the leeway will go to the defender, as if he/she should be in the 1/3 or 2/3 position.



4. Full Court Details

In this example defender #4 move to double team the ball which is deemed illegal. As offensive player #4 moves in front of the ball, defender #4 must observe the 1/3, 2/3 rule as designated by the arrow in the diagram. If a player continues in a double team and doesn't pick up their check, they will be considered to be playing a zone.

Help defense and rotations are allowed, but must come out of player to player principles.



Players may fall back to a designated pick up point. Players may defend the basket until defensive help arrives. Defenders whose offensive check trails behind the ball may defend in front of the ball. Once their check passes the ball handler the 1/3, 2/3 rule comes into effect.

Defender #4 is able to shadow ball handler #1 since his/her check #4 is trailing behind the ball in transition but must not double team.

The players in front of the ball are observing the 1/3, 2/3 rule.