* Game Length:  Usually 4 x 8 min quarters, unless both teams have unusually large rosters (at least 2 full lines) - - in that case, play 4 x 10 min with a line change at 5 min instead of 4 min.
* Inbound on the side for all fouls, including shooting fouls.
* Coaches should adhere to equal playing time for all players on a team.
* Games are learning situations, and the ref can explain rules in teachable moments.

In general:

- Refs will call double dribble, travelling, obvious carries, out-of-bounds, foot fouls. For over-and-back, some smaller gyms might use a different line than centre or ignore this rule altogether due to space constraints.

- Jump ball situations should be handled alternating in-bound possession.

- During play in an end, if a ball that goes off the end of court is last touched by the offense, the defense receives an inbound on the **sideline**.  If the ball that goes off the end of court is last touched by the defense - the offence gets an inbound on the **baseline** close to where it went out (but not directly behind the basket).  (\* This is just helpful reminder for volunteer refs or new coaches.)

- 5 second rule (can't hold the ball longer than 5 seconds; also true for inbounding the ball)

- 5 seconds in the key (generous count, as players are just learning)

- Offense can't charge into a defensive player whose feet are fully set (except directly under the basket)

- At a line change (ex. halfway through a quarter), coaches/refs should do a centre jump ball so that players understand (and can point to) their new check.

* Half-court press in all league games, so that stronger teams don't overwhelm weaker ones.
* Running a scoreboard (if a school has one): usually one scorekeeper does "points", one scorekeeper does "time", and no shot clock is used. Schools without scoreboards should set up a way to track points for each team, and to show players (ex. whiteboard).
* Player-to-player defense is encouraged at this level. Double-teaming is allowed.
* Height of baskets for Gr. 6/7 should be 10 feet from the rim to the floor, if possible.
* Size of basketball for Gr. 6/7 should be Size 6, but Size 5 can also be used.
* End-of-season tournament rules should be sent out ahead of time to all coaches by whoever is organizing tournament play. Rearranging line-ups to put out strongest players in the final quarter or even the last 4 min. should be avoided. Equal play guidelines should continue to apply.