

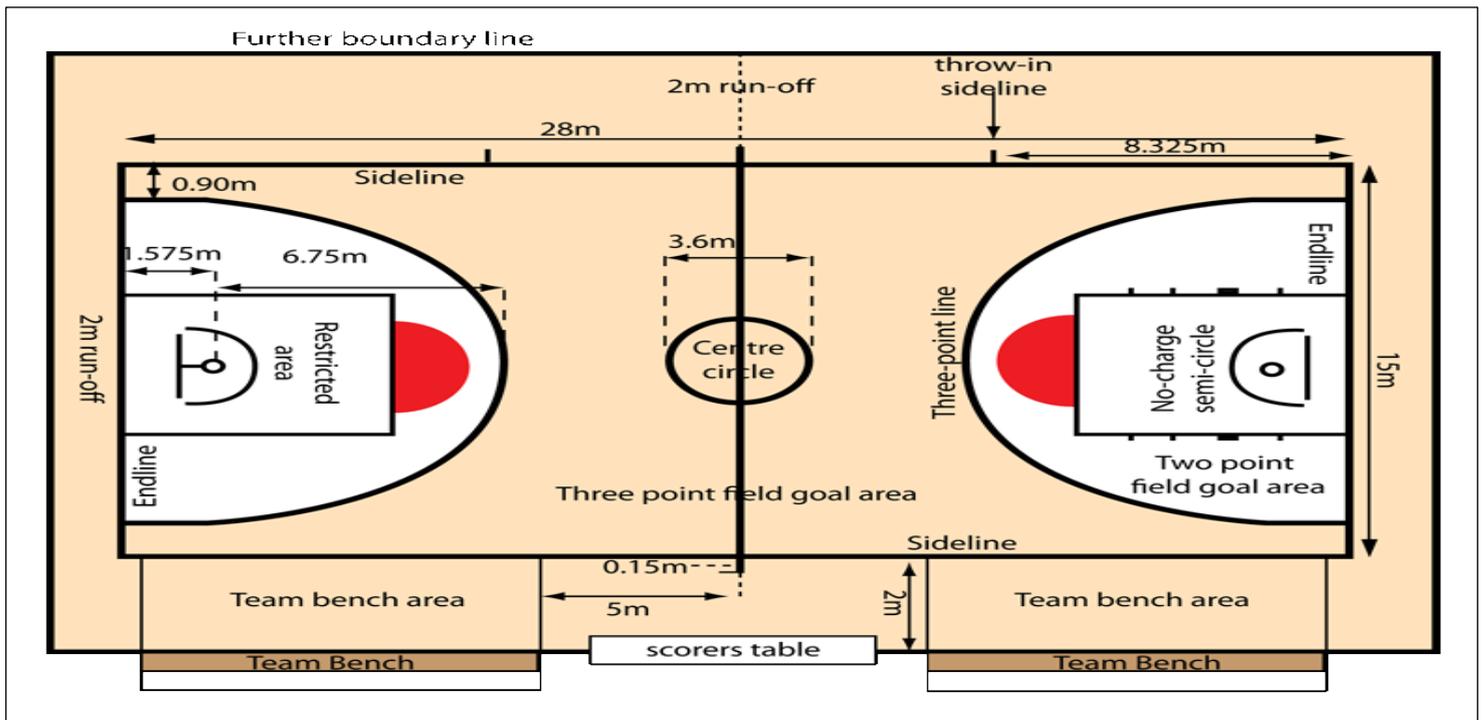
## BASKETBALL OFFICIAL RULES

Basketball is conducted under the rules of the Federated International Basketball Association (F.I.B.A.) unless otherwise stated, and works in conjunction with the Basketball SACSSGSA Rules.

Please note these rules have been simplified for the benefit of the completion, for all rules see website link on last page.

### 1. Court

- a) The official size of a court is 28m in length and 15m in width



### 2. TEAM MEMBERS

- a) A team member is entitled to play when his name has been entered on the score-sheet before the start of the game and as long as he has neither been disqualified nor committed five (5) fouls.
- b) Five (5) players from each team shall be on the playing court during playing time and may be substituted.
- c) A substitute becomes a player and a player becomes a substitute when:
- The official beckons the substitute to enter the playing court.
  - During a time-out or an interval of play, a substitute requests the substitution to the scorer.

### 3. PLAYER INJURY

- a) In the event of injury to a player(s), the officials may stop the game.
- b) This player may be substituted and if able to can return to the game

#### **4. PLAYING TIME**

- a) For break down on quarter time breaks see the SACSSGSA rules.

#### **5. BEGINNING A GAME OR QUARTER**

- a) The first period begins when the ball leaves the hand(s) of the referee on the jump ball.
- b) This jump ball is taken between two assigned players. They are to start in a stationary position in the centre circle and no other player can enter this circle until one or both of the players have touched the ball. The umpire is responsible for throwing the ball up.
- c) b) All other quarters begin with a side line throw in

#### **6. JUMP BALL**

- a) A jump ball is called when
  - A held ball is called- two players are holding the ball simultaneously with no team gaining an advantage.
  - The umpire is unclear of a decision
  - The ball lodges between the backboard and the ring
  - At the beginning of each quarter, excluding the first
- b) If a jump ball occurs alternate possession is taken. A device is used to help the umpires decide the alternate possession. The ball must be taken from the sideline as a throw in.

#### **7. HOW IS THE BALL PLAYED**

- a) During the game, the ball is played with the hand(s) only and may be passed, thrown, tapped, rolled or dribbled in any direction, subject to the restrictions of these rules.
- b) A player shall not run with the ball, deliberately kick or block it with any part of the leg or strike it with the fist. However, to accidentally come into contact with or touch the ball with any part of the leg is not a violation.
- c) A shot for a field goal or a free throw is when the ball is held in a player's hand(s) and is then thrown into the air towards the opponents' basket.
- d) A tap is when the ball is directed with the hand(s) towards the opponents' basket.
- e) A dunk is when the ball is forced downwards into the opponents' basket with one or both hands.
- f) A tap and a dunk are also considered as shots for a field goal.
- g) A goal is made when a live ball enters the basket from above and remains within or passes through the basket.
- h) A goal is credited to the team attacking the opponents' basket into which the ball has entered as follows:
  - A goal from a free throw counts one (1) point.
  - A goal from the two-point field goal area counts two (2) points.
  - A goal from the three-point field goal area counts three (3) points.

- After the ball has touched the ring on a last or only free throw and is legally touched by an offensive or defensive player before it enters the basket, the goal counts two (2) points.
- i) A throw-in occurs when the ball is passed into the playing court by the out-of-bounds player taking the throw-in.
- j) A throw in must take place behind the court, the referee must have handed the player the ball, they have 5 seconds to throw it in and they must not step onto the court before releasing the ball.
- k) The person defending the throw in must not be closer than 1m to the player throwing it in.

## **8. TIMEOUTS**

- a) Each timeout can last 1 minute.
- b) Each team is allowed to have 2 time outs per half; any unused timeouts may not be carried over to the next half.
- c) The coach is the only person who can call a timeout through the bench or if allowed by the referee directly to them. (SACSSGSA Modified rule)
- d) Substitutions can be made during timeouts but must be taken through the referee.

## **9. DRIBBLING**

- a) A dribble is the movement of a live ball caused by a player in control of that ball who throws, taps, rolls the ball on the floor or deliberately throws it against the back-board.
- b) Tossing the ball from hand to hand and allowing it to come to rest in one or both hands before touching the floor, provided that no travelling violation is committed.
- c) A player shall not dribble a second time after his first dribble- double dribble

## **10. TRAVELLING**

- a) Travelling is the illegal movement of one foot or both feet beyond the limits outlined in this article, in any direction, while holding a live ball on the playing court.
- b) It is legal when a player falls and slides on the floor while holding the ball or, while lying or sitting on the floor, gains control of the ball.
- c) It is a violation if the player then rolls or attempts to stand up while holding the ball.

## **11. 3 SECOND RULE**

- a) A player shall not remain in the opponents' restricted area for more than three (3) consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.

## **12. CROSS BACK**

- a) The ball has been illegally returned to the backcourt when a player of the team in control of the live ball is the last to touch the ball in his frontcourt, after which that player or a team-mate is the first to touch the ball in the backcourt.

### **13. FOULS**

- a) A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike behaviour.
- b) A player who has jumped into the air from a place on the playing court has the right to land again at the same place.
- c) Screening is an attempt to delay or prevent an opponent without the ball from reaching a desired position on the playing court.
- d) Legal screening is when the player who is screening an opponent:
  - Was stationary when contact occurs.
  - Had both feet on the floor when contact occurs.
- e) Charging is illegal personal contact, with or without the ball, by pushing or moving into an opponent's torso.
- f) Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball. A player who is attempting to screen is committing a blocking foul if contact occurs when he is moving and his opponent is stationary or retreating from him.
- g) The no-charge semi-circle areas are drawn on the playing court for the purpose of designating a specific area for the interpretation of charge/block situations under the basket.
- h) A personal foul is a player's contact foul with an opponent, whether the ball is alive or dead.
- i) A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his body into an 'abnormal' position (outside his cylinder), nor shall he indulge in any rough or violent play.
- j) If they are in the act of shooting they will receive free throws if they were not it is a side line throw in.
- k) An unsportsmanlike foul is a player contact foul which, in the judgement of an official, is not a legitimate attempt to directly play the ball within the spirit and intent of the rules.
- l) The player will receive free throws and a sideline throw in
- m) A player who has committed five (5) fouls, personal and/or technical, shall be informed thereof by an official and must leave the game immediately. He must be substituted within thirty (30) seconds.
- n) A team is in a team foul penalty situation when it has committed four (4) team fouls in a period.

### **14. FREE THROWS**

- a) A free throw is an opportunity given to a player to score one (1) point, uncontested, from a position behind the free-throw line and inside the semi-circle.

### **15. MISBEHAVIOUR BY A PLAYER**

- a) Please see the Badminton SACSSGSA Rules

<http://www.fiba.com/pages/eng/fc/FIBA/ruleRegu/p/openNodeIDs/897/selectNodeID/897/baskOffiRule.html>