



BASKETBALL RULES

I. The Game and Players

1. For Men's and Women's leagues, five (5) players shall constitute a team. A team can begin a game with four players and may continue with three (3) players as long as the game is competitive.
For the Co-Rec league, teams must have five (5) players and the difference between genders cannot be greater than 2.
2. Substitutes report to the scorekeeper before entering the game. The substitute shall remain outside the boundary until an official on the court beckons him/her onto the court. Substitutions may be made in dead ball situations only.
3. Two point field goals and three point field goals will be used.
4. The inside edges of the boundary lines define the in-bounds and out-of-bounds areas.
5. The ball is out-of-bounds if it passes completely over the backboard, or contacts the backboard's supports.
6. The side edges and bottom of the backboard are in-bounds.

II. Periods and Time Factors

1. If one or more team members are present but don't have the minimum to start play, the team ready for play can decide to take the forfeit win or they can choose to wait up to 10 minutes past scheduled start time for the other opposing team members. The opposing team will be penalized by the following.
2. 2 points will be awarded every minute. Example If the remaining team members show up and are ready for play 10 minutes after the start time they will begin the game down 20 to 0 and play only 10 minutes in the first half.
3. A forfeit will result in a score of 21-0 for the winning team
4. Two forfeits equals termination from the league.
5. Games are divided into two halves of 20 minutes each. Half-time shall be 2 minutes long.
6. The clock continues to run on fouls, violations, and out-of-bounds situations. After timeouts, the clock will start when the ball is touched inbounds, or becomes live on a free throw attempt. *The last two minutes of the game will be stopped clock, meaning the clock is stopped for fouls, violations, and out-of-bounds situations.* The clock will continue to run after a made basket. See Mercy Rule
7. Each team is entitled to two (3) 60-second timeouts per Game (one additional for each overtime period). Unused first half timeouts may be carried over into the second half.
8. If the score is tied at the end of the second half, (In season) The game will result in a tie. (In playoffs), extra periods will be played until a winner is determined. The length of the overtime period shall be 2 minutes with the clock stopping on every dead ball.
9. The overtime period is an extension of the second half (fouls carry over). Unused second half timeouts will also carry over into overtime, with the addition of one timeout per team per overtime period.

III. Equipment

1. Appropriate gym footwear must be worn.
2. No jewelry, no hats with bills, and bandannas will be allowed when playing.
3. Each team will be responsible for providing a warm up ball.
- 4.

IV. Out of Bounds and Throw In

1. The ball is out-of-bounds when it touches: a player, any person, the floor, or any object on or outside a boundary; or the supports or back of the backboard.
2. The ball is awarded out-of-bounds after:
 - a. A violation
 - b. A free throw for a technical foul
 - c. A field goal or successful free throw for personal foul
 - d. An awarded goal
 - e. A charging foul
 - f. A common foul until the bonus rule goes into effect.
 - g. A held (jump) ball. The ball will be awarded to a team based on alternating possession after the jump-ball to begin the game.
 - h. To begin the 2nd half (based on alternating possession).
 - i. After a time-out.
3. The player taking the ball out-of-bounds must hold his/her spot unless it is after a successful or awarded goal.
4. When a team is entitled to a throw-in, an official shall clearly signal the act which caused the ball to become dead, designate the throw-in spot unless it follows a successful goal or awarded goal, and indicate the player or team entitled to

the throw-in. The official shall hand (not toss) the ball to a player for a throw-in, unless the throw-in is from outside an end line following a successful goal.

5. If the throw-in spot is behind a backboard, the throw-in shall be made from the nearer free throw lane line extended (beyond the side of the backboard).
6. After a successful or awarded goal, the team not credited with the score shall make the throw-in from behind the end line where the goal was scored. Any player of the team may make a direct throw-in or he/she may pass the ball along the end line to a teammate behind the end line who then in-bounds the ball.
7. After a technical foul or intentional foul, any player of the team to whom the free throw has been awarded shall make the throw-in from out-of-bounds at the half-court line.
8. After a free throw violation by the throwing team, any opponent of the throwing team shall take the ball out-of-bounds at the free throw line extended (on the sideline).
9. A player in-bounding the ball must throw the ball into play (leave their hands) within five seconds of receiving it from the official.

V. Free Throws

1. When a free throw is awarded, an official shall take the ball to the free throw line of offended team. After allowing reasonable time for players to take their positions, he/she put the ball in play by handing it to the free thrower.
2. During a free throw for a personal foul, each of the lane spaces adjacent to the end line MUST be occupied by one opponent of the free thrower. A teammate of the free thrower is in the next adjacent lane space. Spaces are to alternate opposing players, if spaces are requested.
3. Not more than one player may occupy any part of a designated lane space.
4. If the ball is to become dead when the last free throw for a specific penalty is not successful; players shall not take positions along the free throw lane. All players other than the shooter must remain behind the top of the three-point line extended. EXAMPLE: Technical foul or no time on the clock.
5. Free throws awarded because of a technical foul may be attempted by any player on the offended team.
6. No player may occupy any lane spaces during technical foul free-throws.

VI. Violations and Penalties

A. Free throw – no player shall violate the following free throw provisions:

1. The try shall be attempted from within the free throw circle and behind the free throw line.
2. After the ball is placed at the disposal of a free thrower:
 - a. The free thrower shall throw within ten seconds and in such a way that the ball enters the basket or touches the rim before the free throw ends.
 - b. The free thrower shall not purposely fake a try.
 - c. No opponent shall disconcert the free thrower. This includes, but is not limited to, addressing the player taking the free-throw, and entering the key with any part of the body.
 - d. Non-throwing players may not enter the key until the free throw has been released from the shooters hand.
 - e. The player shooting the free-throw and players outside the three-point arc may not enter the key until the ball makes contact with the rim.
3. If the violation is by the free thrower's opponent only, free throw is still attempted; if the try is successful, the goal counts and the violation is disregarded; if the try is unsuccessful, a substitute attempt will be made by the same player.
4. If the violation is by the free thrower or his/her teammate only, no point can be scored by that throw. The ball becomes dead when violation occurs. The out-of-bounds provision does not apply if the free throw is to be followed by another free throw.
5. If there is a violation by both teams, ball becomes dead and the play must be replayed (regardless if the shot is made).

A. Throw In:

1. The player putting the ball in play shall not:
 - a. Leave the designated throw-in spot. EXCEPTION: After a successful field goal or awarded score (i.e. goaltending.)
 - b. Fail to pass the ball directly into the court so that after it crosses the boundary line it touches or it is touched by another player on the court before it goes out-of-bounds.
 - c. Consume more than five seconds from the time the throw-in starts until it leaves the player's hands, d. Carry the ball onto the court.
 - e. Touch the ball in the court before it touches another player.
 - f. Throw the ball so that it enters the basket before touching anyone.
2. No defensive player guarding the in-bounder shall have any part of his/her person beyond the inside plane of the boundary line before the ball has crossed the line. A warning will be given after the first instance and a technical foul will be assessed thereafter. A technical foul will be immediately assessed if the opposing team touches the ball while the person throwing in the ball is in possession outside the boundary.

C. Kick or fist:

1. No player shall kick the ball, strike the ball with the fist, or cause the ball to enter and pass through the basket from below.
 - a. Note: Kicking the ball is a violation only when there is an apparent attempt to kick the ball.

D. Traveling:

1. No player shall travel (run with the ball). Traveling is considered taking more than two running steps without dribbling the ball. Traveling also occurs when a set player moves his/her pivot foot.

E. Double Dribble:

1. A player shall not dribble the ball with both hands simultaneously, nor shall a player dribble a second time after his/her first dribble has ended, unless it is after he/she has lost control because of:
 - a. A try for a field goal
 - b. The ball being batted away by an opponent
 - c. A pass or fumble which has then touched or been touched by another player opponent.

F. Carrying/Palming:

1. While dribbling, no player shall catch or carry/palm the ball by allowing it to come to rest in one or both hands.

G. Three-seconds:

1. A player shall not remain for more than three seconds in his/her own free throw lane (key) while the ball is in control of the player's team in his/her own front court. Allowance shall be made for a player who, having been in the restricted area for less than three seconds dribbles or moves in to try for a goal. If the player passes off after the dribble, it is a violation.

H. Closely Guarded Player

1. A player shall not hold or dribble the ball anywhere on the court for longer than 5 seconds if he/she is closely guarded by a defender—in an active guarding position—within 6 feet. In order to reset the 5 second count, a dribbler must make a legitimate attempt to advance toward the goal. When a player is positioned between the player in control of the ball and his/her opponent, who is within 6 feet, a closely guarded situation does not exist (i.e., if a player is setting a screen).

I. Forward/Back court

1. The ball is established in the front court once both ball handler's feet and the ball crosses the half-court line. 2. After crossing the half court line, a player with possession may not cross back.

Exceptions:

1. An inbound pass thrown into the back court.
 2. The ball is knocked into the back court by a defensive player.
 3. Back Court Violation: the ball must be advanced past the mid-court with-in ten seconds after being inbounded.
 4. Over & Back Violation: After crossing the mid-court line, the team with possession may not cross back without the ball having been touched by the opposing team.
- J. Basket Interference and Goaltending:
1. A player shall not touch the ball or basket (including net) when the ball is on or within the basket.
 2. A player shall not touch the ball when any part of the ball is in the cylinder. The lower base of the cylinder is the rim of the basket.
 3. A player shall not touch the ball during a field goal try while it is in its downward flight entirely above the basket rim level and has the possibility of entering the basket.
 4. (Co-Rec): No male player may intentionally block a female player's shot attempt within the 3-point arc.
 - a. A male player is still allowed legal guarding positioning while contacting the court.

PENALTY: (for Sections A through I) Ball becomes dead or remains dead when a violation occurs. Ball is awarded to the opponent for a throw-in at the out-of-bounds spot nearest the violation. (for Section J) If violation is committed by the defensive team, offended team is awarded two points (if during free throw, 1-point; if 3-pointer, then 3-points). If the violation is committed by the offensive team at their own basket, no points can be scored. The ball is awarded to the opposing team out-of-bounds at either side of the free throw line extended.

VII. Personal Fouls:

A. A player shall not:

1. Hold, push, charge, trip, nor impede the progress of an opponent by an extended arm, shoulder, hip, knee, or by bending the body into other than a normal position.
2. Use rough tactics (subject to the discretion of the official).
3. Contact an opponent with his/her hand unless such contact is only with the opponent's hand while it is on the ball and is an incidental attempt to play the ball.
4. A dribbler shall not:
 - a. Use his/her forearm and/or hand to prevent an opponent from playing the ball.
 - b. Use his/her arm or elbow to hook around or hold the defensive player. B.

Charging:

1. Defined as: personal contact, with or without the ball, by pushing or moving into an opposing player's torso. In order for charging to occur, a defensive player must beat the offensive player to the spot.
2. A player shall not charge into nor contact a defender in his/her path, attempt to dribble between two defenders, or between a defender and a boundary, unless there is enough space to provide a reasonable chance for him/her to go through without contact.
3. Contact caused by the momentum of an offensive player who has attempted a field goal is a form of charging.
4. If a defensive player is positioned under the basket, while attempting to take a charge, advantage is given to the offensive player and blocking will be called on the defensive player. If contact is insufficient (in the judgment of the official), then a "no call" will be made.

C. Screens and Picks:

1. A player who screens shall not:
 - a. When behind a stationary opponent, take a position closer than a normal step from him/her.
 - b. When he/she assumes a position at the side or in front of a stationary opponent, initiates contact with him/her.

- c. Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction.
 - i. Note: The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.
- d. After assuming his/her legal screening position, move to maintain it.

D. Elbows:

- 1. A player shall not *excessively* swing his/her arms or elbows, even if there is no contact with an opponent. If excessive swinging results in contact with an opponent, it is at least, a personal foul regardless of the force with which the arms and elbows are swung.

VIII. Penalties for Personal Fouls

- A. Offender is charged with one foul and if it is the player's fifth personal foul, the offender is disqualified.
- B. The offended player is awarded free throws as follows:
 - 1. One free throw for a foul against a field goal attempt that is successful.
 - 2. Two free throws for:
 - a. A foul against a field goal thrower whose try is unsuccessful inside the three-point arc.
 - b. An intentional foul (plus offended team's ball out-of-bounds).
 - 3. Three free throws for:
 - a. A foul against a field goal thrower whose try is unsuccessful outside the three-point arc.
 - 4. Bonus free throws for each common foul (except for charging) beginning with a team's seventh (7th) personal foul during a half provided the first attempt is successful ("one-and-one"). Ten (10) team fouls in a half will automatically result in 2 free throws.

IX. Technical Fouls

- A. ALL TECHNICAL FOULS WILL RESULT IN AN AWARD OF 2 FREE THROWS + POSSESSION OF THE BALL.
 - 1. If a technical foul is committed by a player on the court, two free throws are awarded.
 - a. Note: All technical fouls count toward a player's five fouls for disqualification and toward team fouls in reaching bonus free-throw situations.
 - 2. A flagrant or intentional foul carries the same penalty as a technical foul.
 - 3. If a technical foul is committed by bench personnel or team follower, the offended team shall be awarded two free throws. The foul will be assessed to the player team captain.
 - 4. Hanging on the rim (unless it is to protect a player) will result in a technical and two free throws.
 - 5. Any technical foul assessed to bench personnel (coach, team follower) will be assessed to the offending team and the offending player team captain. If the team captain has already been ejected, then the technical foul will be assessed to the first person listed alphabetically on the score sheet that is checked into the game.
 - 6. A player shall not strike or slap the backboard, causing the backboard or rim to vibrate during a shot attempt, while the ball is still in the cylinder.
 - 7. The second technical foul called on any one person during a game will result in disqualification from the game and at least the next scheduled game.
 - a. NOTE: Failure to comply with the above will result in forfeiture.

X. Dunking

- A. Dunking is allowed during games. Dunking is not allowed in warm-ups, half-time, or post-game. A technical foul will be assessed.
 - 1. Hanging on the rim, slapping backboard will result in a Technical Foul

XI. Mercy

If a game's point differential meets the following criteria, then the game will end.

- 1. **20** Points at 2:00 minutes remaining in the second half.
- 2. **40** Points at 4:00 minutes remaining in the second half.
- 3. **50** Points at 5:00 minutes remaining in the second half.