



BASKETBALL PLAYING RULES

These League Rules and Playing Rules shall be overridden by the 'Terms and Conditions of Business' which shall always prevail in the event of any dispute, ambiguity or inconsistency.

BASKETBALL LEAGUES

Powerplay's basketball rules are based on FIBA's most up to date rules - FIBA Official Basketball Rules 2010.

1. SQUAD

- 1.1 Each team can have an unlimited number of players registered in their squad but each team may only have 12 players on the bench per game.
- 1.2 Five players are permitted on the court at one time.

2. GUEST PLAYERS

- 2.1 If a team are short of players they may use up to two guest players per game.
- 2.2 Players from a higher division are not allowed to fill in for a team in a lower division within the same league.
- 2.3 In any corporate league any guest players used must be an employee from the team's company.

3. SUBS

- 3.1 Teams are allowed to make unlimited substitutions but they may only be made when play is stopped during time outs and in the breaks.
- 3.2 A substitute must request the permission of the table officials before they go on court.

4. TIMING

- 4.1 Each game will consist of two equal halves.
- 4.2 There will be no stoppage time when the ball goes out of bounds or overtime period at the end of the game.

- 4.3 If the score in the last 2 minutes of the second half is within 10 points or less then the stop clock will be operated.

- 4.4 One 30 second 'time out' is allowed per game per team and can only be taken when the ball is out of play. Only team captains or coaches can request a time out.

5. INJURY TIME

- 5.1 The referee may stop the game in the event of an injury.
- 5.2 If the injured player comes off a substitution can be made at that time.
- 5.3 Due to time constraints the clock will not stop for injuries.

6. SQUAD LIST

- 6.1 Team captains must write their team list out on a piece of paper and hand to the table officials before the start of their game each week.
- 6.2 Please note jersey numbers and bibs run from numbers 4-15 inclusive. Use this format:

Player Name (First Initial & Surname)	Jersey or Bib Number
J Bloggs	4
D Smith	5
P Adams	6

7. RESULTS

- 7.1 All results will posted on the website along with individual scorers
- 7.2 An award will be given to the player who scores the most points over the course of the season.

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8. JUMP BALL

- 8.1 The referee will start the game in the centre court by tossing the ball in the air between two opponents at the start of the first period.

9. SHOT CLOCK AND TIME LIMITS

- 9.1 Teams are required to advance the ball over the half way line within 10 seconds of possession of the ball.
- 9.2 A player shall not remain in the opponents' restricted area for more than three consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.
- 9.3 Teams are required to make a shot within 30 seconds of gaining possession of the ball.
- 9.4 The clock is re-set when the ball touches the rim or backboard or when the opposition steal possession.

10. LEAGUE SCORING

- 10.1 A team will be awarded 3 points for a win, 2 points for a draw, 1 point for a loss and 0 points for a forfeit.
- 10.2 A team will be deducted 3 points for a no show.

11. POINTS

- 11.1 A basket made from within the three point line is worth two points.
- 11.2 A basket made from outside the three point line is worth three points.
- 11.3 When shooting from the free throw line each basket is worth one point.

12. TERMINOLOGY AND BASICS

- 12.1 **Travelling** - When moving with the ball the player must dribble or bounce the ball with one hand. If the player stops moving or holds the ball with both hands then the player may only move one foot and pivot with the stationary foot. If the player takes more than two steps without dribbling or passing the ball they will be penalised for 'travelling'.
- 12.2 Players are not allowed to hit the ball with their fist or kick the ball.

- 12.3 **Double Dribble** - This is when a player dribbles the ball stops and then starts dribbling again. A free pass is given to the opposition for this violation. The only way in which it is allowed is if another player either touches or has control over the ball in between.

- 12.4 **Carrying the ball** - When the player dribbles they must touch the top of the ball. If the player touches the ball from underneath and continues to dribble, a free pass will be awarded to the opposition.

- 12.5 **Out of bounds** - If a team lose possession of a ball and it goes out of bounds then a free pass is awarded to the opposition.

- 12.6 **Backcourt Violation** - Once an offensive team are past the half court line they are not allowed in the back court. If however someone from the defensive team knocks it out to the back court then this is allowed.

- 12.7 **Goal tending** - When a basketball is travelling down towards the basket or rim players are not allowed to intercept or touch the ball.

13. FOULS

- 13.1 **Personal foul** - A personal foul is discretionary and the referee will decide if the violation was committed but basically a foul is when a player tries to steal possession of the ball by making illegal contact which unfairly causes the opponent to lose the ball or take a shot.
- 13.2 If a foul is committed whilst a player is taking a shot then a free throw is awarded to the opposition.
- 13.3 The opposition is awarded two or three free throws depending whether the shot attempted was taken in front or behind the three point line.
- 13.4 If a foul is committed whilst taking a shot and the ball still goes in, the basket counts but the number of free throws is reduced to one.
- 13.5 If a foul occurs when the player is not taking a shot then the opposition is awarded possession of the ball and will throw the ball from out of bounds at the nearest point to where the foul was committed.

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- 13.6 **Penalty situation** - If a team commit four defensive fouls in one quarter they enter the penalty situation. If a fifth defensive foul is committed in the same quarter then the fouled player from the opposing team is awarded two free throws regardless of if the foul was made when they were shooting or not.
- 13.6 **Foul out** - If a player commits 5 personal fouls in a game they 'foul out' and are disqualified for the rest of the game but may stay seated on the bench and be included with team talks. A substitute must come on immediately to replace the player.
- 13.7 **Technical foul** - A technical foul is when a player fails to comply with the rules usually for unsportsmanlike behaviour which includes arguing with the referee. A technical foul can be made against a player, team or manager. A technical foul is separate to a personal foul and does not count towards your total. In the event of a technical foul, the opposition are awarded two free throws with no rebounds and possession of the ball after the free throws. Any player on the opposition can take the free throws.
- 13.8 **Flagrant foul/unsportsmanlike foul** - In extreme cases if a referee deems a foul overly aggressive or a 'flagrant foul' the referee has the right to send the player off for the rest of the game. In this instance two free throws are awarded to the opposition and possession of the ball after the free throws are taken but the free throws must be taken by the player that was fouled.

14. FREE THROWS

- 14.1 When a player is taking a free throw they must release the ball within 5 seconds and are not allowed to step on or over the free throw line before the ball touches the ring.
- 14.2 Players can jump whilst taking a free throw so long as they don't leave their designated area.
- 14.3 A violation by the shooter cancels the free throw and a violation by the defensive team results in a replacement free throw.
- 14.4 If it is the last free throw and the shooter completely misses or there is a violation by the offensive team then the defensive team take possession.

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