

# WOODLANDS WARRIORS



## **BASKETBALL CLUB**

### Rules of Basketball

These rules have been compiled from the official FIBA basketball Rules. They have been edited down to provide a simplified version for easier understanding. And only include the rules relevant to the game played at primary school level.

These are to help anyone that would like a better understanding of the full rules of the game

These are to be used alongside the FDBA Primary School Competition Rules for the current season

Anyone wanting a copy of these to be emailed out at any stage can contact:  
[admin@warriorsbasketball.com.au](mailto:admin@warriorsbasketball.com.au)

# INTRODUCTION

Excerpt from the Australian "Official Basketball Rules and Referee's Manual"

Basketball is a highly technical and extremely exciting sport for both participants and spectators. It is the fastest growing major sport in Australia and is promoted as a family sport. To maintain this growth and image it is very important that the players, coaches, referees, administrators and spectators should have a strong knowledge of the rules to ensure that they can receive the full enjoyment from their involvement and their input will enhance the image of the game.

These rules have been compiled using the official FIBA rules. Then simplified for the use of all involved with teams to give everyone an overall understanding of the games complete rules.

These are to be used alongside the FDBA Primary School Aged-base rules.

## DEFINITIONS

### BASKET: OPPONENTS'/OWN

The basket that is attacked by a team is the opponents' basket and the basket which is defended by a team is the team's own basket.

### BACKCOURT

A team's backcourt consists of its team's own basket, the inbounds part of the backboard and that part of the playing court limited by the endline behind the team's own basket, the sidelines and the centre line.

### FRONTCOURT

A team's frontcourt consists of the opponents' basket, the inbounds part of the backboard and that part of the playing court limited by the endline behind the opponents' basket, the sidelines and the inner edge of the centre line nearest to the opponents' basket.

### BOUNDARY LINE

The playing court shall be limited by the boundary line, consisting of the endlines and the sidelines. These lines are NOT part of the playing court. The centre line, however, is part of the BACKCOURT.

Three-point field goal area

The team's three-point field goal shall be the entire floor area of the playing court, except for the area near the opponents' basket. The three-point line IS NOT part of the three-point field goal area.

## TERMS & PROCEDURES

### TEAMS

Teams consist of not more than 12 players, and a Coach. Sometimes there is an Assistant Coach and a Team Manager also. At any point during playing time, there are only 5 players on the court. The rest of the team are "substitutes". The Team Manager is responsible for submitting the names of the players on the score sheet before the game starts, and also for requesting time outs during the game. The coach can talk to his players during the game, as long as he does not enter the court.

### UNIFORMS

Teams must be in correct uniform. That is, the same colour top, and the same colour shorts. Singlets must be numbered on the front and back. Only numbers 00, 4-15, 20-25, 30-35, 40-45, 50-55 (inclusive) are permitted. District Junior Basketball also allows any number from 1 - 99. Some social competitions also allow 1 - 99. Check with the local management as to by-laws for acceptable uniforms.

### PLAYERS - INJURY

In the event of injury to a player(s), the officials may stop the game.

If the ball is live when an injury occurs, the official shall not blow his whistle until the team in control of the ball has shot for a field goal, lost control of the ball, withheld the ball from play or the ball has become dead. If it is necessary to protect an injured player, the officials may stop the game immediately.

If the injured player cannot continue to play immediately (within approximately 15 seconds) or, if he receives treatment, he must be substituted unless the team is reduced to fewer than five (5) players on the playing court.

Team bench personnel may enter the playing court, with the permission of an official, to attend to an injured player before he is substituted.

A doctor may enter the playing court, without permission of an official if, in the doctor's judgement, the injured player requires immediate medical treatment.

During the game, any player who is bleeding or has an open wound must be substituted. He may return to the playing court only after bleeding has stopped and the affected area or open wound has been completely and securely covered.

If the injured player or any player who is bleeding or has an open wound recovers during a time-out taken by either team before the scorer's signal for the substitution, that player may continue to play.

Players who have been designated by the coach to start the game may be substituted in the event of an injury. In this case, the opponents are also entitled to substitute the same number of players, if they so wish.

## STATUS OF THE BALL

The ball can be either live or dead.

The ball becomes live when:

- During the jump ball, the ball leaves the hand(s) of the referee on the toss.
- During a free throw, the ball is at the disposal of the free-throw shooter.
- During a throw-in, the ball is at the disposal of the player taking the throw-in.

The ball becomes dead when:

- Any field goal or free throw is made.
- An official blows his whistle while the ball is live.
- It is apparent that the ball will not enter the basket on a free throw which is to be followed by:  
Another free throw(s).  
A further penalty (free throw(s) and/or possession).
- The game clock signal sounds for the end of the period.
- The twenty-four (24) second clock signal sounds while a team is in control of the ball.
- The ball in flight on a shot for a field goal is touched by a player from either team after:  
An official blows his whistle.  
The game clock signal sounds for the end of the period.  
The twenty-four (24) second clock signal sounds.

The ball does not become dead and the goal counts if made when:

- The ball is in flight on a shot for a field goal and:  
An official blows his whistle.  
The game clock signal sounds for the end of the period.  
The twenty-four (24) second clock signal sounds.
- The ball is in flight on a free throw when an official blows his whistle for any rule infraction other than by the free-throw shooter.

A player commits a foul on any opponent while the ball is in the control of the opponent in the act of shooting for a field goal and who finishes his shot with a continuous motion which started before the foul occurred.

This provision does not apply and the goal shall not count if :

After an official blows his whistle an entirely new act of shooting is made.

## SCORING

The team that scores the most number of points wins the game. Field goals score 2 points, 3 points if the ball is released from the 3-point area. The position of the shooter is determined by where the shooter last touched the court before releasing the ball.

Free throws may be awarded to a player resulting from a foul committed by the opposing team.

Each successful free throw scores 1 point.

If a team accidentally scores in the wrong basket, then the points are awarded to the captain of the opposing team.

If a team deliberately scores in the wrong basket, no points are awarded, and a violation is called, with possession going to the opposing team.

## CHARGED TIME-OUTS

Please refer to the FDBA Primary Competition Guidelines for time-out regulations.

The length of a time-out is 1 minute. The full minute for time-outs must be taken.

A time out is to be requested by the coach (or assistant coach) by signaling the Referee. A time-out can be granted after any whistle, or if the opposing team scores (provided the request was made before the player throwing the ball in has the ball).

A time-out opportunity begins when:

- For both teams, the ball becomes dead, the game clock is stopped and the official has ended his communication with the scorer's table.
- For both teams, the ball becomes dead following a successful last or only free throw.
- For the non-scoring team, a field goal is scored.

A time-out opportunity ends when the ball is at the disposal of a player for a throw-in or for a first or only free throw.

## SUBSTITUTIONS

Substitutions are requested by the coach. The substitute must be dressed and ready to play.

Substitutions are permitted for either team, on any whistle by the referee. In the case of an injured player, if the player cannot continue playing immediately (allow about 15 – 20 seconds), or that player receives treatment, the player must be substituted, or a time out charged (any time left for that time-out may be taken by the coaches to address their team).

Substitutions shall be completed as quickly as possible. A player who has committed his five (5) fouls or has been disqualified must be substituted immediately (within approximately 30 seconds). If, in the judgement of an official, there is a delay of the game, a time-out shall be charged against the offending team. If the team has no time-out remaining a technical foul for delaying the game may be charged against the coach.

If the request for a substitution is made by either team after the ball is at the disposal of the free-throw shooter for the first or only free throw, the substitution shall be granted if:

- The last or only free throw is successful.
- The last or only free throw is followed by a throw-in at the centre line extended, opposite the scorer's table.
- A foul is called between free throws. In this case the free throw(s) will be completed and the substitution will be permitted before the new foul penalty is administered.
- A foul is called before the ball becomes live after the last or only free throw. In this case the substitution will be permitted before the new foul penalty is administered.
- A violation is called before the ball becomes live after the last or only free throw.  
In this case the substitution will be permitted before the throw-in is administered.

## GAMES LOST BY FORFEIT

### RULE:

A team shall lose the game by forfeit if:

- Fifteen (15) minutes after the scheduled starting time, the team is not present or is unable to field 5 players ready to play.
- Its actions prevent the game from being played.
- It refuses to play after being instructed to do so by the referee.

### PENALTY:

The game is awarded to the opponents and the score shall be twenty to zero (20 to 0).

## Jump Balls

**Jump balls are called for any of the following, and the alternating possession rule will apply:**

- A held ball occurs when one or more players of each opposing team have one or both hands firmly on the ball so that neither player can gain control without undue roughness.
- Simultaneous or unknown Out-of-Bounds
- Both teams violate a missed last free throw
- The ball lodges between the backboard and the ring
- The game is stopped when neither team has control, nor is entitled to the ball

**During the jump ball at the start of the game:**

- The jumpers occupy their half of the circle with one foot close to the line
- The non-jumpers are entitled to alternating positions around the circle, or any other position on the court.
- They do not have to stand still.
- The non-jumpers cannot enter the circle until the ball is legally tapped

**The jumpers shall not:**

- Tap the ball until after the ball has reached its highest point
- Touch the court on or over the centre line until the ball has been legally tapped
- Tap the ball more than twice
- Leave the circle until the ball has been tapped
- Catch the ball until the ball has been legally tapped and has touched a non-jumping player, or floor, or the referee.

If any of the above events happen, then it is a violation, and the opposing team gets the ball for a throw-in.

If the ball is not tossed straight, or the ball touches the floor without being tapped, or both teams violate, the jump shall be retaken.

If a held ball occurs immediately after the tap, with neither team getting clear possession, then another jump ball will be taken. The 2 players holding the ball will be the jumpers.

## **ALTERNATING POSSESSION DEFINITION**

Alternating possession is a method of causing the ball to become live with a throw-in rather than a jump ball.

### **Alternating possession throw-in:**

- Begins when the ball is at the disposal of the player taking the throw-in.
- Ends when:

### **The ball touches or is legally touched by a player on the playing court.**

- The team taking the throw-in commits a violation.
- A live ball lodges between the ring and the backboard during a throw-in.

## **ALTERNATING POSSESSION PROCEDURE**

In all jump ball situations teams will alternate possession of the ball for a throw-in at the place nearest to where the jump ball situation occurs.

The team that does not gain control of the live ball on the playing court after the jump ball will be entitled to the first alternating possession.

The team entitled to the next alternating possession at the end of any period shall start the next period with a throw-in at the centre line extended, opposite the scorer's table, unless there are further free throws and a possession penalty to be administered.

The team entitled to the alternating possession throw-in shall be indicated by the alternating possession arrow in the direction of the opponents' basket. The direction of the alternating possession arrow will be reversed immediately when the alternating possession throw-in ends.

A violation by a team during its alternating possession throw-in causes that team to lose the alternating possession throw-in. The direction of the alternating possession arrow will be reversed immediately, indicating that the opponents of the violating team will be entitled to the alternating possession throw-in at the next jump ball situation. The game shall then be resumed by awarding the ball to the opponents of the violating team for a throw-in at the place of the original throw-in.

A foul by either team:

- Before the beginning of a period other than the first period, or
- During the alternating possession throw-in, does not cause the team entitled to the throw-in to lose that alternating possession.

## **HOW THE BALL IS PLAYED**

### **DEFINITION:**

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.

### **RULE:**

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.

An infraction of this is a violation.

Control of the ball

Definition:

Team control starts when a player of that team is in control of a live ball by holding or dribbling it or has a live ball at his disposal.

### **Team control continues when:**

- A player of that team is in control of a live ball.
- The ball is being passed between team-mates.

### **Team control ends when:**

- An opponent gains control.
- The ball becomes dead.
- The ball has left the player's hand(s) on a shot for a field goal or for a free throw.

## ACT OF SHOOTING

Begins when a player is holding the ball, and the shooting motion (usually upwards) has started. This may include arm or body movement in the shot attempt. The number of legal steps a player takes does not affect whether a player is in the act of shooting. It must be one continuous motion.

Ends when the ball has left the shooter's hand, and in the case of the shooter being off of the ground, until both feet have returned to the floor.

The player attempting to score might have his arm(s) held by an opponent, thus preventing him from scoring, even though he is considered to have made an attempt to score. In this case it is not essential that the ball leaves the player's hand(s).

There is no relationship between the number of legal steps taken and the act of shooting.

### **A continuous movement in the act of shooting:**

- Begins when the ball has come to rest in the player's hand(s) and the shooting motion, usually upward, has started.
- May include the player's arm(s) and/or body movement in his attempt to shoot for a field goal.
- Ends when the ball has left the player's hand(s), or if an entirely new act of shooting is made.

## GOAL: WHEN MADE AND ITS VALUE

### **DEFINITION:**

A goal is made when a live ball enters the basket from above and remains within or passes through the basket.

The ball is considered to be within the basket when the slightest part of the ball is within and below the level of the ring.

### **RULE:**

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 2 point.
- A goal from the two-point field goal area counts 2 points.
- A goal from the three-point field goal area counts 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 2 points.

If a player accidentally scores a field goal in his team's own basket, the goal counts 2 points and shall be recorded as having been scored by the captain of the opposing team on the playing court.

If a player deliberately scores a field goal in his team's own basket, it is a violation and the goal does not count.

If a player causes the entire ball to pass through the basket from below, it is a violation.

## THROW-IN

### **DEFINITION:**

A throw-in occurs when the ball is passed into the playing court by the out-of-bounds player taking the throw-in.

### **PROCEDURE:**

An official must hand or place the ball at the disposal of the player taking the throw-in. He may also toss or bounce pass the ball provided that:

- The official is no more than four (4) m from the player taking the throw-in.
- The player taking the throw-in is at the correct place as designated by the official.

The player shall take the throw-in at the place nearest to the infraction or where the game was stopped by the official, except directly behind the backboard.

In the following situations the subsequent throw-in shall be administered at the centre line extended, opposite the scorer's table:

- At the beginning of all periods other than the first period.
- Following a free throw(s) resulting from a technical, unsportsmanlike or disqualifying foul.

The player taking the throw-in shall have one foot on either side of the centre line extended, opposite the scorer's table, and shall be entitled to pass the ball to a team-mate at any place on the playing court.

Following a personal foul committed by a player of the team in control of the live ball, or of the team entitled to the ball, the subsequent throw-in shall be administered at the place nearest to the infraction.

Whenever the ball enters the basket but the field goal or the free throw is not valid, the subsequent throw-in shall be administered at the free-throw line extended.

Following a successful field goal or a successful last or only free throw:

- Any player of the non-scoring team shall take the throw-in at any place behind that team's endline.  
This is also applicable after an official hands or places the ball at the disposal of the player taking the throw-in after a time-out or after any interruption of the game following a successful field goal or a successful last or only free throw.
- The player taking the throw-in may move laterally and/or backwards and the ball may be passed between team-mates behind the endline, but the five (5) second count starts when the ball is at the disposal of the first player out-of-bounds.



## DEFINITIONS

### FUMBLE:

Is when a player accidentally loses control of the ball. The player can legally recover the ball.

### DRIBBLE:

Is made when a player in control of the ball bounces, throws, taps, or rolls the ball and touches it again before it touches another player. During a dribble, the ball must contact the floor, between touches. The dribble ends when the ball comes to rest in 1 or both hands.

#### The following are not dribbles:

- The player fumbles the ball at the beginning or end of a dribble
- Successive shots for goal (regardless of whether the ball hits the ring/backboard or not)
- Attempts to gain control of the ball by tapping the ball away from another player
- Deflecting a pass and gaining control of the ball.
- 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.

#### Rule:

A player shall not dribble a second time after his first dribble has ended unless between the two (2) dribbles he has lost control of a live ball on the playing court because of:

- A shot for a field goal.
- A touch of the ball by an opponent.
- A pass or fumble that has touched or been touched by another player.

### TEAM CONTROL:

Starts when a player from either team is holding or dribbling the ball. This included passing the ball between teammates, and if the ball spills loose due to defensive pressure.

It does not end until:

- The ball leaves the hand on a shot
- A player from the opposing team is either holding or dribbling the ball

This principle is important, as the 3-second, backcourt, and shot clock rules all involve this concept.

No team control, no 3-second or backcourt violations; the shot clock cannot start

## VIOLATIONS

Violations are infractions of the rules. The penalty is the opponents receive the ball for a throw-in from the nearest point out of bounds, except directly behind the backboard, unless otherwise stated.

### OUT OF BOUNDS:

Includes the sidelines, end lines, the floor and all objects outside those lines. The boundary lines are out of court. This includes structures, supports, the back of the backboard, lights, ceiling, and overhangs. It does NOT include the edges (sides, top, or bottom) of the backboard.

The ball is out of bounds if it touches any of the above, or someone who is standing out of bounds. The ball is caused to go out of bounds by the last player to touch the ball before it goes out, or by a player who is already out of bounds.

### THROW-IN FROM OUT-OF-BOUNDS

Once the ball has been given to a player to pass in, the player must:

- release the ball within 5 seconds
- not touch the ball in court until it has touched another player
- not take more than 1 normal step laterally (about a metre) in one direction only
- not cause the ball to touch out of bounds or enter the basket before
- touching another player in court

Other players may not have any part of their body over the boundary line (plane). The ball must be over the boundary line and released by the player throwing the ball in, before anyone in court can legally touch the ball. If an opponent deliberately tries to delay the throw-in, a technical foul may be called. If the distance from the line to the nearest object is less than 2 metres, all other players must remain at least 1 metre from the player out of bounds.

After a score, the ball is put back into play from behind the endline (except after a technical, unsportsmanlike or disqualifying foul). In this case only, the player who is throwing in may move anywhere along the endline, or pass to a teammate behind the endline, provided the ball is thrown in under the conditions above.

### ILLEGAL DRIBBLE

A player may not start a second dribble after completing a dribble. That player may dribble again, but only if they take a shot, pass to someone else, or fumble the ball, which is then touched by another player (not "in the hands" of the dribbler). This now includes deliberately throwing the ball against the back board as a dribble

### CARRIED BALL

A player is not allowed to let the ball come to rest in one hand during a dribble. This usually means that the hand is not allowed to go underneath the ball while touching it, during a dribble.

## TRAVELLING

### Establishing a Pivot Foot:

When a player receives the ball, they are entitled to stop, move, shoot or pass under the following conditions:

- A player catches the ball with both feet on the floor – may use either foot as the pivot foot

A player catches the ball while moving or dribbling may stop as follows:

- If 1 foot is touching the floor, then this foot becomes the pivot foot as soon as the other foot touches the floor, or if the player jumps off this foot, and lands on both feet at the same time, then neither foot is the pivot foot.
- If both feet are off the floor and the player lands:
  - On both feet at the same time, then the player can choose which foot is the pivot foot
  - On 1 foot, then the other, then the first foot to touch the floor is the pivot foot
  - On 1 foot, then jumps and lands on both feet at the same time, then neither foot can be used as a pivot foot.

### Progressing with the Ball:

After coming to a stop and establishing a pivot foot a player:

- When starting a dribble, must release the ball before lifting the pivot foot
- May lift the pivot foot, or jump, as long as they release the ball on a pass or shot before the pivot foot returns to the floor

After coming to a stop, with the player having no pivot foot, a player:

- When starting a dribble, must release the ball before lifting either foot
- May lift one or both feet off the floor as long as they release the ball before either foot returns to the floor

### A “Travel” is any infraction of these conditions.

Player falling, lying or sitting on the floor:

- 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.
- It is a violation if the player then rolls or attempts to stand up while holding the ball.

## RETURN TO BACKCOURT

There are three conditions that have to be met for a team to violate this rule. They are:

- A team must be in control of the ball (see previous for definition of team control)
- A member of that team must be the last to touch the ball in their team’s front court
- Any member of that team is the first to touch the ball once it has gone into their backcourt.  
The centre line is considered to be part of the backcourt.

**If these three conditions are not met, there is no violation.**

### Exception:

An airborne player has jumped from their front court and

- Gains control of (catches) the ball while still in the air
- And is the first player on their team establish team control
- Then lands in that team’s back court

**There is NO violation in this instance! This exception is to eliminate the unfair penalty for good defence**

## GOAL TENDING

- A player may not touch the ball on its downward flight on a shot for goal, while the ball is above the level of the ring, or until either it touches the ring, or it is obvious that it will miss the ring.
- A player may not cause the backboard, ring or net to move in a way to affect the ball’s motion while the ball is on the ring, or in the basket.
- A player may not reach through the ring from below and touch the ball while it is above the level of the ring, even if the ball is being passed.

If a defensive player does so, and in the opinion of the referee it has caused the shot to not go in, then it is a violation, and the points are awarded to the offensive team.

If an offensive player does so, and in the opinion of the referee it has caused the ball to go in the basket, then it is a violation, no points are awarded, and the defensive team gets the ball for a throw-in.

If the ball is touched on its upward flight by either team after the siren to end a period, then the ball becomes dead, and no points can be awarded. Otherwise the above restrictions still apply.

## PLAYING THE BALL

Deliberately playing the ball with a foot, or any part of the leg, is a violation. Playing the ball with a fist is also a violation.

**Penalty:** the opposing team is awarded the ball for a throw-in.

## FIVE SECOND RULE

### Closely Guarded Player:

A player holding the ball, who is closely guarded (actively and within 1 metre)

by an opponent (without causing contact), must pass, shoot, or dribble the ball within 5 seconds.

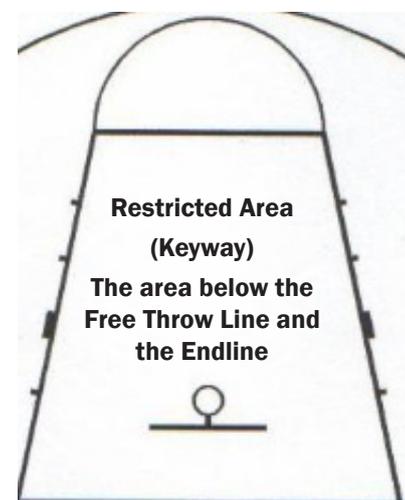
### THREE SECOND RULE

When a team has control of the ball in the front court only, a player of that team cannot remain in the restricted area (Key) for more than 3 seconds (please refer to team control definition).

**FDBA Rules for Primary School Competition level allow 5 seconds instead of 3 seconds**

Allowances are made for when that player is attempting to leave the Key, and also if any player is in the shooting action.

Please note that the rule was NOT intended to give the defensive team a huge advantage in gaining rebounds, rather, to prevent any one offensive player from dominating the Keyway, by keeping them on the move.



### EIGHT SECOND RULE

A team in control of the ball in its back court (see definition of team control listed previously) must get the ball over the centre line within 8 seconds.

If the ball goes out of bounds, then that team has only the remaining time left to get the ball over the centre line. There is no reset of the eight-second count unless the defensive team commits a violation or foul.

The eight second count starts when a team gets control of the ball in court, not when the ball is at the disposal of a player for a throw-in.

During a dribble from the back court into the front court, the ball is considered to be in the front court only when BOTH feet of the dribbler AND the ball are in contact with the front court. This will apply to a player only as long as they are dribbling (meaning the dribbler can now turn on the centre line, and even dribble the ball in the back court while both feet are in the front court – i.e. both feet AND ball in the front court before the 8 second count ends!).

### TIMING REGULATIONS

For Timing Regulations and Match Clock Rules please refer to the FDBA Primary School Competition Guidelines.

### FOULS - PRINCIPLE OF VERTICALITY:

During the game, each player has the right to occupy any position (cylinder) on the court not already occupied by another. This principle protects the space on the floor that the player occupies, and the space above when they jump vertically. A player may not leave their vertical position and cause contact with another player.

The defensive player must not be penalised for leaving the floor vertically (within his cylinder) or having his hands and arms extended above him within his own cylinder.

The offensive player, whether on the floor or airborne, shall not cause contact with the defensive player in a legal guarding position by:

- Using his arms to create more space for himself (pushing off).
- Spreading his legs or arms to cause contact during or immediately after a shot for a field goal.

### LEGAL GUARDING POSITION:

A defensive player has established an initial guarding position when he has both feet on the floor, facing his opponent first. The legal guarding position extends vertically above him (cylinder) to the ceiling. He may jump, or raise his arms above his head, provided they are within this cylinder.

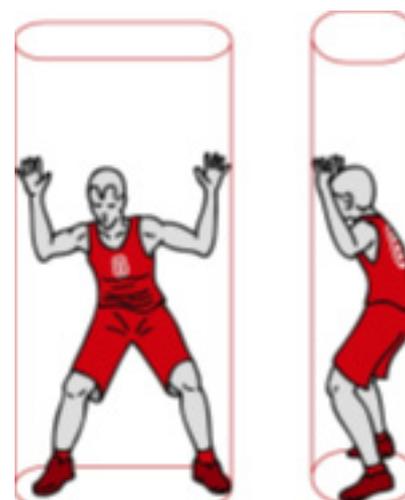
### CONTACT: GENERAL PRINCIPLES

#### Cylinder principle

The cylinder principle is defined as the space within an imaginary cylinder occupied by a player on the floor. It includes the space above the player and is limited to:

- The front by the palms of the hands
- The rear by the buttocks, and
- The sides by the outer edge of the arms and legs.

The hands and arms may be extended in front of the torso no further than the position of the feet, with the arms bent at the elbows so that the forearms and hands are raised. The distance between his feet will vary according to his height.



## **CONTACT: GENERAL PRINCIPLES (CONTINUED)**

### **Guarding a Player who does NOT control the ball:**

A player is entitled to move freely on the court and take any position not already occupied, provided that they allow "time and distance". The distance is proportional to the speed of a moving player. It is at least 1 normal step, up to a maximum of 2 normal steps. This distance also applies if the player cannot see the opponent. If the opponent is stationary, and they can see the player concerned, then no distance needs to be given.

### **Guarding a Player WITH the Ball:**

"Time and Distance" do NOT apply! A player with the ball must expect to be closely guarded, and be prepared to stop, or change direction in a fraction of a second. The defensive player must establish the initial guarding position. Then the defender may move sideways or backwards to maintain that position. When moving, one or both feet may be off the floor, as long as the movement is lateral or backwards, not TOWARDS the player with the ball. If there is contact on the torso of the defender, then they are considered to have been there first. A defender may turn within their cylinder to cushion any blow or to avoid injury. The player with the ball causes the contact in this instance.

### **Airborne Players:**

An opponent may not take a position on the floor in the path of an airborne player, except where they were occupying that spot before the jumper left the floor. The jumping player must ensure that no one is occupying a position in his path before he leaves the floor. This applies equally to players with or without the ball.

### **Penalties**

Foul on a Player: Ball is awarded for a throw-in at the nearest point out-of-bounds.

Foul on a Player in the Act of Shooting:

If the shot is successful, then it counts, and the player concerned is awarded a bonus free throw

If the shot misses, then either 2 or 3 free throws are awarded (dependant on where the shot attempt was made from).

# TYPES OF FOULS

## TECHNICAL FOUL:

Rules of conduct

- The proper conduct of the game demands the full and loyal cooperation of the players and team bench personnel with the officials, table officials.
- Each team shall do its best to secure victory, but this must be done in the spirit of sportsmanship and fair play.
- Any deliberate or repeated non-cooperation or non-compliance with the spirit and intent of this rule shall be considered as a technical foul.
- The official may prevent technical fouls by giving warnings or even overlooking minor infractions which are obviously unintentional and have no direct effect upon the game, unless there is repetition of the same infraction after the warning.
- If an infraction is recognised after the ball becomes live, the game shall be stopped and a technical foul charged. The penalty shall be administered as if the technical foul had occurred at the time it is charged. Whatever occurred during the interval between the infraction and the game being stopped shall remain valid.

## Violence

Acts of violence may occur during the game, contrary to the spirit of sportsmanship and fair play.

These should be stopped immediately by the officials and, if necessary, by public order enforcement officers.

**Penalty:** Two free throws, AND possession of the ball for a throw-in from the centre line.

Whenever acts of violence occur involving players or team bench personnel on the playing court or in its vicinity, the officials shall take the necessary action to stop them.

- Any of the above persons who are guilty of flagrant acts of aggression against opponents or officials shall be disqualified. The referee must report the incident to the organising body of the competition.
- Public order enforcement officers may enter the playing court only if requested to do so by the officials. However, should spectators enter the playing court with the obvious intention of committing acts of violence, the public order enforcement officers must intervene immediately to protect the teams and officials.
- All other areas, including entrances, exits, hallways, dressing rooms, etc., come under the jurisdiction of the organising body of the competition and the public order enforcement officers.
- Physical actions by players or team bench personnel which could lead to damaging of game equipment must not be permitted by the officials.

## Definition

A technical foul is a player non-contact foul of a behavioural nature including, but not limited to:

- Disregarding warnings given by officials.
- Disrespectfully touching the officials, the commissioner, the table officials or the team bench personnel.
- Disrespectfully communicating with the officials, the commissioner, the table officials or the opponents.
- Using language or gestures likely to offend or incite the spectators.
- Baiting an opponent or obstructing his vision by waving his hands near his eyes.
- Excessive swinging of elbows.
- Delaying the game by deliberately touching the ball after it passes through the basket or by preventing a throw-in from being taken promptly.
- Falling down to fake a foul.

When behaviour of this nature is observed by the officials, the coach of the offending team shall be given a warning.

Should the action(s) be repeated, a technical foul shall immediately be called on the individual(s) involved.

A technical foul by team bench personnel is a foul for disrespectfully communicating with or touching the officials, the table officials or the opponents, or an infraction of a procedural or an administrative nature.

A coach shall be disqualified when:

- He is charged with 2 technical fouls as a result of his personal unsportsmanlike behaviour.
- He is charged with 3 technical fouls, either all of them or one of them, as a result of the unsportsmanlike behaviour of other team bench personnel.

If a coach is disqualified, that technical foul shall be the only foul to be penalised and no additional penalty for the disqualification shall be administered.

## Penalty

If a technical foul is committed:

- By a player, a technical foul shall be charged against him as a player foul and shall count as one of the team fouls.
- By team bench personnel, a technical foul shall be charged against the coach and shall not count as one of the team fouls.

2 free throws shall be awarded to the opponents (player elected by the coach), followed by:

- A throw-in at the centre line extended, opposite the scorer's table.
- A jump ball in the centre circle to start the first period.

## TEAM CONTROL FOUL:

The opposing team is awarded the ball for a throw-in. A "team control" foul is one committed by the team in control of the ball. This usually means a charging foul, but includes any normal foul by the team with the ball.

# TYPES OF FOULS

## UNSPORTSMANLIKE FOUL:

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.

The official must interpret the unsportsmanlike fouls consistently throughout the game and to judge only the action.

To judge whether a foul is unsportsmanlike, the officials should apply the following principles:

- If a player is making no effort to play the ball and contact occurs.
- If a player, in an effort to play the ball, causes excessive contact (hard foul).
- If a defensive player causes contact with an opponent from behind or laterally in an attempt to stop a fast break and there is no opponent between the offensive player and the opponents' basket.
- If a player commits a foul while making a legitimate effort to play the ball (normal play), it is not an unsportsmanlike foul.

### Penalty:

Two (or possibly 3) free throws, AND possession for a throw-in from the centre line.

If shooting, and the shot is successful, then 1 free throw, AND a throw-in from the centre line

A player shall be disqualified when he is charged with two 2 unsportsmanlike fouls.

## DISQUALIFYING FOUL:

A disqualifying foul is any flagrantly unsportsmanlike action by a player or team bench personnel

A coach who has received a disqualifying foul shall be replaced by the assistant coach (or Team Manager).

The same penalty as Unsportsmanlike Fouls applies.

## TEAM FOULS:

After 4 fouls by a team in a quarter (or if the game is being played in halves, 7 fouls), any additional fouls are to be penalised by 2 free throws.

Exception: a team control foul or a foul with a greater penalty.

## DOUBLE FOUL:

When 2 players from opposing sides foul each other at about the same time, no free throws are awarded, and the game restarts as follows –

- If a team scores at about the same time, then the points count, and the ball is given to the opponents of the team who scored, from the endline.
- The team that had control of the ball, or was entitled to get the ball, shall get the ball for a throw-in from the nearest point out of bounds.
- If neither team was in control of the ball, nor was entitled to it, then a jump ball is called, with possession going to the team by the possession arrow.

## MULTIPLE FOULS:

If more than one foul is called on one or both teams at approximately the same time, ALL fouls are recorded.

Those fouls by both teams that involve the same penalty are cancelled. Any remaining penalties are administered in the order that they occurred. If no penalties remain after cancellation, then the game is restarted as per the double foul procedure.

## CHARGING FOUL

Charging is illegal personal contact, with or without the ball, by pushing or moving into an opponent's torso.

## BLOCKING

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.
- If a player disregards the ball, faces an opponent and shifts his position as the opponent shifts, he is primarily responsible for any contact that occurs, unless other factors are involved.
- The expression 'unless other factors are involved' refers to deliberate pushing, charging or holding of the player who is being screened.

## HOLDING

Holding is illegal personal contact with an opponent that interferes with his freedom of movement. This contact (holding) can occur with any part of the body.

## PUSHING

Pushing is illegal personal contact with any part of the body in which a player forcibly moves or attempts to move an opponent with or without control of the ball.

It is legal for a player to extend his arm(s) or elbow(s) outside of his cylinder in taking position on the floor but they must be moved inside his cylinder when an opponent attempts to pass by. If the arm(s) or elbow(s) are outside his cylinder and contact occurs, it is blocking or holding.

## ILLEGAL GUARDING FROM THE REAR

Illegal guarding from the rear is personal contact with an opponent, by a defensive player, from behind. The fact that the defensive player is attempting to play the ball does not justify his contact with an opponent from the rear.

## TYPES OF FOULS (CONTINUED)

### CONTACTING AN OPPONENT WITH THE HAND(S) AND/OR ARM(S)

The touching of an opponent with a hand(s) is, in itself, not necessarily a foul.

The officials shall decide whether the player who caused the contact has gained an advantage. If contact caused by a player in any way restricts the freedom of movement of an opponent, such contact is a foul.

Illegal use of the hand(s) or extended arm(s) occurs when the defensive player is in a guarding position and his hand(s) or arm(s) is placed upon and remains in contact with an opponent with or without the ball, to impede his progress.

To repeatedly touch or 'jab' an opponent with or without the ball is a foul, as it may lead to rough play.

#### It is a foul by an offensive player with the ball to:

- 'Hook' or wrap an arm or an elbow around a defensive player in order to obtain an advantage.
- 'Push off' to prevent the defensive player from playing or attempting to play the ball, or to create more space for himself.
- Use an extended forearm or hand, while dribbling, to prevent an opponent from gaining control of the ball.

It is a foul by an offensive player without the ball to 'push off' to:

- Get free to receive the ball.
- Prevent the defensive player from playing or attempting to play the ball.
- Create more space for himself.

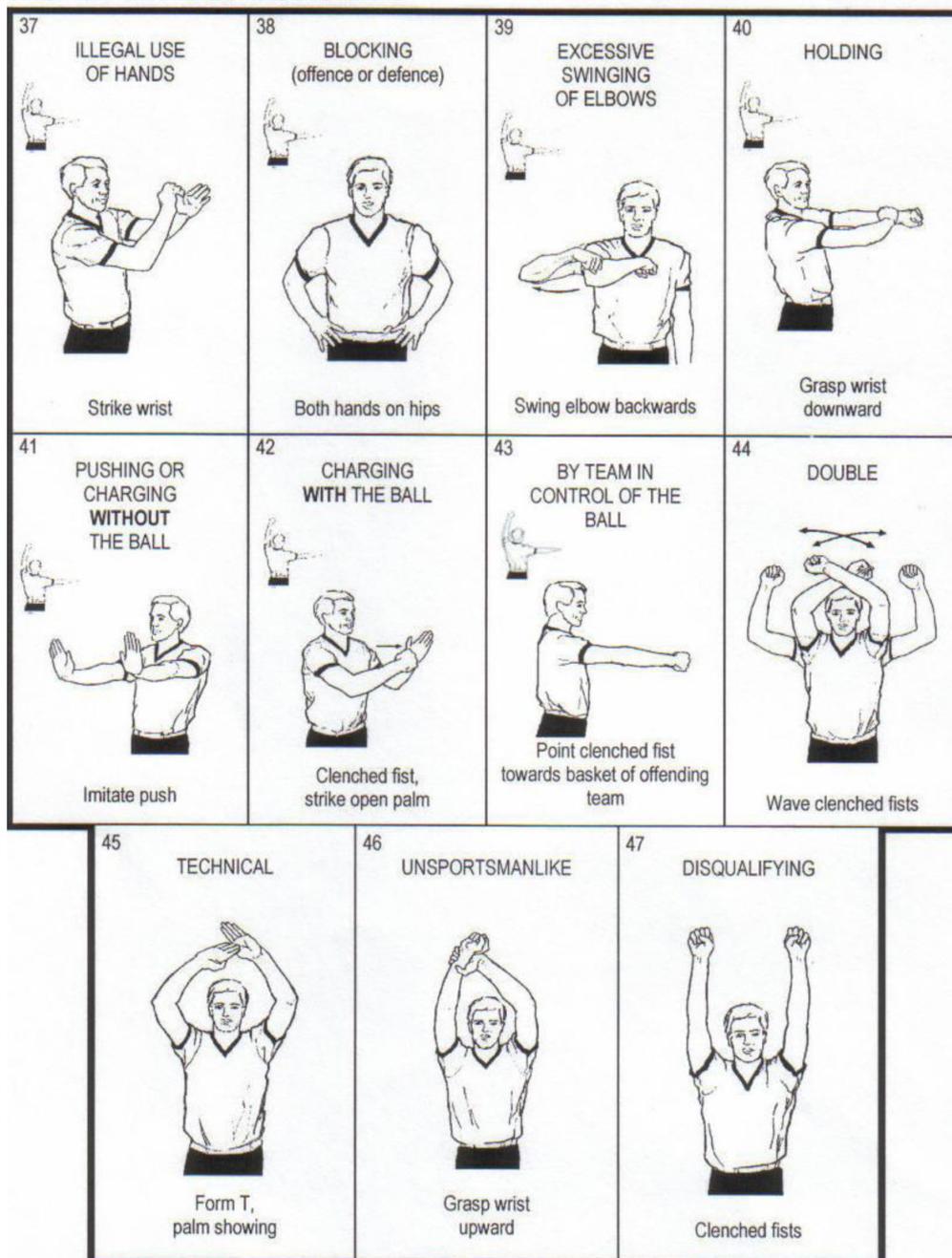
#### PLAYER WITH FIVE FOULS:

Must leave the court immediately. The team is allowed up to 30 seconds to get a replacement ready to play. It is not a time-out.

## MECHANICS OF REFEREEING

Here some diagrams of the Referee signals so there is an understanding of what they are calling.

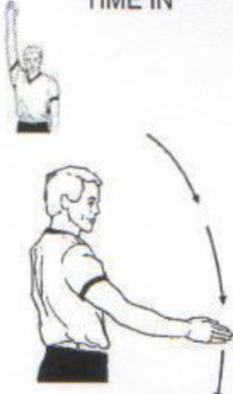
### TYPES OF FOULS



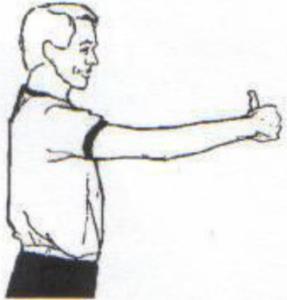
## SCORING SIGNALS

<p>1 ONE POINT</p>  <p>One finger, 'flag' from wrist</p>	<p>2 TWO POINTS</p>  <p>Two fingers, 'flag' from wrist</p>	<p>3 THREE-POINTS ATTEMPT</p>  <p>Three fingers (extended)</p>	<p>4 THREE-POINTS SUCCESSFUL SHOT</p>  <p>Three fingers (extended) on each hand</p>	<p>5 CANCEL SCORE OR CANCEL PLAY</p>  <p>Scissor-like action with arms, once across chest</p>
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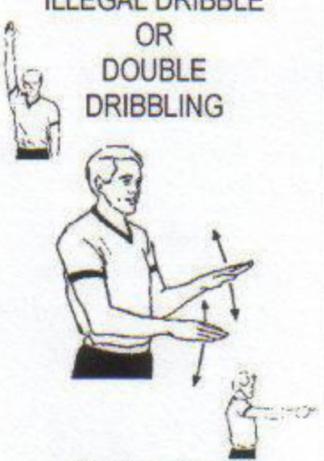
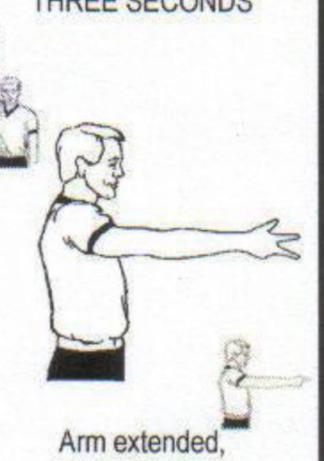
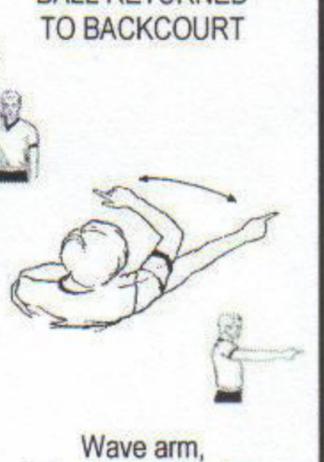
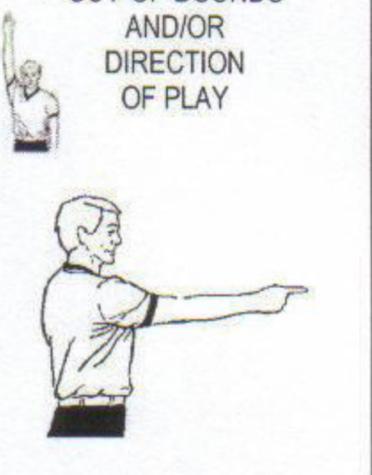
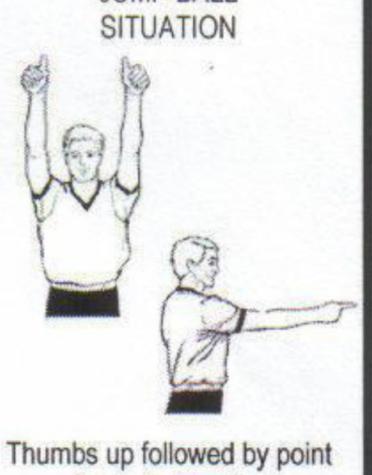
## CLOCK RELATED SIGNALS

<p>6 STOP CLOCK (blowing whistle simultaneously) OR DO NOT START CLOCK</p>  <p>Open palm</p>	<p>7 STOP CLOCK FOR FOUL (blowing whistle simultaneously)</p>  <p>One clenched fist, other palm down pointing to offender's waist</p>	<p>8 TIME IN</p>  <p>Chop with hand</p>	<p>9 TWENTY-FOUR SECOND RESET</p>  <p>Rotate hand, index finger extended</p>
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## ADMINISTRATIVE RELATED SIGNALS

<p>10 SUBSTITUTION (blowing the whistle simultaneously)</p>  <p>Cross forearms</p>	<p>11 BECKONING-IN</p>  <p>Open palm, wave towards the body</p>	<p>12 CHARGED TIME-OUT (blowing whistle simultaneously)</p>  <p>Form T, index finger showing</p>	<p>13 COMMUNICATION BETWEEN OFFICIALS AND TABLE OFFICIALS</p>  <p>Thumb up</p>
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# TYPES OF VIOLATIONS

<p>14</p> <p>TRAVELLING</p>  <p>Rotate fists</p>	<p>15</p> <p>ILLEGAL DRIBBLE OR DOUBLE DRIBBLING</p>  <p>Patting motion</p>	<p>16</p> <p>CARRYING THE BALL</p>  <p>Half rotation, forward direction</p>	<p>17</p> <p>THREE SECONDS</p>  <p>Arm extended, show 3 fingers</p>
<p>18</p> <p>FIVE SECONDS</p>  <p>Show 5 fingers</p>	<p>19</p> <p>EIGHT SECONDS</p>  <p>Show 8 fingers</p>	<p>20</p> <p>TWENTY-FOUR SECONDS</p>  <p>Fingers touch shoulder</p>	<p>21</p> <p>BALL RETURNED TO BACKCOURT</p>  <p>Wave arm, index finger pointing</p>
<p>22</p> <p>DELIBERATE FOOT BALL</p>  <p>Point finger to the foot</p>	<p>23</p> <p>OUT-OF-BOUNDS AND/OR DIRECTION OF PLAY</p>  <p>Point finger parallel to sidelines</p>	<p>24</p> <p>JUMP BALL SITUATION</p>  <p>Thumbs up followed by point finger in direction of possession arrow</p>	