



BASKETBALL REGULATIONS

➤ Start of the game

- Teams have ten minutes between the end of the preceding game and the start of their game to get ready and warm up.
- Teams that arrive within this 10-minute warm-up period are considered late and two foul shots will be awarded to the opposing team.
- Teams that fail to arrive by the scheduled start time of their game will lose by default.
- If the preceding game runs late, teams have at least a five-minute warm-up (not on the clock).
- Before the start of the game, both teams will be asked to go to the centre of the playing surface for the official handshake.

➤ Team disqualification

- A team disqualification will result in an official score of 20 to 0 being awarded to the winning team.

Reasons for disqualification

- ✗ Forgetting to appear on the court or arriving after the allowed time.
- ✗ Committing an act of cheating or using dishonest means to win a game.
- ✗ Putting an ineligible player in the game without the sports consultant's approval.

➤ Team composition

- The number of players allowed on the court is five with no more than seven substitutes.
- To register, teams must have at least seven players.
- One or more girls are allowed on a boys' team; however, no boys are allowed on a girls' team.

➤ Game play

- A game has two twenty-minute halves. The game clock can only be stopped during the last two minutes of each half.



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- **If there is a tie at the end of the game**, there will be a five-minute overtime period to determine the winner. **If the tie persists**, there will be another five-minute overtime period. The game clock can only be stopped during the last minute in each overtime period.

➤ **Three-second rule**

- While on offence, players may not stay more than three seconds in their opponents' free throw lane, regardless of whether they are in possession of the ball or not.
- If a shot is attempted, the three-second countdown only resumes once a player takes possession of the ball.
- Players on the offense cannot return to their backcourt with the ball.
- A held ball is called when two opponents have their hands firmly on the ball. A throw-in is then granted to the team entitled to take possession of the ball based on which team won the opening jump ball of the game. The referee is responsible for keeping track of which team is entitled to put the ball back into play.
- If a team violates the limitations of the court and the rules or loses possession of the ball, the opposing team resumes play with a throw-in near the place where the infraction took place or where possession of the ball was lost.
- Players in possession of the ball may not stay immobile for more than five seconds. However, they can remain in possession of the ball as long as they are dribbling.
- It is strictly forbidden for one or more boys to play on a girls' team; however, one or more girls may play on a boys' team.
- Player-to-player defense is suggested in all categories. Zone defence is only allowed in the 16–18-year-old category.

➤ **Game ball**

- 13–15-year-old and 16–18-year-old boys' teams
 - ✓ The 300 or the sx-450 model commonly used in men's basketball will be used for the event.
- 10–12-year-old boys' teams and all categories of girls
 - ✓ The 28 model will be used. However, if the coaches agree on another model, the referee must grant their request.

➤ **Substitutions**

- All changes, in any age group, must be made at the scorer's table.



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- Substitute players must put one knee on the floor next to the scorer's table while waiting for the next stoppage of play.
- The referee will signal to the players when it is their turn to play.

* **There are no rules governing level of participation, but we strongly urge coaches to give all their players some playing time.**

The **height of the basket** is set at ten feet.

➤ **Scoring**

- Scoring is as follows:
 - ✓ Two points per basket.
 - ✓ Three points per basket if the shot is made from beyond the three-point line.
 - ✓ One point per basket made from a free throw.

➤ **Fouls**

- A player commits a foul by coming into contact with another player or by touching an opponent (anywhere on the body) while trying to take possession of the ball.
- Players who commit five fouls in a game are ejected.
- If six fouls are assessed to a team in one half, every defensive foul committed after that point grants two free throws to the player who was fouled.

* This **bonus situation** will last until the end of the half. If there is an overtime period, the number of fouls assessed in the second half will continue to accumulate. As such, a team in a bonus situation in the second half will continue to be in that bonus situation in overtime.

A serious foul or aggressive behaviour (violent, vulgar, etc.) on or off the court can result in an unsportsmanlike foul. If coaches commit this type of foul, their team is automatically ejected from the game. A player may be suspended from playing for an indefinite period of time after being ejected from a game.

➤ **Time-out**

- Each team is permitted one time-out in the first period of regulation play. Two time-outs are permitted in the second period of regulation play and in each overtime period.

➤ **Team shirt colours**

- When both teams' jerseys are the same colour, the team entered as the home team on the schedule must wear a bib of a different colour.



➤ **Point spread**

- In consideration for teams that are trailing in the game, a score of 2 to 0 in favour of the leading team will be posted on the scoreboard when a 30-point spread is reached.
- From that point on, the game clock will not be stopped.
- Points will continue to be recorded on the scoresheet.
- The point spread rule will be applied to the score posted on the results board. However, for team ranking purposes, points will be compiled according to the actual score to ensure fairness for all teams.

➤ **Team standings**

- Teams are ranked according to the number of wins and losses they accumulate during the preliminary round.

To break a tie in the standings when NOT ALL teams play against each other in the preliminary round:

- A point difference is calculated by taking the number of points scored by a team (points for) and subtracting the number of points allowed by a team (points against).
- The team with the best point difference will be awarded the higher place in the standings.
- If two teams have the same point difference, the winner of the game played between the two teams will be awarded the higher place in the standings.
- If needed, the ranking of the tied teams will be determined by a coin toss.

To break a tie in the standings when ALL teams play against each other in the preliminary round:

- The winner of the game played against the tied teams will be awarded the higher place in the standings.
- If more than two teams are tied, the point difference will be calculated.
- If needed, the ranking of the tied teams will be determined by a coin toss.

NB: The FNEC Inter-school Games sports consultant reserves the right to make a final decision regarding these regulations.