

Social League Basketball Rules Semester 1 2015



- 1) A team can have 5 players on the court at all times, one of which must be female.
- 2) You can substitute players as often as you like, whenever you like.
- 3) Time-outs cannot be taken. Exceptions may be made during finals.
- 4) Halves will be 15 minutes long with a 1-2 minute half time break.
- 5) All basic basketball rules will be applied to the game, e.g. travelling and double dribbling. However the rules will be relaxed to reflect the deliberately social nature of the league. This means that technicalities e.g. 3 seconds in the key will not apply.
- 6) If a team is on offence and brings the ball over the halfway line and then intentionally or unintentionally makes the ball travel behind the half way line this will constitute a backcourt violation and the opposition team will inbound the ball from half way.
- 7) If a player is fouled his/her team will inbound the ball from the side, no free throws will be taken.
- 8) The “no free throws” rule reflects the social nature of this competition. Any abuse of this rule through intentional fouling of players will be treated very seriously.
- 9) The referee has the discretion to sin bin or send players off the court for unfair play or abuse.
- 10) If a player is fouled while shooting, one point will be awarded or 3 points if the shot is made.

Rules Prepared by Sean Kim - Social League Supervisor