

## BASKETBALL RULES

### Game Play:

- Games will consist of two 14-minute halves with a 1 minute half time.
- Basketball will be played 5-aside.
- 2 females to be on at all times.
- You have 5 minute to have 2 females on the court, if you do not have 2 females by then game can continue but other team will 'Win by Default.'

### Points

- 2 points for outside the arch.
- 1 point for inside the arch.
- Automatic 1 point if a male fouls a female who is going for a layup or shoot inside the arch.

### Dress Code:

- You do not need to bring your own bibs. They're provided on the night.
- We recommend teams wear uniform/same coloured shirts.
- Active wear and soft soled shoes are required.
- No jewellery, hats or long nails are permitted. If you have long nails, you will be asked to cut them or to be removed off the court till so.

### Deductive Points

- If your team fails to let me know by Tuesday that you cannot play on Wednesday night - 3 points will be deducted from your overall points on the leaderboard.
- If your team fails to turn up on the night - 5 points will be deducted from your overall score on the leaderboard.

### General Game Rules

- Teams must have a minimum of 4 players to start, or the other team will 'Win by Default.'
- Game begins in the middle circle with a toss in the air by an umpire. Either male vs male or female vs female to participate in toss.

- Males cannot interfere with a female who has the ball and is inside the arch going for a shot or layup. If a male does, 1 point automatically for the other team. Attacking team will continue with the ball starting outside the court.
- If a female has the ball outside of the arch, males can defend but cannot interfere with the ball. If the ball is interfered 1 point automatically to the other team.
- Male on male, female on female defence, can include ball interference, but as soon as there is an on body contact the ball will be taken out of court for the attacking team.
- After a goal is scored, the ball is taken out of court by defending team.
- NO free- throws.

### Infringement:

- **Travelling:** You can only take two steps without dribbling when in the motion of moving forward (pass, layup etc).
- **Double dribble:** a player cannot start dribbling pick up the ball and start again.
- **Carry ball:** players cannot run or travel with the ball (2 or more steps).
- **Defensive foul:** if the defending player makes on body contact, tripping, holding, shouldering or pushing to the offensive player. Ball will be reset out of court (if in motion of a shot or layout umpire will call contact and ball is taken from out of court).
- **Fouls:** team and individual fouls will not be counted. But if umpire notices a particular individual continuous fouls, appropriate warning will be given.
- **Offensive foul:** if offensive player is charging in for a layup, does not avoid running into the defender. The ball will be handed over to other team outside the court.

### Leader board points:

<b>Win:</b>	4 points
<b>Draw:</b>	2 points
<b>Loss:</b>	0 points