

# ADULT BASKETBALL

## RULES & REGULATIONS

### Rule 1: SCORING AND TIMING

- **Section 1: Scoring:**
  - Three Point Basket: 3 points
  - Two Point Field Goal: 2 Points
  - Free Throw: 1 point
  - Defaulted-Game: 7-0 or score stands if defaulting team is behind at the time of default.
  
- **Section 2: Timing:**
  - A. A game shall consist of two 15-minute running time-halves (except for circumstances listed in 'D' below).
  - B. Final/3<sup>rd</sup>-place game consists of four 8-minute quarters.
  - C. A two-minute intermission will precede any overtime period.
  - D. Game clock will be stopped during the following:
    - In games other than the final/3<sup>rd</sup>-place:
      - During all fouls that result in a free throw
      - Any time the whistle is blown in the last 2 minutes of the 2<sup>nd</sup> half
    - In final/consolation game:
      - Any time the whistle is blown throughout the entire course of the game
  - E. Overtime periods will be three minutes in all games preceding the final, and five minutes for the final game.
  - F. There is a five minute intermission between halves.
  - G. There is a two minute intermission between each quarter for the final/consolation game.
  - H. A 35-second shot clock will be enforced on all offensive possessions.
  
- **Section 3: The Game:**
  - A. Successive overtime periods will be played until one team has outscored the other at end of an overtime period.
  - B. The Alternating Possession rule will govern throughout the game and the initial possession in an overtime period.
  
- **Section 4: Time-outs:**

- A. Each team is allowed two time-outs per half.
- B. Each team is allowed one time-out per overtime period.
- C. Time-outs are not cumulative from the first half into the second half, from the second half into overtime, or from the overtime period into another.
- D. Time-outs may be requested by any player on the court during a dead ball, or by any player on the court whose team is in control of the ball during a live ball.
- E. Time-outs shall be one minute long.
- F. Referees decide rules on advancing and placement of ball after Time-outs.

## **Rule 2: PLAYERS AND SUBSTITUTES**

- **Section 1: Players**

- A. A team consists of five players. A team may not play with less than three players. No more than eight names may appear on either the official roster or a game card at any time.

- **Section 2: Substitutes**

- A. All substitutes must report to the score keeper. Substitutes will be allowed to enter the game by an official only during a dead ball. All substitutes must wait for an official's final signal to enter the game. Failure to comply with either of these rules will result in a Technical Foul being assessed.

- **Section 3: Team Uniforms**

- A. Each team shall wear shirts of the same color. Each player must have a unique number on the back of his/her shirt.

## **Rule 3: PUTTING THE BALL IN PLAY**

- **Section 1: General**

- A. Before the start of the tournament, the ZSC sports coordinator will explain special rules to the team captains and answer any questions. Knowing the rules and explaining them to his team is the responsibility of each captain, and he should not expect a briefing on every rule before the game.
- B. The last name, and the number of each player must appear on the game card before the game, even if that player will show up late for the game.

C. The game will begin with a jump ball at the center circle.

- **Section 2: Jump Ball**

A. Jump ball takes place only at the beginning of the game. Initial possession to start periods (quarters/half/overtimes) will be determined by the Alternating Possession Rule (see below).

B. Time is started when the ball is touched by either of the players jumping.

- **Section 3: Alternating Possession**

A. The team which did not control the opening jump ball will be awarded possession at the first tie ball situation. Possession will be awarded alternately for subsequent jump ball situations and start of new periods (for the duration of the first half).

## **Rule 4: PENALTIES AND FOULS**

- **Section 1: Free Throws**

The game clock will be stopped whenever the whistle is blown for a free throw attempt. The player shooting the free throw has 10 seconds to release the free throw shot after all players have lined up along the key. If a player fails to release the shot within 10 seconds, a Delay of Game Violation will be called. Two Delay of Game violations will result in a technical foul and two free throws will be granted to the opposing team.

Non-shooting fouls in a non-penalty situation (see rules for Penalty in Section 2 below) will result in the ball out of bounds for the fouled team.

Non-Shooting Foul During Penalty Situation (See Section 2 below):

- If the defensive team who committed the foul is in a penalty situation, the fouled player is granted 1 free throw, and one additional free throw if the first one is made. If missed, the rebound is live.

Non-Shooting Foul During Double-Penalty Situation (See Section 2 below):

- If the defensive team who committed the fouls is in a double-penalty situation, the fouled player is granted 2 free throws.

Shooting Foul:

- If a player is fouled in the act of shooting and the shot is made, the value of the shot (2 points or 3 points) is granted in addition to one free throw.
- If a player is fouled in the act of shooting and the shot is missed, the fouled player is granted 2 free throws if the shot was taken in front of the 3-point arc, and 3 free throws if the shot was taken from behind the 3-point arc.

- **Section 2: Team Fouls/Penalty Rules**

- A. All Games Except Final/Consolation:

Each team is allotted seven fouls per half without entering into a penalty situation. The penalty situation is as follows

- 0-6 Team Fouls: No penalty; the fouled team is granted free throws on a “1+1” basis on shooting fouls only. Non-shooting fouls will result in the ball out of bounds for the fouled team.
- 7-9 Team Fouls: Penalty; the fouled offensive team is granted free throws on a “1+1” basis on all non-shooting fouls, and 2 free throws (3 for 3-point shot attempt) on shooting fouls, called on the defensive team.
- 10 or more Team Fouls: Double Penalty; the fouled team is granted two free throws (3 for 3-point shot attempt) on every foul called on the defensive team.

- B. Final/Consolation Games:

Each team is allotted four fouls per quarter without entering into a penalty situation. The penalty situation is as follows

- 0-3 Team Fouls: No penalty; the fouled offensive team is granted free throws on a “1+1” basis on shooting fouls only. Non-shooting fouls will result in the ball out of bounds for the offensive team.
- 4-6 Team Fouls: Penalty; the fouled offensive team is granted free throws on a “1+1” basis on all non-shooting fouls, and 2 free throws (3 for 3-point shot attempt) on shooting fouls, called on the defensive team.

- 7 or more Team Fouls: Double Penalty; the fouled team is granted two free throws (3 for 3-point shot attempt) on every foul called on the defensive team.

Offensive fouls result in a turnover and will not contribute to the team foul total.

- **Section 3: Player Control Foul (offensive foul)**

- A. Player control fouls occur when an offensive foul is committed by a player in possession of the ball. In that case, the ball is awarded out of bounds to the defensive team. This is not a team foul.

- **Section 4: Intentional Fouls**

- A. Two shots are awarded if the foul is committed intentionally at any point in the game.

- **Section 5: Technical/Flagrant Fouls**

- A. All Technical/Flagrant fouls will be penalized with two free throws and possession awarded to the opposing team.

- **Section 6: All Other Fouls**

- A. The ball is awarded out of bounds.

- **Section 7: Disqualification (ejection)**

- A. A player is disqualified after his sixth personal foul.
- B. A Player is disqualified after his second Technical foul.
- C. A player may be disqualified at the discretion of the officials of his first incidence of a Flagrant Foul or unsportsmanlike conduct, depending on the severity of the incidence.

- **Section 8: General Violations (resulting in a turnover)**

- A. All general basketball violations (e.g., travelling, double dribble, etc.) will apply.
- B. A player will have 5 seconds to inbound the ball before a violation is called.
- C. The offensive team will have 10 seconds to bring the ball across the half-court line if the ball is inbounded in the backcourt. Failure to do so will result in a turnover.
- D. A 35-second shot clock will be enforced on all offensive possessions. If the offensive team fails to register a field goal

attempt that makes contact with the rim within the time limit, they are assessed a violation resulting in a turnover.

**Provoke and Retaliation Rules**

*The person that provokes harm will be ejected from the game/tournament and subsequent games for the following three years. The player who retaliates will be ejected and banned for two years.*

*All rules and regulations are subject to modification by the ZSC sports coordinator without prior written notice.*

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