

## Champions in Motion: Basketball Rules 101

### Court

- Half-court basketball

### Equipment

- Team Uniform
- Gym shoes
- All other equipment will be provided.

### The Game

- The game will be played for 20 minutes, with two 10-minute halves. A two-minute 'halftime' break will occur between the first and second half of play. Games are 15 minutes long, and there will be a running clock.
- There will be a running clock applied for the full 20 minutes. One 60-second timeout is allowed per team per game. When a timeout is called, the clock will be stopped. The referee may stop the clock at his/her discretion and is advised to do so at any time.
- A field goal from any area on the court will count for two points.
- The game will start with a flip of a coin for possession. There is no jump ball.
- A team will be declared the winner if they reach 20 points. The full 20-minute game time is to be played out, but the score will stand once a team scores its 24th point. Thus, the winning team is the first team to score 20 points or the team with the highest score after the 20-minute game.
- All games will be played with a 27.5 – 28.5 sized basketball.
- Substitutions: Coaches can make substitutions after any whistle, including balls going out of bounds, goals, after a timeout, after a penalty and after halftime. Officials will whistle in substitutions. Note: During play, coaches and support staff cannot participate in the competition in any way beyond physically supporting individuals who need one-on-one support or guidance to compete (cannot participate in active play).

### Competition

#### **Objective: To score more points than your opponent**

- The referee will handle the ball on all out-of-bounds plays.
- The ball is dead after a foul or violation is called, a field goal is made or any other time the referee blows his/her whistle.
- Teams change possession of the ball after a field goal. However, if a player is fouled in the act of shooting and makes the basket, the field goal is credited, and the scoring/offended team retains possession of the ball.
- The throw-in spot for all non-shooting fouls (fouls, violations, out-of-bounds, made

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field goals, timeouts) will be at the top of the key (behind the 3-point line).

- The player inbounding the ball at the top of the key must make one pass before any scoring attempt can be made. No free throws will be permitted.
- For all shooting fouls, the ball will be inbounded along the baseline at a designated spot.
- On any change of possession, the team that just gained possession of the ball must take the ball back behind the foul line extended before shooting. In taking the ball back, either the ball or the foot of the player in possession must touch the foul line extended or the area behind it.
- A violation/foul has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended. This foul will result in loss of possession for the offending team.

### **Substitutions**

- Substitutions may be made on a dead ball. When one team makes a substitution, the other team must be given an opportunity to substitute as well.
- A held ball is called when opposing players have one or both hands so firmly on the ball that possession can be gained only by force. The ball is awarded on the basis of alternate possession. First possession is granted to the team that loses the coin toss at the start of the game.

### **Scoring**

- All field goals no matter where they are scored from, count for 2 points.

### **Points of Emphasis**

- Athletes will be allowed to “double dribble” one time. Should they pick up their dribble a second time, they must pass or shoot the ball.
- Blatant shooting fouls (will be called). Concerning optional adaptations: A player may take two steps beyond what is allowable. However, if the player scores, “travels,” or escapes the defence as a result of these extra steps, an advantage has been gained. A violation is called at the official’s discretion, and this will vary based on the ability level of respective divisions.

### **Penalties**

- A foul is an infraction of the rules involving personal contact with an opponent or unsportsmanlike behavior. It is charged against the offender.
- There are no individual or team foul limits in 3-on-3 half-court competition. However, misconduct will result in a warning to the player and coach.
- Continual misconduct or flagrant and intentional fouling will result in player ejection. An offensive player, including the shooter, may remain in the free throw lane (the KEY) for no longer than three seconds.
- The penalty for this infraction is loss of possession. A player making a throw-in shall have five seconds to release the ball. The penalty for taking more than five seconds shall be loss of possession.