

1. Aims and Objectives

- 1.1 These notes are to help you to play by the rules and to assist you in being a better spectator of the game.

2. The Game

- 2.1 A game consists of two twenty minute halves. The object of the game is to score more baskets in the allotted time limit. There is no time off during the game. The clock is continuous. (The clock may stop during timeouts in 'A' games only, at the discretion of both coaches)

3. Playing Conditions

- 3.1 Size of Field - See Laws of Basketball.
3.2 Number of Players - A team consists of up to 12 players with five (5) players on the court.
3.3 Duration of Game - * **Game duration should be 2 x 20 minute halves. There are no timeouts in Basketball, except in 'A' games where 1 per team, per game is permitted (see 2.1 above re: clock)**
3.4 Size of Ball: - **The ball shall be 'Size 5' for all age groups**
(Size 5 dimensions are 27.75 inches (70.5 cm) in circumference)

4. Laws and Modifications - For all teams regardless of grade.

- 4.1 The free throw line should be brought forward from the regular line to the dotted line of the restraining circle in the zone for all teams except 'A' teams who shall use the regular line.
4.2 The game is started by a jump ball in the centre-restraining circle. The official clock is started the moment the ball is tapped. **The 2nd half restarts under the alternate possession method** (See 11.43)
4.3 Scoring
4.31 FIELD GOAL (shot made from anywhere on the court) counts as two (2) points. FREE THROW (an unguarded throw for goal by a player after a foul) counts one (1) point.
4.32 No three (3) point goals exist at this level of the game.
4.4 **No Zone Defence is to be used. Man on man, full court or half court is acceptable. A floating Zone is also NOT allowable.**

5. Dress

- 5.1 School sports or basketball uniform should be worn.
5.2 Students should be instructed to wear sports shoes with non-marking soles, which have enough grip for the surface on which the game is played.

6. Equipment

- 6.1 Recommended
6.11 Mouthguard

7. Venues

- 7.1 Ground Preparation
7.11 The court surface should be free of obstruction.
7.12 The immediate surrounds of the court perimeter should have a space clear of any objects or obstacles, including Officials Tables and Benches.
7.13 Where possible goal posts should be padded. Padding should be placed on any walls directly behind the goal posts.
See also 'IPSHA. Venue List'

8. Safety

- 8.1 Prevention
8.11 Students should be encouraged to keep fingernails short.
8.12 No jewellery should be worn. Medical alert chains should be taped to the body.

- 8.13 Students are to be instructed to use adequate sun protection, e.g. sunscreen and a soft brim hat. (The Basketball Association does not promote outdoor games, and recommends Common Sense and normal School rules for outside games.)
- 8.14 Players should be encouraged to warm-up, before they take an active part in the game.

8.2 Injuries

- 8.21 A well-equipped medical kit must be readily available.
- 8.22 Ice should be readily available for the treatment of injuries.

8.3 Perimeter

- 8.31 Boundaries should be clear of belongings, reserves, and spectators...

8.4 Blood Bin

- 8.41 A player who is bleeding leaves the playing area until the bleeding has stopped and the wound securely covered.
- 8.42 All contaminated clothing and equipment is replaced and in cases where appropriate, the playing surface cleaned, prior to the game or activity recommencing.

9. Officials

- 9.1 Referee - The Host school should provide one qualified (Badged) Referee for all games. A second referee may be provided at the Host team's discretion. Local Association Referees are recommended.
- 9.2 Coaches - Each team is to be under the direct care of a nominated person from the participating schools.
- 9.3 Bench - Generally two adults (eg. One adult each from Host and Guest schools.)

10. Spectators

- 10.1 Be positive and restrained in supporting teams.
- 10.2 Spectators are not allowed onto the field.
- 10.3 Spectators should remain 5m away from side and goal lines.
- 10.4 The Laws of Basketball are strict. Spectators can be technically fouled!

11. Definitions of Term

11.1 Skills Used

- 11.11 DRIBBLING a play in which a player gives impetus to the ball one or more times, causing it to rebound from the floor so as to touch or regain possession of it.
(The first impetus may be given with either or both hands but subsequent contacts are made only with one hand.)
- 11.12 PASSING moving the ball by throwing, bouncing, batting, handing or rolling to another player.
- 11.13 SHOOTING throwing the ball so as to make a basket.
- 11.14 DODGING changing direction to avoid an opponent.
- 11.15 PIVOTING stepping once or more than once in any direction with the same foot, holding the other foot, called the pivot foot, at its initial point of contact with the floor.
- 11.16 SCREENING a legal method of blocking without causing contact. Screen can be set for both moving and stationary player and the player for whom the screen is set may or may not have the ball.
- 11.17 DEFENDING THE GOAL protecting the basket so as the opponent may not score.
- 11.18 ATTACKING THE GOAL working the ball into the position so as to have a chance to shoot.

11.2 FOULS

- 11.21 FOUL An infringement or breakage of a rule for which free throws may be



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- awarded. A foul is recorded and a side inbound given to the non-offending team for a foul, unless: the player is in the act of shooting and misses - 2 free throws are awarded. If the player is in the act of shooting and makes the basket, then 1 free throw is awarded. If the team foul count for the half reaches 7, then any subsequent foul is awarded 2 free throws (ie. the 8th foul means 2 free throws irrespective of type of foul or location on the court.)
- 11.21a **PERSONAL FOUL** Should a player receive 5 personal fouls in a game, he/she is disqualified from participating in the remainder of that game.
- 11.22 **BLOCKING** an individual foul involving personal contact that impeded the progress of an opponent with or without the ball. (A player may **NOT** enter the path of a moving player without giving that player a chance to stop or change direction. A player **CANNOT** impede the progress of another by holding both arms fully extended horizontally.
- 11.23 **CHARGING** a player with the ball moves into an opponent whose position is legal or whose path is already established. (Contact caused by momentum of a player who has passed or thrown for a goal is a form of charging.)
- 11.24 **DISQUALIFYING** unnecessary roughness or unsportsmanlike behaviour. (this can be using foul language !) For this, a player is removed from the game.
- 11.25 **HACKING** the player hits the arm or hand of the person holding the ball.
- 11.26 **HOLDING** the player holds the person with or without the ball.
- 11.27 **TEAM** any foul charged against the offending team. (including, illegal substitution, taking more than the legal number of time-outs.) After 7 team fouls in a Half - opposite team bonus situation of 2 free throws.
- 11.28 **TECHNICAL** A foul given against poor sportsmanship. e.g.COACH, SPECTATOR or PLAYER for making unsportsman like comments, rolling the ball away after a foul has been awarded.
- 11.29 **DOUBLE FOUL** occurs when fouls are called on two opponents (or other equal number of opponents) simultaneously. Fouls shall be recorded but a jump ball resumes the play.
- 11.3 **VIOLATIONS**
- 11.31 **VIOLATIONS** an infringement for which the ball is put in play from out-of-bounds. The penalties are taken at the side line opposite where the violation took place or occurred.)
- 11.32 **TRAVELLING** moving illegally with the ball.
- (i) A player may pivot but not move the pivot foot.
- (ii) A player may stop or dispose of the ball using a two (2) count rhythm **BUT** no more.
- (iii) If a player stops he must use only the back foot as a pivot unless both feet are together.
- (iv) A player may lift the pivot foot to jump, but must pass or shoot before touching the floor again.
- (v) To attempt to dribble, the player must release the ball before lifting the pivot foot.
- 11.33 **THIRTY - SECOND LANE VIOLATION** a team in possession failing to try for a goal within thirty (30) seconds.
- 11.34 **THREE - SECOND LANE VIOLATION** a player without the ball remains in the free-throw lane more than three (3) seconds while their teams in possession of the ball. If they receive the ball in less than three (3) seconds, they have three additional seconds to shoot or get out of the lane. (The lane is the area under the basket out to the free-throw line.)
- 11.35 **DOUBLE DRIBBLE** this occurs when a player continues dribbling after grasping (or touching simultaneously) the ball with both hands.
- 11.36 **DOUBLE VIOLATION** a violation called upon the players of both teams simultaneously. The penalty for this is a **JUMP BALL**. (a method of

- putting the ball into play by tossing it up between two (2) opponents in the closest of the three restraining circles.)
- 11.37 **JUMP BALL VIOLATIONS**
- (i) Player jumping fails to stay in own half of the centre line until ball is tapped.
 - (ii) Player taps the ball twice.
 - (iii) Player catches the ball before it touches the ground or another player.
- 11.38 **OUT-OF-BOUNDS VIOLATIONS**
- (i) A person touches the floor on or beyond the boundary line.
 - (ii) The ball is out when it touches any person or object on or beyond the boundary lines.
- 11.39 **CROSS COURT** The attacking team may not take the ball back into their defensive half once in the front court. By definition, possession is in the front court when the ball is passed over the halfway and touched by an attacker, or when dribbled over halfway (both feet and ball across the line)
- 11.4 **OTHER TERMS**
- 11.41 **DEAD BALL** the ball is dead whenever the whistle is blown and after a field goal.
 - 11.42 **DISQUALIFIED PLAYER** a player is automatically disqualified and immediately removed from the game when they have committed either five (5) fouls or a single disqualifying foul.
 - 11.43 **TIEBALL** occurs when two (2) players of opposing teams place one or both hands firmly on the ball at the same time or when a player places one or both hands firmly on the ball already held by an opponent. *Play shall be re-started with alternating possession from the side.*
 - 11.44 **TURNOVER** any loss of the ball possession without a shot being taken.
 - 11.45 **GOAL** a ball that passes through the basket from above, the impetus having legally given by any player.
 - 11.46 **HELD BALL** a player holding the ball more than five (5) seconds when closely guarded.
 - 11.47 **STRONG SIDE; WEAK SIDE** the side of the court where the ball is located; the side where the ball is not located.
- 11.5 **OTHER SKILLS**
- 11.51 **MAN-ON-MAN** a defensive system in which each player guards an assigned individual.
 - 11.52 **FULL COURT PRESS** defensive strategy in which a team guards closely in the back-court as well as the front court. This device must employ man-to-man principles.
 - 11.53 **GIVE AND GO** offensive strategy in which a player passes to a team mate and then cuts for the basket expecting a return pass.
 - 11.54 **FAST BREAK** offensive strategy in which a team attempts to bring the ball into scoring position before the defence can set up.
 - 11.55 **CLOSELY GUARDED** The defensive player guards within three (3) feet of the player with the ball.

12. Score Sheet

- 12.1 The Standard SCORE SHEET can be found on the IPSHA Website.