



# BASKETBALL *Cheat Sheet*

## ROSTERS

- A full team on the floor consists of 5 players, with a minimum of 2 females.
- The minimum number of players required in order to not default is: *4 total players including at least 1 female*
- Draft Leagues do not have a female roster requirement, and to avoid a default just 4 total players is needed

## GAME PLAY

- Games Coordinators (GCs) are present to facilitate the gameplay and monitor the action
- A game is 60 minutes in length:
  - Two 25-minute halves with a 5-minute warm-up and half-time
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
  - An overtime period will be played and the first team to score 4 points or have the lead at the end of the overtime period is the winner
- Mercy will be called if one team gains a 30-point lead
- **Standard Leagues:**
  - **Recreational:** 3-point baskets count
  - **Recreational Plus & Draft:** 3-point baskets count
- **Premium Leagues:** 3-point baskets count
- The ball must be 'checked' on all throw ins, excluding the start of a new half and a made basket
- **Recreational/Recreational Plus:** No back-court press allowed following an offensive basket when leading by 10+ points

## PENALTIES AND VIOLATIONS

- **Violations** are rule infractions that result in a loss of possession
- Players and teams are expected to call their own violations and fouls, both offensively and defensively; although the GC will also make calls
- Common violations include;
  - Traveling, Over and Back, Double-dribble, 10-second violation, and '5 in the key'
- **Fouls** are non-malicious infractions that result in a loss of possession, or free-throw(s)
  - **Standard Leagues:** There are no player or team foul counts
    - A player receives two (or three) foul shots worth a single point each
  - **Premium Leagues:** A player receives two (or three) foul shots worth a single point each
    - There are no player foul counts, but there is a team foul count of 7 fouls per half, after which the opposing team will enter 'bonus' and be awarded two free-throws for each subsequent foul
- Common fouls include;
  - Defensive Interference: Blocking, Holding, Body Contact, etc
  - Offensive Interference: Charging, Moving Picks, Holding, etc