



BASKETBALL

Format & Key Rules

Rules & Format	Details
Roster	<ul style="list-style-type: none"> • 5 players on the court, minimum of 2 females • Minimum not to default: 4 players, minimum 1 female
Mercy	<ul style="list-style-type: none"> • Mercy is called and the score freezes if a team gains a 30-point lead.
Game time	<ul style="list-style-type: none"> • Two 25 minute halves • 5 minute half time (may be shortened if running behind)
Game start & subbing	<ul style="list-style-type: none"> • GC starts game with a tip off at center court • Subbing is on the fly. Players must wait until there teammate is completely off the court before subbing in
Ball in Play	<ul style="list-style-type: none"> • Throw-ins are used to restart play after any stoppage. Players have 5 seconds to release the ball • Checking the ball occurs on a post-foul throw-in, when the defensive team causes the ball to go out of bounds, or commits a violation in their defensive zone
Fouls	<ul style="list-style-type: none"> • Free-throws will be awarded when defensive interference occurs while the offensive player is in the act of shooting
Travelling	<ul style="list-style-type: none"> • Taking more than two steps while in control of the ball without dribbling – not allowed
Over and Back	<ul style="list-style-type: none"> • The ball cannot be passed or dribbled back into the back-court once an offensive player has crossed half-court completely with the ball
Double Dribble	<ul style="list-style-type: none"> • Dribbling, then stopping without changing possession or shooting, and then dribbling again – not allowed
Defensive Violations	<ul style="list-style-type: none"> • Players are not allowed to use physical contact to defend including: grabbing, pushing, bumping, jumping into the path of an opponent, elbowing, etc
Offensive Interference	<ul style="list-style-type: none"> • Coming down from a lay-up or rebound and making contact with a defensive player • Charging: a player who is dribbling the ball and runs into an opponent who is stationed squarely in front of them • Moving Screen: any pick-play where the offensive player without the ball is still moving as they make contact with a defensive player
'3 in the Key' aka '5 in the Key'	<ul style="list-style-type: none"> • 5 second limit in effect to help avoid constant violations, stoppages in play or disagreements • In effect for the entire time the offense has the ball, count restarts when a shot is attempted • Enforced by the GC
Dunking	<ul style="list-style-type: none"> • Not allowed