



# BASKETBALL *Cheat Sheet*

## ROSTERS

- A full team on the floor consists of 5 players with a minimum of 2 females
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female.

## GAME PLAY

- A game is two 25 minute halves, and a 5 minute half-time. Ties are allowed in the regular season.
- Mercy will be called after a 30 point lead, the scores freezes but teams are encouraged to keep playing for fun.
- Games Coordinators (GCs) are present to encourage sportsmanlike play and to help to keep the games running smoothly.
- The GC will start the game at center court with a tip off.
- A regular basket is worth 2 points. A basket is worth 3 points if shot from behind the three-point line (Premium leagues only).
- Throw-ins are used to re-start play after any stoppage. Players have five seconds to release the ball.
- Checking the ball occurs on a post-foul throw-in or when the defensive team causes the ball to go out of bounds or commits a violation in their own defensive zone.
- Back-Court Press (Not allowed in Recreational or if a team has a lead of 10 points or more): A back-court press means that one or more defenders would cross the half court line and pick-up an offensive player.

## PENALTIES AND VIOLATIONS

- A team is permitted a count of 7 team fouls per half without additional penalties being issued. When an 8th team foul occurs in a half, the opposite team will go into 'Bonus'.
- A free-throw results from a foul when Defensive Interference occurs while the offensive player is in the act of shooting.
- Travelling is not allowed and is defined as taking more than two steps while in control of the ball without dribbling.
- **Over and Back:** Once an offensive player has crossed half-court completely with the ball (two feet are over the half-court line), the ball cannot be passed or dribbled back into the back-court.
- **Double Dribbling:** Dribbling, stopping without changing possession or shooting, and then dribbling again.
- A modified '3 in the Key' rule is in effect in all divisions and will be enforced by the GC only as follows:
  - A 5 second limit will be in effect to help avoid constant violations, stoppages in play or disagreements.
  - The '3 in the key' rule is in effect for the entire time the offense has the ball. The count restarts when: a shot is attempted.
- A defensive is not allowed to use physical contact including: grabbing, pushing, bumping, jumping into the path of an opponent, elbowing etc.
- **Offensive Interference includes:**
  - A player descending from a lay-up or rebound attempt and making contact with a defensive player with their elbows or other body parts.
  - Charging: A player who is dribbling the ball and runs into an opponent who is stationed squarely in front of them, with both feet on the ground.
  - Moving Screen: any pick-play where the offensive player without the ball is still moving as they make contact with a defensive player.
- Dunking is not allowed because of potential damage to facilities.