



BASKETBALL RULES

Participants are responsible for possessing a thorough understanding of these regulations and their implications. All basketball games will be governed by the NFHS with the following Texins Recreation modifications.

RULE 1: THE GAME

1. 5 on 5 Basketball is a full-court game. All games are self-officiated.

RULE 2: TEAM COMPOSITION

1. **TEAMS:** A team will consist of five (5) players on the court. Teams must have at least four (4) players to begin and continue a game. No team may have more than seven (7) players on their team roster.
2. **ROSTERS:** No more than 7 players per team roster. Teams may not remove players from their roster once they have participated in a single game. Players may not, at any point, change teams once they have participated in another game. Rosters may not exceed the maximum number allowed.
3. **CAPTAIN:** Each team shall designate a team captain to make all decisions.

RULE 3: PLAYING AREA AND EQUIPMENT

1. **PLAYING AREA:** All games will be played in the Texins Gymnasium.
2. **BASKETBALL:** Teams may furnish their own game ball or select to use a ball provided by Texins. If a team wants to use their own game ball, it must be approved by the opposing team. If they are unable to agree, a basketball provided by Texins will be the official game ball.
3. **ATHLETIC ATTIRE:** All players must wear athletic shoes. Tennis/running shoes are permitted. Participants **MUST** wear **closed-toe shoes**, at all times, while competing.
4. **JEWELRY:** Jewelry must be off or taped. Extra time will not be allowed for participants to remove or tape jewelry.
5. **BLOOD RULE:** When a player is bleeding, has an open wound, or an excessive amount of blood on his/her uniform the player will be directed to leave the game. If available, a sub may enter the game immediately. The injured player is not to return until the bleeding has stopped, the wound is covered, and the bloody clothing item is changed or removed.

RULE 4: LENGTH OF THE GAME

1. **TIME:** Each game will be played with 2 15-minute halves with a 2 minute half time. The clock will run the entire time, unless stopped due to injury or unforeseen circumstances.

2. **TIME-OUTS:** Each team will be allowed one 30 second time out per half. Each time out shall last no longer than 30 seconds. A request for a timeout by a player in the game shall be granted only when the ball is dead or in control of a player on the team making the request. A request at any other time shall be ignored. The shot clock will stop during time outs.
3. **STALLING:** Stalling is not allowed. Each team will be required to take a shot at the basket within a normal amount of time (**The Recreation Specialist or On-Site Texins staff will use their discretion**). If a team is thought to be stalling, possession will be awarded to the opposing team.
4. **OVERTIME:** If teams are tied after the 30 minute time limit is reached, the game will go to sudden death. The first team to score will be declared the winner.

RULE 5: PLAYING THE GAME

1. **STARTING THE GAME:** Possession to start the game and sudden death will be determined by a coin toss.
2. **SCORING:** 2 point will be scored if a player makes a basket inside the three point arc. 3 points will be scored if a player makes the basket outside of the three point arc. Teams are responsible for keeping their own score. Whenever a made basket occurs, the scoring team must call out the current score and the opponent should verify it. Both teams are responsible for recording the accurate score at the end of each game. **If a female scores the basket, it is +1 addition to the point values (ie. 3 points inside the three point arc, 4 points outside of the three point arc)**
3. **POSSESSION:** Possession will change after a basket is scored. The **“make it, take it”** or **“winner’s ball”** rule does not apply at any time. If a ball gets stuck on the rim after an attempted shot, possession will be awarded to the team on defensive.
4. **FOULS:** Players must call their own fouls. An individual player cannot foul out of the game, but may be ejected for any cause by a court monitor or the Recreation Specialist. If a player is fouled in the act of shooting and makes the basket, the basket counts and the ball changes possession. If the offensive player is not in the act of shooting or does not score on the shot when fouled, possession is retained and ball is checked in at the top of the key. All offensive fouls result in change of possession. **ALL PLAYERS ARE ENCOURAGED TO PLAY WITH THE SPIRIT OF FAIR PLAY AND GOOD SPORTSMANSHIP.**
5. **FLAGARANT FOULS:** Any attempt to deliberately hurt or injure another player will result in an immediate ejection. The offending player(s) will be suspended for at least one league game but it could be more depending on the severity of the foul.
6. **CHECK LINE:** Any time there is a dead ball, the ball will taken out at the check line. The check line is anywhere beyond the three point arc. To start the game, overtime, or after a foul, a player must check the ball with the opposite team behind the check line at the top of the key. After the opposing team passes the ball back to the offensive team, the offensive player must pass the ball to a teammate to start play.
7. **SUBSTITUTION:** Substitutes can enter the game after a basket is made, a foul is called, or during a dead ball situation. Substitutes should not enter the game during any **“live ball”** situations. A substitute shall not be allowed to re-enter the game after being disqualified.

8. **HELD BALL/JUMP BALL:** All jump balls go to the team on defense.

RIGHTS OF THE RECREATION STAFF

1. The Recreation Specialist or designated On-Site Monitor is responsible for all aspects of the league play. **Any disputes will be settled by the Recreation Specialist– all of their decisions are FINAL!**
2. In the event of continuous rough play or disputes over foul calls, the Recreation Specialist has the authority to confirm or overrule any call which has been made.
3. The Recreation Specialist has the right to eject any player for unsportsmanlike conduct or unnecessary rough play.
4. Any misconceptions not stated here will be determined by the Recreation Specialist.
5. **GRACE PERIOD:** Both teams will be granted a 5 minute grace period from the original game time. **Please keep in mind that this means teams MUST BE READY TO PLAY at the 5 minute mark. Failure to do so will result in a forfeit. The Recreation Specialist timepiece will be the official time.**

Texins Recreation staff reserves the right to put into effect any new ruling regarding league policies and unsportsmanlike conduct**