

BASKETBALL

GENERAL RULES

Rules for offence

The basketball team on offense is the team with the basketball. When a player has basketball, there are specific rules they must follow:

The player must bounce or dribble the ball with one hand while moving both feet. If, at any time, both hands touch the ball or the player stops dribbling, the player must only move one foot.

The basketball player can only take one turn at dribbling. In other words, once a player has stopped dribbling, they cannot start another dribble. A player who starts dribbling again is called for a double-dribbling violation and loses the basketball to the other team. A player can only begin to dribble after another player from either team touches or gains control of the basketball. This is usually after a shot or pass.

The ball must stay in bounds. If the offensive team loses the ball out of bounds, the other team gets control of the basketball.

The player's hand must be on top of the ball while dribbling. If they touch the bottom of the basketball while dribbling and continue to dribble this is called carrying the ball, and the player will lose the ball to the other team.

Once the offensive team crosses half-court, they may not go back into the backcourt. This is called a backcourt violation. If the defensive team knocks the ball into the backcourt, the offensive team can legally recover the ball.

We cannot carry the ball to ourselves for more than 24 seconds.

Inside the D, we cannot carry the ball not more than 5 seconds.

The player cannot hurt any opponent player. This rule is both offensive and defensive.

8-sec rule: Timeline violation

Rules for everyone

The main rule for the defensive player is not to foul. A foul is described as gaining an unfair advantage through physical contact. Some interpretation has to be made by the referee, but, in general, the defensive player may not touch the offensive player in a way that causes the offensive player to lose the ball or miss a shot.

Although the foul rule is described above as a defensive rule, it applies precisely the same to all players on the court, including offensive players.

Basketball players cannot kick the ball or hit it with their fists

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No player can touch the basketball while it is traveling downward toward the basket or if it is on the rim. This is called goaltending. (touching the ball on the rim is legal in some games).

If the ball goes outside the court, then the ball is given to the opponent team.

Every player on the court is subject to the same rules regardless of their position. The positions in basketball are just for team basketball strategy, and there are no positions in the rules.

The height of the hoop should be 10ft(3m).

5 players should play the game from each team, and 7 players should be there for substitution.

The defender cannot defend the ball while the ball is going down towards the hoop.

The game duration is 48 minutes, played in 4 quarters of 12minutes.

8 Teams will be playing in the tournament.

4 Teams in each group.

Each team will play 3 matches.

The team should bring their kit, only a ball will be provided.

The team should reach the court 30 minutes before the start of a match.

If a team is unable to field players till 15 minutes after the scheduled starting time of the game or if the team refuses to play the match then the match is awarded to the opponent team.

Any equipment designed to increase a player's height or reach or in any other way give an unfair advantage is not permitted.

A team member is entitled to play when his name has been entered on the score sheet before the start of the game.

All matches will be played on cemented court.

If two teams have the same points in 1st round then the head-to-head winner of the two teams will be considered eligible for the next round.