

Second Edition CM Cup 2026

Game: Basketball (Indoor & Outdoor Courts)

1. Name of the Sport / Game

Basketball (Indoor and Outdoor)

2. Technical Guidelines

a. Rules of Play

- Matches shall be conducted as per **FIBA rules**, adopted by the **Basketball Federation of India (BFI)**.
- Each team consists of **5 players on court** and up to **7 substitutes**.
- Unlimited substitutions are permitted during stoppages.
- The objective is to score points by legally shooting the ball through the opponent's basket.
- Personal, technical, unsportsmanlike, and disqualifying fouls apply.
- A player is disqualified after committing **5 personal fouls**.

b. Match Duration and Scoring System

- **4 quarters of 10 minutes each**.
- **2-minute interval** between 1st–2nd and 3rd–4th quarters.
- **15-minute halftime break**.
- In the event of a tie, **5-minute overtime periods** shall be played until a result is obtained.
- Scoring system:
 - Free throw – **1 point**
 - Field goal (inside arc) – **2 points**
 - Field goal (beyond arc) – **3 points**

c. Officiating (Umpiring) Procedures and System

- Each match shall be officiated by:
 - **2 or 3 referees**
 - **Scorer and assistant scorer**
 - **Timekeeper**
 - **24-second shot clock operator**
 - Officials must be qualified and authorized by the recognized basketball association.
 - Referees' decisions shall be final.
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3. Standard Operating Procedures (SOPs)

a. Safety Measures

- Court surface must be even, non-slippery, and free from obstructions.
- Proper padding must be provided on basket supports and backboards.
- Players must wear appropriate basketball shoes and uniforms.
- No ornaments, watches, or sharp objects are permitted.
- Adequate lighting for both indoor and outdoor courts.

b. Warm-Up and Cool-Down Protocols

- **15–20 minutes** compulsory warm-up before the match.
- Stretching, jogging, and shooting drills recommended.
- **Cool-down and stretching** for at least **10 minutes** post-match.

c. Injury Management and First Aid

- First aid kit and trained medical personnel must be available at the venue.
- Immediate treatment to be provided for minor injuries.
- Serious injuries shall be referred to the nearest hospital.
- Match officials may suspend play in case of medical emergencies.

d. Technical Officials' Roles and Responsibilities

- Referees: Rule enforcement and match control.
 - Table officials: Timekeeping, scoring, shot clock operation.
 - Tournament officials: Venue readiness and match coordination.
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4. Playfield / Court Dimensions

A. Indoor Basketball Court (FIBA Standard)

Court Size

- **Length:** 28 meters
- **Width:** 15 meters

Markings and Zones

- Center circle radius: **1.80 meters**
- Free throw line distance from backboard: **5.80 meters**
- Free throw circle radius: **1.80 meters**
- Three-point line:
 - **6.75 meters** from the centre of the basket
- No-charge semi-circle radius: **1.25 meters**

- Backboard distance from baseline: **1.20 meters**

Basket / Backboard Specifications

- Basket height: **3.05 meters** from the playing surface
 - Rim diameter: **45 cm**
 - Backboard size:
 - **1.80 m (width) × 1.05 m (height)**
 - Net: Open-ended nylon net
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B. Outdoor Basketball Court (Approved Standard)

Court Size

- **Length:** 28 meters (*preferred*)
- **Width:** 15 meters (*preferred*)

Note: Where space constraints exist, a minimum size of **26 m × 14 m** may be permitted for outdoor courts with approval from tournament authorities.

Markings and Zones

- All markings same as indoor court:
 - Centre circle radius: **1.80 meters**
 - Free throw line distance: **5.80 meters**
 - Three-point line radius: **6.75 meters**
 - No-charge semi-circle radius: **1.25 meters**
- Weather-resistant and clearly visible markings mandatory.

Basket / Backboard Specifications

- Basket height: **3.05 meters**
- Rim diameter: **45 cm**
- Backboard:
 - Size: **1.80 m × 1.05 m**
 - Material: Tempered glass or approved synthetic material
- Pole and base must be **firmly anchored** and padded.

Additional Outdoor Safety Requirements

- Non-slip, all-weather playing surface.
 - Proper drainage system to prevent water logging.
 - Adequate clearance around the court (minimum **2 meters** on all sides).
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5. Submission Compliance

- Prepared as per **FIBA / Basketball Federation of India norms**.
- Clearly documented and formatted.
- Submitted in **soft copy (PDF/Word)** and **hard copy if required**.