



BASKETBALL

RULES AND REGULATIONS

Each team consists of 7 players out of which only 5 play on the court and two other players may be substituted during the game as per the mentioned rule.

TIME DURATION:

- Each match will be of 4X10 minutes i.e. four quarters of 10 minutes each with 2-minutes gap between each quarter.

SCORING:

- Free Point is worth 1 point.
- Shot made from inside the 3-pointer arc worth 2 points (Feet touching the 3-pointer line while attempting for 3-pointer will be considered 2-pointer).
- Shot made from outside 3-pointer arc worth 3 points.

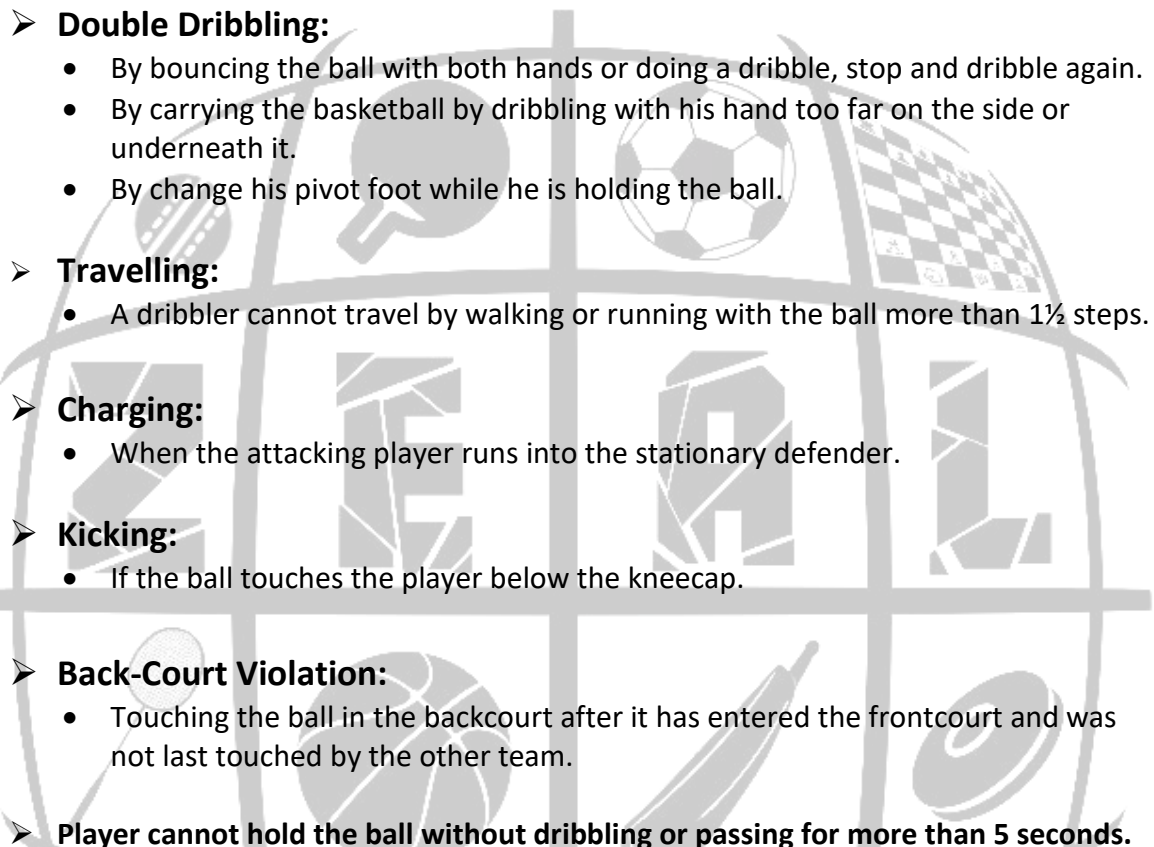
RULES:

TIP-OFF:

- At the time of TIP-OFF two players from each team, at the jump circle must wait until the ball has reached its highest point.
- Jumpers are not allowed to grab/hold the ball. They may only tip/hit the ball to a teammate.
- Jumpers are allowed to tip-off the ball only twice.
- Only after another player has gained possession of the ball, jumpers may touch it again with no restrictions.
- If foul occurs, possession will be given to other team.
- In case, no team manages to gain control over the tip-off, the ball will again be tipped-off.

THE TEAM WHICH HAS NOT GAIN CONTROL OVER THE BALL DURING TIP-OFF WILL BE THE ONE WHICH WILL GET POSSESSION OF THE BALL AT THE START OF NEW QUATER. THIS ALTERNATION KEEPS ON IN THE SUBSEQUENT QUATERS.

VIOLATIONS:

- 
- **Double Dribbling:**
 - By bouncing the ball with both hands or doing a dribble, stop and dribble again.
 - By carrying the basketball by dribbling with his hand too far on the side or underneath it.
 - By change his pivot foot while he is holding the ball.
 - **Travelling:**
 - A dribbler cannot travel by walking or running with the ball more than 1½ steps.
 - **Charging:**
 - When the attacking player runs into the stationary defender.
 - **Kicking:**
 - If the ball touches the player below the kneecap.
 - **Back-Court Violation:**
 - Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team.
 - **Player cannot hold the ball without dribbling or passing for more than 5 seconds.**

IN ALL THE ABOVE CASES, THE POSSESSION OF THE BALL WILL BE AWARDED TO THE OTHER TEAM (TEAM NOT VIOLATING ANY ABOVE MENTIONED RULES).

FOULS:

- **Personal Foul:**
 - Illegal contact with the opposing player (1 free throw is awarded to the opposing team).
 - Any foul in the active shooting results in the free shoot been awarded to the attacking team.
 - 2 free throws for foul inside the 3-pointer arc.
 - 3 free throws for foul outside the 3-pointer arc.

- When the shot goes in when the shooter was fouled, the point counts and they are awarded one extra free shot.
- **Flagrant Foul:**
- Violent contact with the player results in the 2 free throws been awarded to other team.
- **Technical Foul:**
- Fighting/arguing with the referee/player may result in the disqualification of the player from the current match.
- **Player touching the ball at last before the ball goes out of the outside line will considered attempting foul and opposite team would be given possession over the ball.**

TIME OUTS:

- Each team would be awarded eight TIME-OUTS.
- Team may use these time-outs at any point during the game.
- Teams will be awarded four 60-seconds time-out and four 30-seconds time-out.

TO ABLE TO CALL TIME OUT WHILE THE BALL IS LIVE, A PLAYER MUST BE IN POSSESSION OF THE BASKETBALL.

SUBSTITUTIONS:

UNLIMITED NUMBER OF SUBSTITUTIONS BY PLAYERS IS ALLOWED DURING THE COURSE OF THE GAME.

- **Notifying Scorer's Table:**
- Players must notify the scorer's table when they wish to substitute for another player. The scoreboard operator is responsible for blowing the whistle in order to notify the referee that a player wishes to substitute into the game.
- **Substitutes may only** enter the game when the ball is dead and the clock is stopped.

ENTERING THE GAME AT ANY OTHER TIME WITHOUT INFORMING SCORER AND REFEREE CONSTITUTES A TECHNICAL FOUL.

WHICH RESULTS IN THE AWARDED TWO FREE THROWS AND POSSESSION OF THE BALL TO THE OPPOSING TEAM.