

TRIANGLE SPORTS SOCIAL CLUB

RULES OF BASKETBALL

National Federation of State High School Association rules will be used (with the following exceptions).

- 1. Game Time/Default:** Please arrive 15 minutes early so that you can start your games on time. Games consist of two (2) 20-minute halves. A running clock shall be used for the first 18 minutes of a half with clock stoppages for dead balls or time outs during the final 2 minutes. Clock Stoppages shall occur for the final 2 minutes of the first half regardless of score. Clock Stoppages will not occur in the 2nd half if (at any point in that final 2 minutes) a team is leading by 15 or more points. Halftime shall be a 2 minute break between halves. The 2nd half shall begin promptly upon the officials whistle.

Teams are comprised of five (5) players with a minimum of two women. A forfeit will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 4 people, as long as one (1) of the players is a women and two (2) are men. Captains may agree to waive the rules regarding minimums, but this needs to be determined before the game starts. **IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!**

2. General Rules:

- i. Games begin with a jump ball. After which, all jump balls (including possession at the start of the 2nd half shall be determined via alternating possession.
- ii. Defensive play is man-to-man only; no zone defense (men-on-men/women-on-women), at all times. A male may not take a held ball from a female. Dribbled balls and passed balls to/from females are fair game. Men may guard women briefly, but only until their woman teammate is able to switch back over to cover (abuse of this rule shall result in a warning for the offending team and subsequent abuses will result in a technical foul assessed to the offending player). During this brief period, men are allowed to defend the female player with good body position, and arms raised straight overhead - no swatting motion allowed. Men may jump to defend a females shot if their arms remain straight up and they jump straight up in the air. Any male who violates this rule on a LEGITIMATE female basket try will result in a goaltending call and the basket shall be counted regardless of if the male was successful in defending the try. A Legitimate Basket Try shall be determined by the referee as a basket try in which the female intended to score but was stopped by a male's intentional block.
- iii. A substitute who desires to enter shall report to mid-court. The substitute shall remain outside the boundary until an official beckons him/her, whereupon he/she shall enter immediately. If the substitute enters to replace a player who must jump or attempt a free throw, he/she shall withdraw until the next opportunity to substitute. Entering the game without an official's approval shall result in a team Technical Foul.
- iv. Baskets scored count as 2 points for men inside the 3 point arc and 3 points outside, and 3 points for women, anywhere on the court. The TRI SPORTS referee shall have sole authority on determining the point count for a made basket.
- v. Throw-in, thrower, and designated spot (definitions). The thrower is the player who attempts to make a throw-in. A throw-in is a method of putting the ball in-play from out-of-bounds. The throw-in ends when the passed ball touches, or is legally touched by, another player who is either inbounds or out of bounds. The designated throw-in spot is three (3) feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.
- vi. Teams may call a one (1) minute time-out per half. Clock will not stop unless there is less than 2 minutes remaining in the half. 1st half time outs cannot be "saved" for use in the 2nd half. A team may not call time-out if they are leading by more than 15 points with less than 2 minutes in the 2nd half. Timeouts may only be initiated by a player on the court on a team that has possession of the ball.
- vii. A game can end in a tie during the regular season. In the playoffs, a game that is tied at the end of regulation time is decided by three-minute overtime periods (stop clock), until a winner is determined.

3. Fouls: All standard basketball infractions are enforced (e.g. reaching-in, body contact, charging, etc). Soft picks are allowed, but players should avoid contact as much as possible. TRI SPORTS Referees are responsible for calling all fouls. All Fouls are to be recorded by the official timekeeper. Any player obtaining 5 personal fouls shall be disqualified for the remainder of the game.

Disqualified player- is one who is barred from further participation in the game because of having committed his/her 5th foul (personal or technical), two technical fouls or a flagrant foul.

Team Fouls: A team shall be awarded a throw-in for non shooting fouls, 2 free throws for shooting fouls occurring to men inside the 3 point arc, 3 free throws for shooting fouls beyond the 3 point arc or to females (anywhere). After a team's 7th team foul of the half, the opposing team will be awarded a 1-and-1 for all non-shooting fouls. For 10+ team fouls in a half the opposing team shall be awarded 2 free throws for all non-shooting fouls. All Team Foul Counts shall not carry over from half to half but personal fouls will. All Free Throws count as 1 point regardless of the players sex.

TRI SPORTS REFEREES shall possess the final say in Foul calls, Possessions, and Rule Interpretations. Please remember this is a social league. Any arguing with referees/officials may result in a technical foul or (in extreme cases) ejection.

4. Dunking: If you can dunk, DO NOT HANG ON THE RIM! You will be held responsible for any damages resulting from your choice to grab the rim. In general, not a lot of dunking goes on in our leagues, so please chose your opportunities with safety and sportsmanship as priorities.

5. Rough Play: ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM FURTHER LEAGUE PLAY AND MAY RESULT IN LIFETIME CLUB EXPULSION. PLEASE SEE THE TRI SPORTS POLICY SHEET FOR OUR OFFICIAL POLICY ON THIS SUBJECT.