

Basketball Rules for Beginners

These rules are not meant to be a replacement for the official Rule Book
Your competition may have special rules relating to timing & time – outs.

Teams

Teams consist of 12 players and a coach. A team may have an assistant coach and a manager/parent to look after the team's uniforms & drinks.

Uniforms

Teams must be in the correct uniform. Singlets must be the same colour
Numbers on the front and back using numbers 4-15, 20-25, 30-35 40-45, 50-55.
Shorts must be of the same colour but not the same colour as the singlet.

Jump Ball

The game commences with a jump ball at the centre circle. This is the only jump ball of the game. Jumpers may not tap the ball until it has reached its highest point. Tap the ball more than twice each. Catch the ball until it has touched the floor or another player.

Jump balls occur when two players grab the ball simultaneously or when one player in possession lets another player grab the ball while still in possession. In jump ball situations the ball is awarded to the team using the alternating possession procedure. All periods start out of bounds at midcourt.

Time outs

Each team is allowed 2 time outs in the first half and three time outs in the second half. One time out in each extra period. The length of time for a time out is one(1) minute. The time keeper should sound the bell at 50 seconds to get the team back on court.

Teams can have a time out on any whistle or when a basket is scored against them. If a team has a time out in the last 2 minutes of the fourth quarter and that team has the ball in their back court then the ball will be advanced to the half way to be inbounded. The team can throw the ball into their back court.

Substitutions

Requests are made when a substitute (not the coach) goes to the scoretable and asks for a substitution. The sub should be dressed ready to play with their shirt tucked in. Substitutions are permitted by either team when the whistle is blown to stop the game or after the last free throw if the ball becomes dead. After a basket is scored in the last two minutes of the fourth quarter or extra period, only the team who has been scored against may initiate a substitution. The other team may then make a sub. Subs should not take longer than 15sec. Jump balls occur when two players grab the ball simultaneously or when one player in possession lets another player grab the ball while still in possession. In jump ball situations the ball is awarded to the team using the alternating possession procedure. All periods start out of bounds at midcourt.

Five Second Rule

A player holding the ball and closely guarded by an opponent (1 metre) must pass, dribble or shoot the ball within (5) seconds.

Act of Shooting

A player is in the act of shooting when the player has started an attempt to score and continues until the ball leaves the players hand. If the shooter is in the air, the act of shooting continues until the players feet return to the floor.

Free Throws

The shooter takes a position behind the free throw line. The shooter may not fake to throw, may not touch the free throw line or move into the keyway until the ball has touched the ring.

Players may not enter the keyway until the ball has left the shooters hand. Players may not distract the shooter by waving hands or making noises.

Out of Bounds

This includes the side lines and end lines, the floor and objects outside these lines. This includes structures, supports, back of the backboard and lights. The player or the ball are out of bounds if either touches these objects.

Throw in. A player has 5 seconds to release the ball when out of bounds. Players must not step in the court before releasing the ball. Opponents may not have any part of their body over the line when defending a throw in.

Three Second Rule

When a team has control of a live ball in their front court and the clock is running a player must not remain in the opponents key way for more than (3) three consecutive seconds. Allowances must be made for a player who is leaving the key way or in the act of shooting. A player may stay in the key way when their team is having consecutive shots for goal.

Contact – Fouls

Personal fouls are illegal contact on an opponent. Illegal contact occurs when the player responsible for the contact gains an advantage or the player contacted is disadvantaged. Sometimes the player with the ball may cause the contact on a stationary player in the keyway who is doing nothing wrong.

Holding – When a player uses their arms or legs to stop an opponent

Pushing – When a player forcibly moves an opponent by coming from the side This includes body contact when a player jumps into or reaches from behind.

Hands foul – When a player uses their hands to hit or strike an opponent

Blocking – When a player causes contact that impedes the progress of an opponent. This occurs when a player fails to gain a legal guarding position.

Charging – When the player with the ball forcibly pushes into an opponent who is in a legal guarding position. This defensive player can be moving.

Hand- Checking – a defensive player may not contact the ball carrier with their hands and try to move them sideways and make them stop their dribble.

Travelling -Establish a pivot foot.

When a player receives the ball they are entitled to stop, move, shoot or pass the ball. If one foot is touching the floor, this foot is the pivot foot. If both feet are on the floor then either foot can be the pivot foot. The player must release the ball before they lift the pivot foot. Good defence causes travels.

Carried ball – A player may not allow the ball to come to rest during a dribble