



Pray Then Play
ADULT
Basketball Rules and Regulations
Ver 1.01 (2010)

Each player participate in at least ½ the game unless the player requests to sit out. This time should not be an accumulation of playing time, but by quarter increments.

Pressing & Backcourt guarding is allowed during the entire game unless a team has a 12 point lead. The team with a 12 point lead can't press.

Once a team has entered front court with the ball they can be pressured all over the front court area. If an offensive player loses control of the ball or a long rebound goes into the backcourt it's a free ball.

Man to Man defense is allowed unless a team is 12 points in the lead then they have to switch to zone defense.

When defensive player has possession of the ball they become the offense and the other team has to play defense.

When two opposing players go up for a rebound and both have possession of the ball, it becomes an alternating possession procedure.

All games start with a jump ball and jump ball is done after half time as well.

1. Players are not allowed to intentionally push or hold the opposing team's players when blocking them on the line. Linemen are to keep arms crossed at chest when blocking.
2. No arguing or talking negatively to the referees. **THIS IS A CHURCH LEAGUE AND WE NEED TO LOOK DIFFERENT FROM THE CITY!!!!**

DRESS CODE:

1. Players and coaches are required to wear their team shirts during the game.
2. Pants are to be pulled up to their waist.
3. Shirts are to be tucked in at all times.

CONDUCT:

There will be NO cussing at all by players, coaches or parents.

1. First offense: the player will have to leave the game.



2. Second Offense: the player will not be permitted to participate the rest of the season and there will be no monetary refund.
3. No alcohol or smoking permitted on the fields.
4. This is a Christian organization that exalts the name of our Lord and Savior Jesus Christ. Prayer will be encouraged at practices and will be held at the beginning of each game

BASKET BALL SIZE:

A size 7 ball is the standard for Adults. The circumference measures between 29.5 and 30 inches and the ball has a weight in the range of 20 and 22 oz.

General Rules:

Basketball is played on a rectangular court measuring 94 feet by 50 feet. The point of the game is to try throwing the ball through a circular hoop as many times as possible. The hoop is situated 10 feet above the court and has only slightly larger circumference than the basketball itself. There are two such mounted hoops at opposite ends of the court where the two teams can score. The two teams are simultaneously trying to stop the opposition team from scoring while trying to score themselves. Each of the teams have 5 players on the field. The players pass the ball to each other or move with the ball by bouncing it (called *dribbling*) continuously. Kicking the ball or using the fist is not allowed.

Points are scored when the ball is thrown through the hoop (called as *Basket*). If the basket is thrown from more than 19.75ft of the hoop, the team that has scored the basket gains 3 points. If the basket is thrown from closer than 19.75ft, the scoring team gets 2 points. The game is played over 4 quarters of 15 minutes each. There is a break of 15 minutes at the half time and 2 minutes for other breaks. The clock is stopped when there is a stoppage in the play. There is an overtime of 5 minutes. At the end of the entire playing period, the team with the maximum points wins.

Rules and Regulations of Basketball

What is not allowed. The basic objective of the game was outlined in the above paragraph. But there are certain actions that are not allowed while you are playing they are.

- *Outside:* The ball or a player who is in contact with the ball is not allowed to go outside the playing area. If the player or the ball goes outside the court, the opposition team gets a throw-in.
- *Traveling:* As the player moves, he has to continuously dribble the ball. If he moves without dribbling the ball, it is called traveling and is a foul. The only exception to this



rule is if he is throwing a basket. In this case he allowed to move 2 steps and jump without dribbling.

- *Double Dribbling*: A player is allowed to dribble with only one hand at a time. A player is also not allowed to hold the ball and then resume dribbling. This is called double dribbling.
- *Carrying the Ball*: While dribbling the player's hand must be above the ball. If he puts his hand below the ball it is called carrying.
- *Back Pass*: Once one team establishes control at the front half of the court, the members of that team are not allowed to pass the ball to the rear-half of the court. This rule was created to ensure more attacking play.
- *Goaltending*: Once a player of one team shoots the ball towards the basket, and the ball is on a descent towards the basket, a player of the opposition team is not allowed to block the ball. If a player does so, it is considered as a basket.

All these are the basic violations of basketball. If any of these are committed by one team, the possession of the ball is passed to the other team. More serious forms of foul are classified into personal fouls and technical fouls. The judgment of whether an action should be called a foul, regarding ejection of a player and reward of penalty to the other team, are on the discretion of the referee.

Personal Fouls: The rule for a personal foul is a little ambiguous and it depends on the referee whether he thinks if the an action was serious or not. A personal foul is said to have been committed when an unfair disadvantage is caused to an opposition player through unnecessary physical contact. Most common fouls are tripping a player while dribbling or tapping a players hand from behind as he takes a shot. A penalty shot (one point if successful) is awarded to a team if its player is fouled. If a player commits five personal fouls, he/she is 'fouled out' and not allowed to participate for the rest of the game.

Technical Fouls: When a player shows dissent towards a referee or a player, or shows unsportsmanlike conduct during the course of the game, it is known as a technical foul. Repeated incidents of technical foul will also result in the ejection of the player. On the second technical foul committed by a player he is ejected from the game.

Some very important rules to remember while playing basketball can be enumerated as follows:

- The dribble ends when you stop and hold the ball.
- If you hold a ball for more than five seconds, then you incur a penalty as well as lose the possession of the ball.



- An attempt to unfairly disadvantage an opponent through physical contact is illegal and is called a foul.
- You are allowed five fouls per game. After that, you are removed from the game.
- On offense, you cannot remain in the "key" (area designated underneath and directly in front of basket) for more than 3-seconds. If there is a 3-second violation, there will be a subsequent change of possession.

Different Positions in Basketball and What They Do

As in the case of any other team sport, coordination between the players in the team is one of most crucial aspect when it comes to winning in basketball. This coordination between the players can only be improved with practice, and by understanding each others role in the game. Basically there are five positions in basketball.

1. Point Guard (PG)
2. Shooting Guard (SG)
3. Small Forward (SF)
4. Power Forward (PF)
5. Center (C)

At times, these players are referred to by the corresponding the number, instead of their positions. The player playing on each of these positions has a specific role to play in the efforts of the team. More information about the basic rules and 5 positions of basketball are given below.

Point Guard: The point guard is one of the most important position in basketball. The point guard plays the same role in basketball, what the quarterback plays in football. It is the responsibility of this player to bring the ball up to the opponents half of the court, and set the game for other players. The players playing from this position are generally the shortest in the team. However, they are quite agile, and this quality is quite helpful as it allows them to guide the proceedings through their assists and calls. The player playing in this position is assigned number 1.

Shooting Guard: Among the various basketball positions, the shooting guards are the players with the best long range shooting skills. The main responsibility of this player is to get into an open position from where he can shoot the ball. Being well versed with dribbling is yet another must-have for shooting guard, as this helps him to create his own chances and attempting shots at the basket. Other than shooting, this player also carries the responsibility of handling the ball till the other players make themselves available in the open position. The player playing in this position is generally assigned number 2.



Small Forward: Small forward is the most versatile position in basketball. The players playing from this positions have the ability to shoot from a long range, as well as the ability to get near the basket, and convert the passes. These players have an exceptional skill as far as 'foul shooting' is concerned. Small forward generally plays at the wing or corner of the court, and drives the ball along the baseline. They are basically the all rounders in the team who can do a little bit of everything on the court. The player playing in this position is assigned number 3.

Power Forward: The players playing at this position are most often seen around the painted area, from where they execute short-range shots and layups. Their skill to rebound the ball makes them a crucial component of several basketball strategies. In the teams attack, the power forward can execute 'post up; or set mid-range jump shots. During the teams defense play, the power forwards switches over to one of the most crucial defensive positions in basketball, and executes man-to-man defense play against the power forward from the opposite team. The player playing in this position is typically assigned number 4.

Center: The center, also referred to as the pivot, is generally the tallest person in the lot. This player is most often seen playing near the baseline, close to the basket, where he collects the rebounds and converts them to score points. They are seldom seem dribbling the ball or shooting from the long range. Being exceptionally tall, they are also useful in terms of blocking shots during the defense play. This player plays a crucial role in scoring some valuable points for the team. The player playing in this position is typically assigned number 5.

