



### **Teams**

- Each team shall consist of no more than 4 players (3 players & 1 sub).

### **Game Officials**

- The game shall be managed by 1 referee, 2 score keepers and a sports officiator.

### **Warm-Ups – (5 min)**

- A coin flip shall determine which team gets the first possession.
- The game cannot begin if one of the teams does not have 3 players ready to play.

### **Scoring**

- Every shot from inside the arc (1-point field goal area) shall be awarded 1 point.
- Every shot from behind the arc (2-point field goal area) shall be awarded 2 points.
- Every successful free throw shall be awarded 1 point.

### **Playing Time/Winner of a Game**

- The regular playing time shall be 1 period of 10 minutes.
- The game clock shall be stopped during dead ball situations and free throws.
- The game clock shall be restarted when: During a check-ball
- After a successful last free throw, the next offensive team is in possession of the ball.
- After an unsuccessful last free throw and the ball continues to be live, the ball touches or is touched by any player on the playing court.
- The first team to score 21 points wins or the team with the most points at the end of regulation
- If the score is tied at the end of regulation, an overtime shall be played.
- There shall be an interval of 1 minute before the overtime starts.
- The first team to score 2 points in the overtime wins the game.
- A team forfeits if the team is not present on the playing court with 3 players ready to play.

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## Rules Continued

·A team shall lose the game by default if it leaves the court before the end of the game, or all the players of the team are injured and/or disqualified.

### Fouls/Free Throws

- A team is in a penalty situation after it has committed 6 fouls.
- Players are not excluded based on the number of personal fouls.
- If the foul is committed on a player in the act of shooting, that player shall be awarded a number of free throws as follows:
  - If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw.
  - If the shot released from inside the arc is unsuccessful, 1 free throw.
  - If the shot released from behind the arc is unsuccessful, 2 free throws.
- Technical fouls are counted as 2 fouls for team fouls purposes.
- The first technical foul of a player shall be penalized with 2 free throws, but no ball possession. All technical fouls (including the second technical of a player) shall be penalized with 2 free throws **and** ball possession.
- Team fouls 7, 8 and 9 shall always be penalized with 2 free throws.
- Team foul 10 and any subsequent team fouls shall be penalized with 2 free throws **and** ball possession.

### Game Play (take back rules)

- Following each unsuccessful field goal or last free throw.
- If the offensive player rebounds the ball, he may continue to attempt to score without returning the ball behind the arc.
- If the defensive player rebounds the ball, he must return the ball behind the arc (by passing or dribbling).
- If the defensive team steals or blocks the ball, it must return the ball behind the arc (by passing or dribbling).
- A player is considered to be “behind the arc” when neither of his feet is inside or on the arc line
- Jump Ball scenarios: Alternating possessions

### Stalling

- Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.
- A team must attempt a shot for a field goal within 12 seconds.

### Substitutions

- Both teams are entitled to request a substitution when the ball becomes dead prior to a check-ball or free throw.
- The substitute can enter the game while the ball is dead, and the game clock is stopped.

### Time Outs

- Each team shall be granted 1 time-out. Time Outs are 30 seconds

## Rules Continued

### **Team Standings**

- If teams are tied, tie breaker criteria are below.
- Most wins.
- Head-to-Head record
- Total points scored.

### **Forfeit**

- If a team is not ready to start at the scheduled game time, with at least three (3) players, the game will be forfeited to the opposing team. The Referee timer is the official time.
- Teams that forfeit, drop, or are dropped from the league lose any playoff rights and the right to reclaim any part of their entry fee.

### **Player Responsibilities**

- The team manager or designated captain is the only person authorized to discuss an official's decision while in the confines of the court whether before, during or after the scheduled game. Other players are not allowed to directly confront an official or discuss an official's decision.

### **Fan Behavior**

- All fans attending tournament games are expected to conduct themselves in a respectful manner. Fans may not harass any player, coach, official, tournament representative(s) or opposing fan with obscenities or negative comments. This behavior may result in fan ejection, team ejection and/or forfeit.

### **Other Important Information**

- Hoops for Health and its representatives shall NOT be responsible for lost or stolen articles left unattended, before, during or after your scheduled game. All valuables should be left in a secure place (home or vehicle).
- Final decision on players' eligibility, suspensions or rule interpretation(s) will lie solely in the hands of the tournament director and or its representatives.