
Basketball Rules

An Uncomplicated Guide for New Coaches

19 April 2019



TABLE OF CONTENTS

1.	Basketball Overview	3
2.	Court and Equipment	3
3.	Coaching Staff	3
4.	Team Bench	3
5.	Timing Rules	4
6.	Timing Rules (Finals)	4
7.	Heat Policy (Climate Policy)	4
8.	Overtime (Finals only)	4
9.	Points for Scoring	4
10.	Substitutions (subs)	5
11.	Timeouts	5
12.	Personal Fouls	6
13.	Penalties for Fouling	7
14.	Special Fouls	8
15.	Game Violations	9
16.	Time Violations	10
17.	Free Throw Shooting Rules	11
18.	Possession Arrow	12
19.	Injuries	12
20.	Mercy Rule (Fall-back Rule)	12
21.	Referees	13
22.	No Zone Philosophy	13
23.	Respect the Game	14
JD:	Rule Variations by Age Group	15

Introduction and Acknowledgement

Many of the coaches in our club are parents of the players who kindly volunteer their time to coach. If we required these volunteers to sit down and read the official basketball rules and regulations before they commenced coaching, some simply wouldn't coach!.

Coach Mac (Basketball for Coaches BFC) developed BFC's basketball rules guide to fill this gap and educate coaches, parents and players on the main rules of basketball in a quick and easy to understand guide. With the hope that after reading the guide, coaches would be able to step into a basketball coaching role and have confidence they understand the basics of what they can and can't do.

Coach Mac kindly gave us permission to adapt his guide to the rules of the KBA Junior Domestic competition so that we could create a tailored guide with the specific rules of our competition. We thank Coach Mac for enabling us to use his guide as the basis for this document. We recommend that you check out his website, there are lots of great resources for coaches and players, <https://www.basketballforcoaches.com/>

DISCLAIMER:

- This basketball rules guide was not created to compete with the comprehensive rule books that are available; [FIBA Official Basketball Rules 2018](#) Use this guide as a general overview of the common basketball rules.
- Rules change all the time, we will endeavour to keep this guide updated.

1. Basketball Overview

Objective	To score in the opponent's basket and prevent them from scoring in the basket your team is defending. The winner of the game is the team who scores the most points in their opponent's basket at the end of game time.
The Teams	<ul style="list-style-type: none">• Played with two teams of 5 players on the court• A team must have at least 4 players to start a game• A team must have a minimum of 2 players on the court to continue a game• A maximum of 10 players can play in any game; 5 players on the court and a maximum of 5 players on the bench
Starting and Playing	<ul style="list-style-type: none">• The game starts with a jump ball in the centre of the court with two opponents facing the direction of their opponent's basket.• After an opponent score, the opposition must pass the basketball in from behind the baseline.• Players can only move the basketball around the court by dribbling or passing.

2. Court and Equipment

Court	<ul style="list-style-type: none">• rectangle which can vary slightly in dimensions but is generally 28m in length and 15m in width. The court is divided into 2 main sections by the mid court line; a front court and back court.• baskets are located on a backboard at each end of the basketball court and are elevated 10 feet above the ground• Each end has a key, a restricted area
Free throw line	<ul style="list-style-type: none">• Under 14 - 19's: line is 5.8m from the face of the backboard• Under 10 & 12's: midpoint between normal free throw and edge of circle nearest basket
3 point line	<ul style="list-style-type: none">• Under 16 and 19's: the outside line (6.75m)• Under 10 to 14's: the inside line (6.25m)
Equipment	<ul style="list-style-type: none">• Each hoop is a perfect circle 46 cm in diameter.• A size 6 ball (62,39 cm circumference) is used for all girls competitions and for boys competitions from under 10 to and including under 14.• A size 7 ball (74.93cm circumference) is used for boys competitions from under 16.

3. Coaching Staff

- At a game, a team is only allowed to have one coach, the other is deemed to be the assistant coach.
- Either the head coach or the assistant coach, but only one of them at any given time, is permitted to stand during the game. If both are standing, the penalty is a technical foul is given to the coach.
- Coaches are responsible for the behaviour of players, parents and spectators and are to work closely with the referees to provide a safe and harmonious environment enabling the players to have fun and enjoy their basketball experience.

4. Team Bench

- the team bench is only for coaching staff and players, do not allow parents or supporters to sit on the bench
- players must sit on the bench, they are not to sit on the floor, they can stand to support their team but must sit back down
- any person on the team bench can be given a technical foul.

5. Timing Rules

- The game consists of 2 halves of 20 minute duration.
- Half-time is 2 minutes
- In the final 2 minutes of the second half, the clock will stop for all timeouts and all whistles (all dead ball situations) unless the score difference is 10 points in Under 10 competitions or 20 points in all other competitions. When the score difference meets these conditions, the clock only stops for timeouts.

6. Timing Rules (Finals)

- The game consists of 2 halves of 20 minute duration.
- Half-time is 2 minutes
- The clock stops: for:
 - all timeouts;
 - in the first half, for all whistles in the last one (1) minute; and
 - in the second half, for all whistles in the last three (3) minutes

7. Heat Policy (Climate Policy)

- Game consists of 2 x 18 minute halves
- All other timing rules above apply
- The referee will call a compulsory timeout midway through each half to give players the chance to rest and rehydrate - the clock stops for this timeout
- Each team must call a timeout before and after the compulsory timeout. If the coaches do not call a timeout as required, the referees will intervene and call a timeout and attribute them to the respective teams

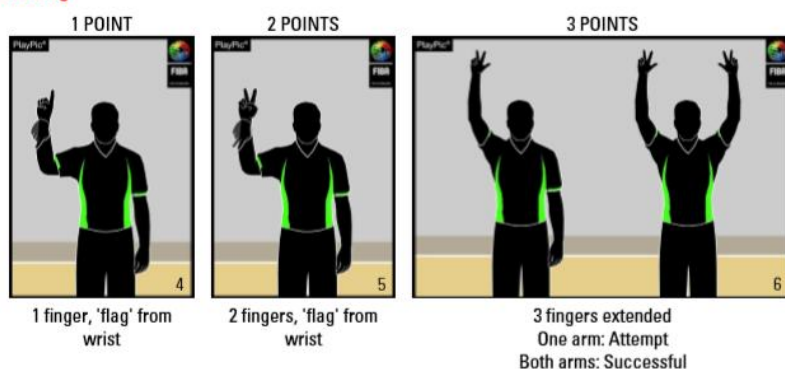
8. Overtime (Finals only)

- At the end of a finals game, if the scores are tied, there will be an overtime period of 5 minutes.
- After this time, if the score is still tied, the teams will compete for another overtime period. This continues until at the conclusion of an overtime a winner has been decided.
- Each team is allowed one timeout during overtime.
- The fouls from the 2nd half of the game carry over to the overtime periods.

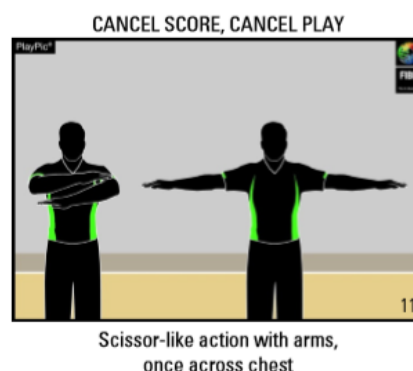
9. Points for Scoring

- Each free-throw is worth one point.
- Each field goal (midrange shot, layup, post move, etc) is worth two points.
- Each shot made from behind the three-point line is worth three points. If any part of the player's foot is on the three-point line when shooting, the shot will be worth 2 points.

Scoring



Informative



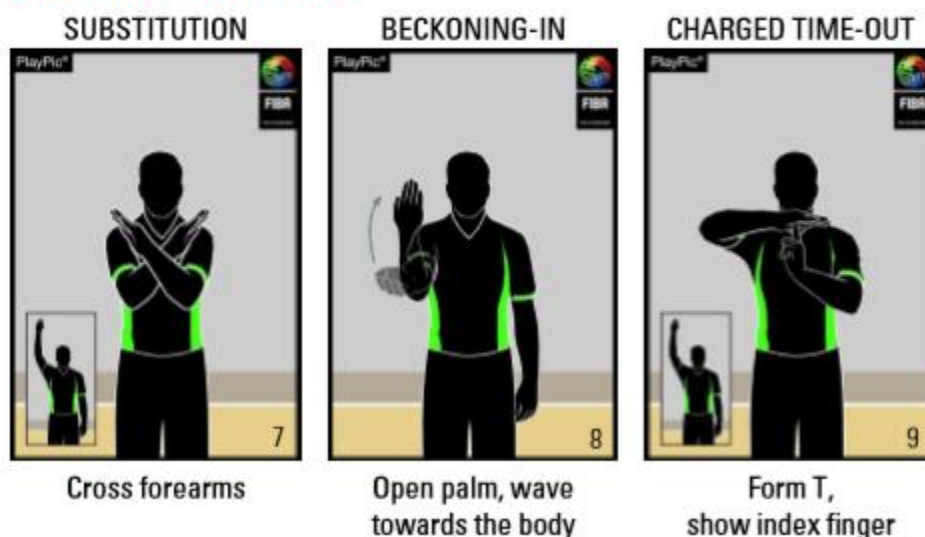
10. Substitutions (subs)

- A substitution is when you swap a player from the bench with a player on the basketball court and is used to allow players to rest and recover throughout the game as well as give all players on the team a chance to participate.
- A coach is allowed to make an unlimited amount of substitutions throughout the game, on any dead-ball situation (after fouls, violations, timeouts, free-throws, etc).
- A substitution is called by asking the scoring table for a 'sub' and then waiting for a stoppage in play where the referee will give you time to substitute players. In junior domestic this is often done directly with the referees.
- Do not substitute players without waiting for the referee to signal for you to do so or it will result in a technical foul on your team.
- Basketball Victoria's Coaches Code of Conduct states "Give all players a reasonable amount of court time". The St Christopher's Basketball club strongly encourages our coaches to provide players with equal court time (a reasonable amount) during the regular season. "Good coaches get players into the game.". (BFC also recommends even playing time at all ages up until the high school level.)

11. Timeouts

- A timeout is a stoppage in play that allows the coach to talk to the players and allows the players to rest and hydrate.
- Timeouts must be taken at the team bench.
- Each team is allowed to call two timeouts per half (these cannot be carried over from the first half to the second half).
- The duration of a single timeout is one minute.
- During a timeout, the coach can make substitutions.
- No timeouts can be taken in the last one (1) minute of the first half. If a time-out is in progress, the time-out will cease when the clock reaches one (1) minute and players will be called to resume play immediately.
- Time-outs in last 2 minutes and during overtime:
 - Possession to Team A
 - timeout called by Team A in backcourt
 - Team A coach decides where throw in taken – either backcourt or advance to throw in line in frontcourt.
 - Coach informs referee at end of timeout. Cannot change.
 - Referee informs opposition.
- Coaches contribute to the team when they use their timeouts wisely, don't waste timeouts, they need to be effective, focused and timely. Coaches should only discuss 1-2 areas of improvement the team needs to focus on.

Substitution and Time-out



12. Personal Fouls

Although regarded as a non-contact sport, everyone who has participated in or watched basketball knows that is not the case. With 10 players on the court competing at a high intensity and attempting to gain an advantage over their opponent, it's impossible for there to not be contact throughout the game.

So – what differentiates legal contact from plays where a foul is called? A foul is called when a player makes illegal contact with an opponent that results in an advantage. When a foul is called, live play immediately stops.

Here are the 6 most common personal foul types:

Reaching In	<ul style="list-style-type: none"> Occurs when a defender reaches in to steal the basketball and makes illegal contact with their opponent. The contact made is usually the defender slapping the dribbler's arm or wrist.
Holding	A holding foul is called when a player uses their hands or arms to limit or prevent an opponent's movement around the court.
Blocking	A blocking foul is called when a player uses their body to limit or prevent an opponent's movement on the court without establishing position.
Charging	<ul style="list-style-type: none"> A charging foul is called when a defensive player has established position and an offensive player runs into them. This can happen with or without the basketball.
Pushing	A pushing foul is called when a player extends their arms forcefully to move an opponent on the court.
Illegal Screen	An illegal screen is called when an offensive player who is setting a screen on a defender has not established position when the opposition makes contact with them.

Type of Fouls



13. Penalties for Fouling

- If a foul is whistled while an opponent is in the motion of shooting the basketball, the offensive player will receive free-throws.
 - 2 Free-Throws = If a player is fouled while attempting a field goal within the three-point line (layup, post move, midrange shot, etc).
 - 3 Free-Throws = If a player is fouled while attempting a field goal beyond the three-point line.
- If a shot attempted while being fouled is successful, the points for that shot count and they will be rewarded with only 1 additional free-throw regardless of where on the floor the contact was made.
- On all non-shooting personal fouls, the team who was fouled receives the basketball at the closest point out-of-bounds from where the foul was made.
- If a team commits more than 8 team fouls in a half, the player who was fouled will receive two free-throws for each additional foul (i.e. from the 9th team foul).
- A player is 'fouled out' and must spend the rest of the game on the bench after they have accumulated 5 fouls throughout the duration of a game.

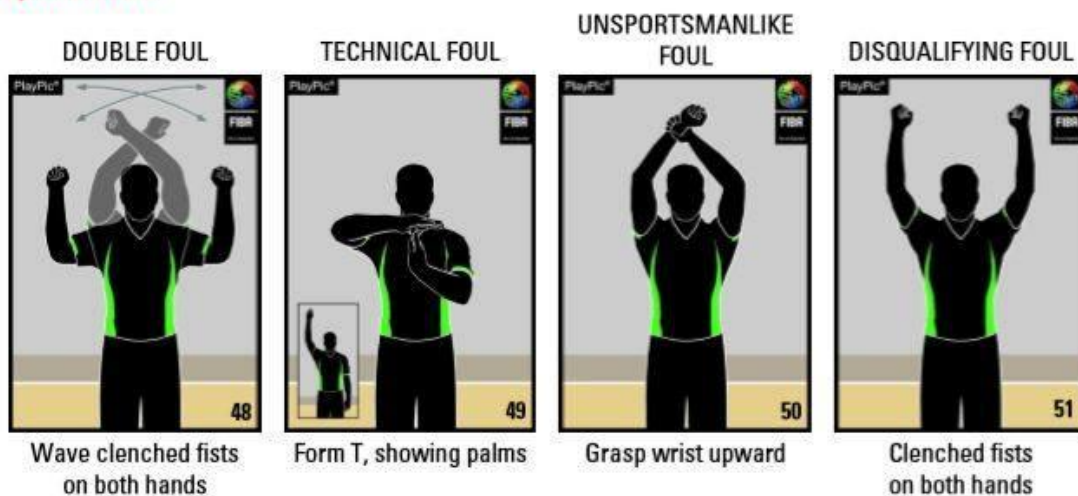


14. Special Fouls

Technical Foul	<ul style="list-style-type: none"> A technical foul is called when a coach or player brings the game of basketball into disrepute and is not made in relation to contact. This could be actions like yelling at a referee, flopping, kicking a basketball, using inappropriate language, holding onto the rim after a dunk, etc. When a player or coach has received two technical fouls, they will be ejected from the game and required to leave the playing area. Penalty: 2 free-throws for any opposition player on the court and then possession.
Unsportsmanlike Foul	<ul style="list-style-type: none"> a non-contact technical foul which consists of unfair, unethical, dishonourable conduct or any behaviour not in accordance with the spirit of fair play. a personal or technical foul that may or may not be premeditated and is not based solely on the severity of the act may be a personal or technical foul of a violent or savage nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. This could include actions like hitting, kicking, or pushing another player. This could include intentionally fouling at any point in the game, but particularly in the last 2 minutes of the second half. Intentional contact with an opponent in the last minute of the match, before the ball has been passed in by the in-bounder Could include fouls with unnecessary force or a flagrant attempt to foul the player rather than defend the ball Could include fouling a player on a fast break from behind (the effect being to stop the fast break) Penalty: 2 free-throws for any opposition player on the court and then possession.
Disqualifying Foul	<ul style="list-style-type: none"> A disqualifying foul is any flagrant unsportsmanlike action by players, substitutes, head coaches, assistant coaches, and excluded players. Penalty: 2 free-throws: awarded to the player who was fouled if there was contact or to any opponent nominated by the coach



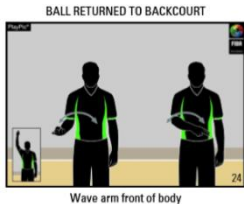
Special Fouls



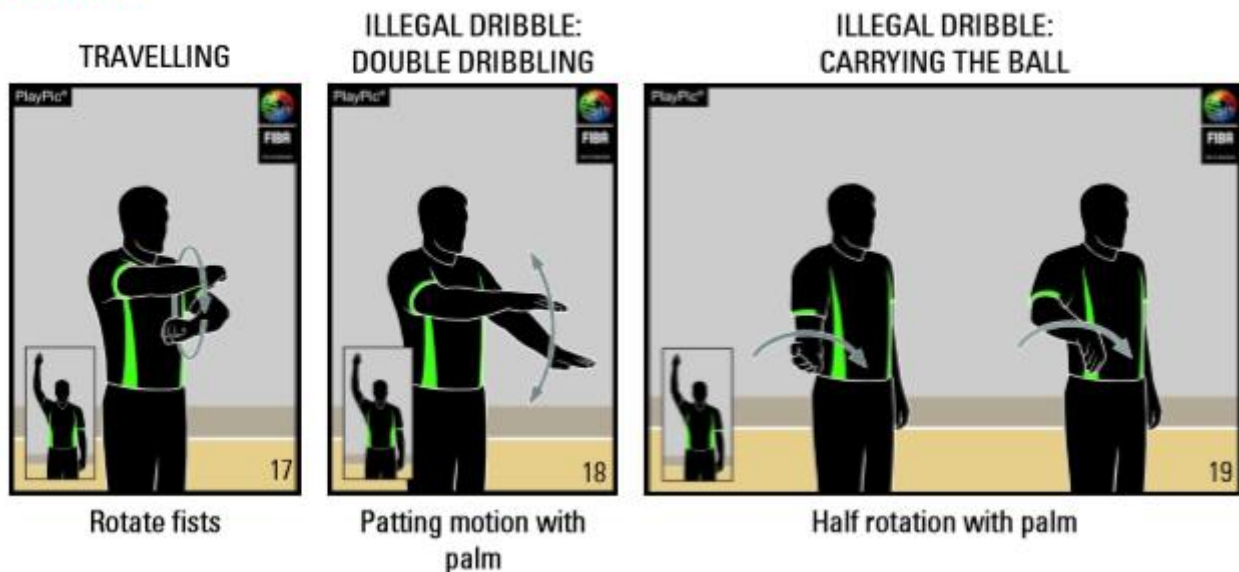
15. Game Violations

When a violation occurs, play is immediately stopped and the team who committed the violation loses possession of the basketball. The basketball is then passed in from outside the court by the opposition at the closest point to where the violation occurred.

Out-of-Bounds	<ul style="list-style-type: none"> The basketball is ruled out-of-bounds when it touches either a player, the floor, or an object that is out of bounds. The possession of the basketball goes to the opposing team of the player who was the last to touch the basketball. If the basketball lands on the line, that is still considered out of bounds.
Travelling	<ul style="list-style-type: none"> Taking more than 'a step and a half' without dribbling the ball Moving your pivot foot once you've stopped dribbling
Double Dribble	<ul style="list-style-type: none"> Dribbling the ball with both hands on the ball at the same time Picking up the dribble and then dribbling again
Jump Ball	<ul style="list-style-type: none"> two or more opposing players gain possession of the ball at the same time The basketball is given to each team on a rotating basis depending on the possession arrow (explained later)
Goaltending	<ul style="list-style-type: none"> A goaltending violation is called if an offensive or defensive player makes contact with the basketball while it's in the downward flight after a shot or if a player touches the basketball when it's in the vertical cylinder above the hoop. If the offensive player receives a goaltending violation, the basket is called off and their opponent receives possession of the basketball. If the defensive player receives a goaltending violation, the basketball is counted and the defence will then receive the basketball similar to a normally made shot.
Back-court (cross-court)	<ul style="list-style-type: none"> Once the basketball has been fully established in the offense's front court, they are not allowed to cross back over the half-court line into the back-court. If they do, the penalty is a turnover. Only exceptions to this is if a defensive player was to tap the basketball over the half-court line or if the offence intercepts a pass from the defence, starting their interception from their front court and landing in their back court. Then the offense can sprint back and retrieve it.



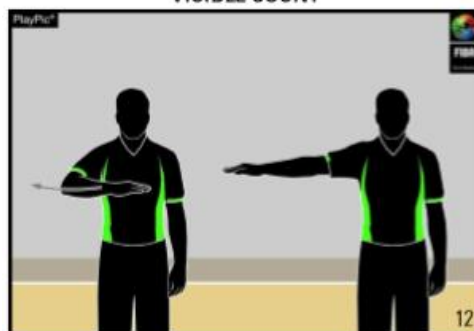
Violations



16. Time Violations

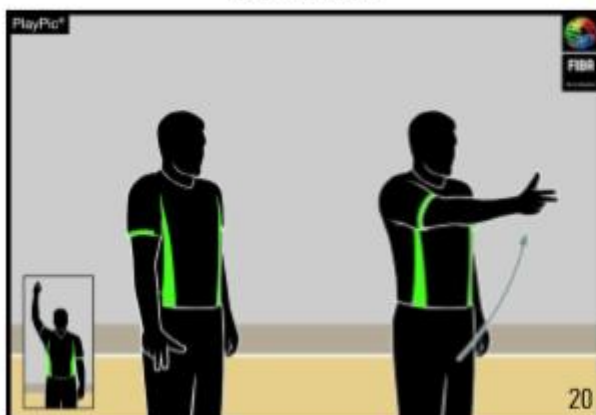
3-Seconds (5-seconds) in the Key Violation	<ul style="list-style-type: none"> The 'three seconds in the key' rule is used to prevent offensive players from standing in the key for long periods of time. Instead, offensive players must continually move in and out of the key. Once a shot has been attempted, a 3-second violation cannot be called and the count will start again. In Under 10 competitions, the 3-seconds is increased to 5-seconds. Penalty: A violation is called and the basketball is given to the opposition.
5-Second Inbounds	<ul style="list-style-type: none"> Once a player passing in from out of bounds receives the basketball from the referee, they then have 5 seconds to pass the basketball in to one of their teammates. Penalty: A violation is called and the basketball is given to the opposition.
5-Second Closely Guarded Violation	<ul style="list-style-type: none"> This violation is rarely called, but it's important to know. An offensive player in the frontcourt with possession of the basketball can be called for a 5-second violation if they're being guarded within 6 feet and fail to pass, shoot, or dribble within 5 seconds. Penalty: A violation is called and the basketball is given to the opposition.
8-Seconds Back Court Violation	<ul style="list-style-type: none"> After gaining possession of the basketball in the backcourt, the offensive team is required to advance the basketball over the half-way line within 8 seconds. The count is continued if the opposition deflects the basketball but stopped if the opposition takes possession of the basketball. Penalty: A violation is called and the basketball is given to the opposition.

VISIBLE COUNT



Counting while moving the palm

3 SECONDS



Arm extended, show 3 fingers

5 SECONDS



Show 5 fingers

8 SECONDS

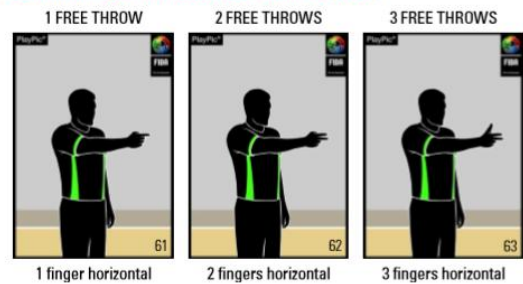


Show 8 fingers

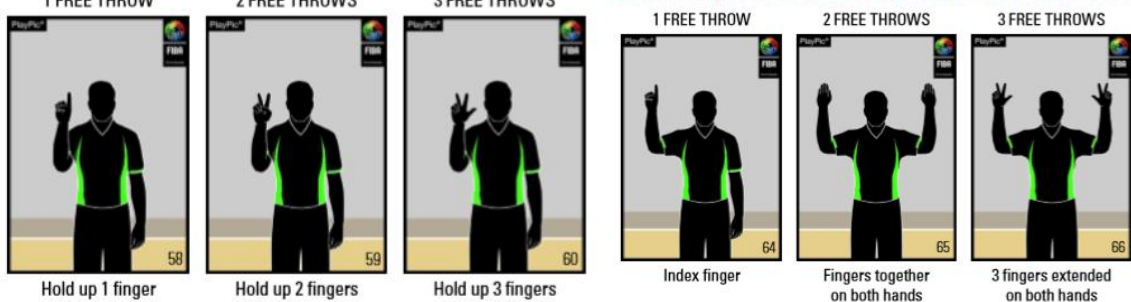
17. Free Throw Shooting Rules

Free-Throws	<p>A player is rewarded with a free-throw opportunity:</p> <ul style="list-style-type: none"> • after being fouled while shooting the basketball • after the opposing team has exceeded their foul limit for the half (9 team fouls), or • after the opponent commits a technical, unsportsmanlike foul or disqualifying foul. <p>This results in one, two, or three uncontested shots from the free-throw line all worth one point each.</p>
Lane Violation – Shooter	<ul style="list-style-type: none"> • The player shooting a free-throw is not allowed to jump or step over the free-throw line until the basketball has touched the rim. • Doing so will result in a violation and the basketball awarded to the opposition team on the sideline.
Lane Violation – Non-Shooters	<p>The other 9 players on the court during free-throws must also follow specific rules:</p> <ul style="list-style-type: none"> • The four players behind the three-point line are not allowed to cross over the three-point line until the basketball has touched the rim. • The five players lined up on the edges of the key can step into the key as soon as the basketball has left the shooters hands. • If the defensive team breaks any of these rules, the player shooting free-throws receives one extra shot if their current shot is missed. If the free-throw shooter makes the shot on a defensive lane violation, the shot counts and play continues. • If one of the offensive players breaks one of these rules, the free-throw does not count and the opposition receives the basketball out-of-bounds.

Adminstrating Free Throws – Active Official (Lead)

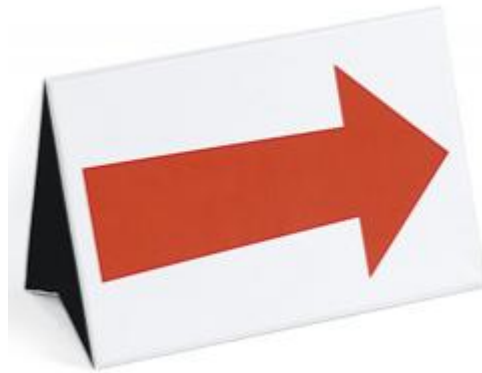


Adminstrating Free Throws – Passive Official (Trail in 2PO & Centre in 3PO)



18. Possession Arrow

- The possession arrow is used after every held-ball or when the referees are unsure on an out-of bounds call.
- The initial direction of the arrow is determined by the jump ball that commences the game. The team who does **not** secure first possession of the basketball will receive the basketball at the next jump ball.
- The possession arrow then alternates between the two teams for the remainder of the game.
- At the start of the second half (or overtime), the team entitled to the next alternating possession at the end of the last half (or overtime) will start the next half (or overtime) with a throw-in at the centre line. The direction of the arrow is NOT changed at the end of the half time or overtime, so the team whose goal end is the opposing direction of the arrow starts with the throw in.



19. Injuries

- Coaches, parents, and team members on the sideline must wait until the referee has given **permission** before entering the court to attend to the injured player.
- If live play is stopped to address an injury from a player on the court, that player cannot stay in the game and must be substituted. If the coach enters the court, the player must also be substituted. They can be brought back into the game at the next opportunity.
- The rules require that a referee MAY stop the game if the player is:
 - bleeding
 - unconscious, or
 - at immediate risk of further injury due to proximity to other players.
- If a player is injured and the ensuing action moves the other players away from them, the referee will allow the game to continue and the play to finish. The referee will stop the play only after a play finishes e.g. after a made or missed basket, or when there is clear opportunity to stop play without affecting possession i.e. when the injured player's team takes possession of the ball.

20. Mercy Rule (Fall-back Rule)

- Only applies in competitive season, not in grading games or finals and is only enforced at the discretion of the losing coach
- Mercy rule may be enforced by the losing coach when a team playing in:
 - Under 10 competitions is losing by 10 point or more
 - in all other competitions is losing by 20 points or more
- The mercy rule requires the leading team to:
 - fall back behind the 3 point line following a successful shot attempt, or whenever the opposition team is inbounding the ball
 - not play defence until the ball is dribbled or passed across the centre line

21. Referees

- Referees are human. They're not going to get every basketball call correct just as you or I wouldn't if we were in their place. Once a call has been made, no amount of complaining a coach or player does will change it. "Only focus on the things you can control".
- Apprentice referees, wear fluoro-green shirts so they are very recognisable, we expect all involved to support the apprentice referees. Coaches are not to speak with green shirt referees. All communication from coaches must go through the striped referee to assist with building confidence and development of the green shirt.
- Please familiarise yourself with the code of conduct relating to respecting referees and other officials. Coaches are asked to ensure that their players are not questioning any referee decisions. The players' focus needs to be on what they can control, playing and following the coaches instructions.
- Parents and supporters are encouraged to cheer and support the team; they are not to coach or critique the performance of those participating in the game (this includes the coach, players and referees).



22. No Zone Philosophy

- The KBAJ now supports a no zone philosophy which means that a zone defence in the half court shouldn't be played in the under 14 and younger competitions.
- St Christopher's actively encourage coaches of u14 and below teams to observe man to man defence principles. We can't control what other teams or clubs chose to do but we can prioritise the development of our younger players and their teams and require that our teams observe no zone.
- Zone defence played in the half court which doesn't incorporate normal man to man defensive principles shall be considered a zone. The 'no zone' philosophy applies only in the half court. Zone presses and trapping defences are allowed if they fall back to man to man principles inside the three point line.
- The KBAJ has *NOT* introduced a no zone rule so there is *no penalty* for playing zone but we hope that with communication and education, the zone in these younger age groups will be eradicated.



23. Respect the Game

We are governed by a number of policies and codes to ensure that our game is fun for all involved. The objective is to create a positive and safe environment for our children as players, referees and coaches.

Basketball Victoria have developed Codes of Conduct so that we can all be clear of the behavioural expectations that apply to us. These Codes are designed to assist everyone to safely receive the maximum benefit from their involvement in basketball.

There is no place for poor parent behaviour in junior sport. The KBA's Spectator Behaviour Policy provides a clear and comprehensive statement of expectations.

Coaches, spectators/parents, assistant coaches and players who receive 3 or more behavioural technical fouls during the KBA playing calendar year (Jan-Dec) will have the following penalty applied:

- Three Tech Fouls: Automatic 1 Game Suspension
- Four Tech Fouls: Automatic 2 Game Suspension
- Five Tech Fouls: Automatic 4 Game Suspension
- Six Tech Fouls: Automatic 6 Game Suspension

Behavioural technical fouls are recorded in a register online: [Behavioural Foul Register](#).

Please remember that your actions reflect not only upon yourself but also upon your team and the club.

Remember that breaches of code not only undermine the enjoyment & safety of the sport - they can also lead to sanctions being applied to individuals, teams or even the Club. In such circumstances – ignorance of a Code is not accepted as an excuse.

Codes of Conduct	<ul style="list-style-type: none">• Player's Code of Conduct• Parent's Code of Conduct• Coaches Code of Conduct• Spectator's Code of Conduct• Administrator's Code of Conduct• Official's Code of Conduct
Respect our Game Policy	BV Respect Our Game Policy
Behavioural Technical Fouls Policy	BV Behavioural Technical Foul Policy
Participant Behaviour Policy	KBA Participant Behaviour Policy.pdf



JD: Rule Variations by Age Group

Rule	U10	U12	U14	U16	U19
Timing violations					
• 3 seconds in key rule	x	x	✓	✓	✓
• 5 seconds in key rule	✓	✓	x	x	x
• 8 seconds to inbound ball from backcourt to frontcourt	✓	✓	✓	✓	✓
Centre line violation (ball returned to back court)	x	✓	✓	✓	✓
Free throws					
• Normal free throw line	x	x	✓	✓	✓
• Midpoint between normal free throw and edge of circle nearest basket	✓	✓	x	x	x
Three point lines					
• outside line (6.75m)	x	x	x	✓	✓
• inside line (6.25m)	✓	✓	✓	x	x
Mercy rule only for competitive season (not grading games or finals) and at discretion of losing coach (fall back behind 3 point line when opposition inbounds ball). No defence until ball crosses the centre line:					
• team leads by 10 pts or more	✓	x	x	x	x
• team leads by 20 pts or more	x	✓	✓	✓	✓

