

INNER WEST PSSA – BASKETBALL BOYS/GIRLS



Age Group

Juniors: Turning 8, 9 or 10 years during the current year

Seniors Boys/Girls: Turning 11, 12 or 13 years during the current year

Juniors playing up: Juniors who play more than three games in the Senior competition must then play the remainder of the competition in the Seniors, and no longer play in the Juniors.

Teams

Each team will have 5 players on the court and 3 substitutes per team. Max 8 students per team

Equipment

- Size 6 ball to be used
- Whistle
- First aid kit
- Scoresheet, clipboard and pencil
- Numbered jerseys or bibs for all players (try to have numbers on the front and back of singlets. Must have a number at least on the back of jersey or bib)

Referees

- Both teachers are to referee the games- 1 half each
- Teachers decide which half they officiate

Sun Safety

- Students must wear clothing to protect their shoulders from the sun
- Students should apply sunscreen prior to 12:30
- Hats are not allowed to be worn while playing

Starting Times

Juniors: 12:30pm – 1:05pm

Senior Boys: 1:10pm – 1:45pm

Senior Girls: 1:50pm – 2:20pm

All teams should take the court and begin at 12:30pm

Playing Time

Juniors

2 x 15-minute halves with 2-minute break

Seniors

2 x 15-minute halves with 2-minute break

- Games are played STRICTLY to time
- An interval of no more than 3 minutes is allowed between halves
- Injury time is up to 2 minutes (if games are running on time)
- Each team is to swap ends at half time

Starting the Game

- The game is started with a jump ball (tip off) in the centre circle. The ball must be thrown straight up and must travel to a height greater than either player can reach.
- The ball must be tapped to a player outside the centre circle. It cannot be caught by the jumpers.

Scoring a Goal

- A goal (during regular play) is worth 2 points
- There are NO 3 pointers (if they score from outside the arc it is still counted as 2 points)
- A free throw (after a foul) is worth 1 point if the shot is made.

All coaches must use the [IWPSA Summer Basketball Scoring sheet](#)

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Team Changes and Substitutions

- Substitutions can be made when either team has an inbound from the side after a turnover or after a foul.

Contact - Fouls

- When dribbling, if a player is pushed, held or blocked by the defence, it is the defensive player initiating the contact that is charged with the FOUL.
- An offensive player can be charged with a foul when dribbling, if the player runs into a stationary defender or uses unnecessary pushing.
- If these fouls occur, possession is given to the other team from the closest sideline. Get the player to stand back from the sideline, not toe on the line.
- If a player is fouled while shooting and the shot is successful, the 2 points are counted and a bonus 'free throw' is awarded.
- A player can accumulate 5 fouls and continue to play, but on the 6th foul, the player is ejected from the game. **Remember to mark the fouls against the players on the score sheet as they occur.**

Offensive Fouls:

An offensive foul that is committed when a player pushes, holds or slaps a defender.

Penalty = turnover

Charging fouls are called when the attacking player runs over a defensive player.

This is the hardest rule to officiate as some contact is allowed in basketball. It is generally only called when a defender is stationary in one spot and the offensive player tries to go straight through where they are with force.

Penalty = turnover

Dribbling

- The player must keep the hand on the top side of the ball. The hand under the ball while dribbling is called Carry Ball and is illegal.
- Bouncing the ball with two hands is classed as a double dribbled and is illegal.
- Dribbling, the stopping and holding the ball, then dribbling again is also a double dribbling and is illegal.

Penalty = turnover

Travel

- When catching the ball, the player must stop in 2 strides or immediately begin dribbling.
- After dribbling the player must stop in 2 strides and pass or shoot.
- Pivoting on the first foot to connect the ground is legal when catching a pass or completing a dribble.

Penalty = turnover

Defence

- All teams must use, 'man to man' defence.



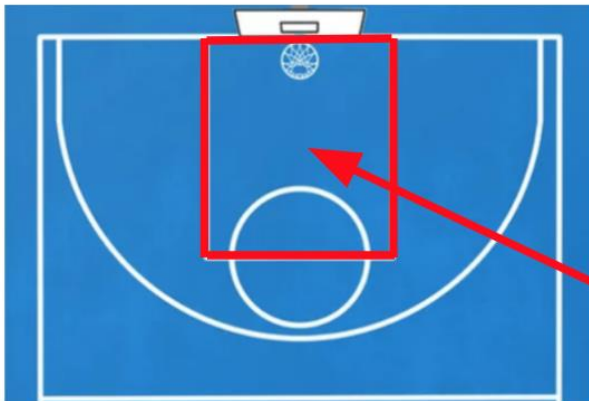
Man to man defence:

Green team is defending, orange in possession. The green players must stick with their direct opponent. If a defender loses their opponent, a different defender can 'switch' onto the player.

- No 'ZONE' defence.
- No full court pressure defence. (Multiple defenders attack players as the ball is being passed inbounds after a basket).

3 Second Rule (Seniors only) – while your team has possession, no member is allowed in the key for more than 3 seconds. If your team shoots and hits the ring, the 3 seconds restart.

Penalty = turnover



The Key

Playing the Ball

- The ball may not be kicked or punched
- It can be rolled, tapped or bounced.

Other Rules

- If 2 players have possession of the ball at the same time, it is a Lock Ball and there must be a JUMP BALL taken from the closest circle.
- When a non-shooting foul or turnover occurs, the ball is taken from the closest sideline.