

UNIVERSITY RECREATION WELLINGTON

BASKETBALL SOCIAL SPORTS LEAGUES

GENERAL INFORMATION

Teams

- 5 players per team are allowed on the court at any one time.
- Teams must have a minimum of 4 players to start or they will forfeit the game.
- Teams are allowed as many substitute players as they want.

Game Times

- Games consist of two 13 minute halves, with a 2 minute half time break.
- Due to the tight nature of bookings, games will start at the scheduled time whether teams are ready or not.
- If a team is more than 5 minutes late then they will receive 5 penalty points against them.
- If a team is more than 8 minutes late then they will default the game.

Defaults

- It is expected that teams are able to play every week; defaults should be avoided where at all possible and no-shows will not be tolerated.
- In the case of a default, a 30-0 score will be awarded to the non-defaulting team.
- **Any team who does not turn up to their match without providing at least a day's notice, will receive one warning and repeat offenders will be removed from the league without a refund.**

Misconduct

- The emphasis of the leagues is on fun, enjoyment and a social atmosphere. They provide an opportunity to get active in a friendly environment. While healthy competition is encouraged, this should not be at the expense of these goals.
- Players and teams must compete and conduct themselves in a spirit of fair play and should accept officials' decisions without gesture or argument. Aggressive play, violent misconduct and foul language will not be tolerated, and any incidents of this nature will be dealt with seriously. Consequences can include the withdrawal of specific players or a whole team from games/the league, without a refund.
- Any players (or spectators) who are intoxicated will be asked to leave the facility.
- If you have any concerns relating to any behaviour or incidents that occur during the leagues, please complete a feedback form that will be given to the Sports Manager.

Eligibility

- Players must have played two games during pool play to be eligible to play during finals rounds. The exception to this is if both teams agree that a fill-in player can be used; in this case, the fill in player can play and the result of the game will stand.
- Participants can play for multiple teams throughout the different leagues but are only allowed to play in ONE team in any given league. Exceptions may be granted in special circumstances.

Finals Rounds

- In finals rounds (quarters, semis & finals – depending on the format of the league), a result is required in all games.
- If teams are tied at the end of a game in finals rounds, a free throw shootout will take place. Each team will get 3 free throw shots, followed by sudden death free throw shots (if necessary) to determine a winner.
- For the 1st and 2nd placing final only (both divisions), an extra time period of 2 minutes will be played if the teams are tied at the end of the game. If extra time still results in a tie (the full 2 minutes is played out), then free throws will be taken following the above format to determine a winner.

Warming Up

- Players are responsible for ensuring they are sufficiently warmed up and physically prepared to participate in sporting activity. It is recommended that a warm-up involves some light cardio and stretching to help prevent the chance of injury.

Clothing

- Bibs are provided.
- Suitable sports shoes and clothing must be worn (no bare feet).
- No sharp or dangling jewellery is to be worn.

Basketball rules are outlined on the next page.

Please note these are subject to change.

BASKETBALL RULES

Games are played under standard basketball rules, except for specific rules on fouls (see below), and it's expected that players are familiar with these.

The court lines are marked with yellow tape.

Scoring

- A shot made from outside the circle is worth 3 points.
- A shot made from inside the circle is worth 2 points.
- Penalty shots are worth 1 point each.

General

- No shouldering, holding, pushing, tripping or striking another player.
- No double dribble (a player cannot resume dribbling the ball after coming to a complete stop).
- A player cannot run or travel with the ball.
- A player cannot swat the ball away once it has started downward towards the basket; this is identified as goal tending.

Fouls

- Non-technical fouls will be called by the referee and a side line ball given to the opposing team each time.
- Team fouls and individual fouls will not be counted, as there is no bench to record offending players and teams. **However**, if the refs notice a particular player or team continue to foul then appropriate warnings will be given to the offenders, which may result in the fouls being upgraded to technical fouls.
- Each player is only allowed two technical fouls. Receiving two technical fouls results in an immediate stand down from the game. Further action may be taken and reported to league management for assessment.
- Due to the nature of the games being running clock and no bench to keep track of fouls, the refs will employ an 'advantage rule'. If the team with possession of the ball is fouled but *still has possession* and/or the foul *does not affect the flow of the game*, play will continue. However, if the foul results in a *loss of possession* or *affects the flow of the game* then the foul will be called. This use of the advantage rule does not mean that teams can commit fouls as they please (refer to bullet point above regarding repeat offenders).
- If the refs consider a game is too aggressive then they may call it off for safety reasons. Such an incident will be reported to league management for assessment.

Substitutions:

- Teams are allowed as many substitutes as they want with no limit as to how many changes they make.
- Substitutions must be made during a stoppage in play.

Shot Clock:

- The 24 second shot clock rule will apply to attacking teams - once possession is gained, the attacking team must have a shot at the hoop, either scoring or contacting the rim within 24 seconds, otherwise possession is turned over.