



GVPSSA Basketball Rules



Updated 2011

BALL

- Juniors – Size 5 ball
- Seniors – Size 6 ball

TEAMS

- Two teams of five ~ five substitutes per team.
- Substitutions can be made when it is your possession from the side after a turnover or after a foul.
- Try to have numbers on the front and back of singlets.

TIME

- Seniors ~ 20 minutes per half (no time outs)
- Juniors ~ 15 minutes per half

TIP OFF

- The game is started with a jump ball 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 circle. It cannot be caught by the jumpers.

SCORING

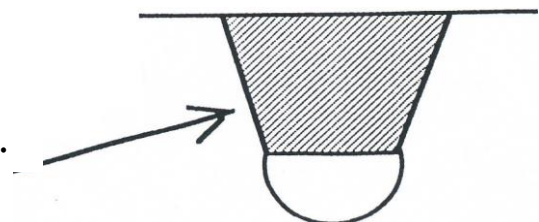
- A goal (during regular play) is worth 2 points.
- There are no 3 pointers.
- A free throw (after a foul) is worth 1 point. Shoot from here.



INFRINGEMENTS

- 3 seconds - while your team has possession, no member is allowed in the keyhole for more than 3 seconds. If your team shoots and hits the ring, the 3 seconds restart.
- Don't worry too much for juniors.

The keyhole for '3 seconds' rule.



PLAYING THE BALL

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

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.

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 2 hands is classed as a double dribble and is illegal.
- Dribbling, then stopping and holding the ball, then dribbling again is also double dribbling and is illegal.

DEFENCE

- All teams must use “man to man” defence.
- There is no 'ZONE' defence.

PERSONAL FOUL

- 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 the line.
- If a player is fouled while shooting and the shot is successful, a bonus 'free throw' is awarded.
- If a player is fouled while shooting and the shot is unsuccessful, 2 'free throws' are awarded.
- A player can accumulate 4 fouls and continue to play, but on the 5th foul, the player is ejected from the game.

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.