



BASKETBALL *Cheat Sheet*

ROSTERS

- A full team on the floor consists of 5 players with a minimum of 2 females
- The minimum number of players required in order to not default is: *4 total players including at least 1 female*

GAME PLAY

- Games Coordinators (GCs) are present to facilitate the gameplay and monitor the action
- A game is 60 minutes in length:
 - Two 25-minute halves
 - A 5-minute warm-up and half-time
- **Regular Season:** Ties are allowed
- **Playoffs:** Ties are not allowed
 - An overtime period will be played and the first team to score two baskets is the winner
- Mercy will be called if one team gains a 30-point lead
- All baskets count for 2-points, there are no 3-point baskets

- Throw-ins are used to re-start play after any stoppage
- The ball must be 'checked' on most throw-ins
- **Recreational Division:** No back-court press allowed following an offensive basket
- **Recreational Plus / Intermediate Division:** No back-court press allowed following an offensive basket when leading by 10 or more points

PENALTIES AND VIOLATIONS

- **Violations** are rule infractions that result in a loss of possession
- Players and teams are expected to call their own violations and fouls; although the GC will also confirm or deny violations and fouls
- Common violations include;
 - Traveling, Over and Back, Double-dribble, 10-second violation, and '5 in the key'
- **Fouls** are non-malicious infractions that result in a loss of possession, or free-throw(s)
 - A player receives one foul shot worth two points
- Common violations include;
 - Defensive Interference: Blocking, Holding, Body Contact, etc
 - Offensive Interference: Charging, Moving Picks, Holding, etc
- There are no player or team foul counts
- **Penalties** temporarily or permanently remove a player from the game, although teams will not be forced to play short-handed
 - Can be categorized as **Warnings**, **Majors** (5-minutes), or **Game Misconducts**
- Common penalties include;
 - Dunking, Unsportsmanlike Conduct, Reckless Play