

2023

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# Basketball Rulebook

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## 5v5 Rule Basics

- To start, you need at least three players,
- 20 minutes per half
- **Three** 30 second timeouts per game (one in overtime)
- Clock stops in the last minute of second half **ONLY** if a team is losing by 15 or less



## Court

- All games will be played on a full court playing surface. (84 feet by 50 feet)

## Ball

- The official ball size is the size 7 basketball (29.5 inches in circumference).

## Equipment

- Players may not wear jewelry of any kind (Medical ID allowed)
- A headband is the only type of headgear that is permissible to wear. (religious headgear is allowed)
- All players must be in appropriate athletic wear: No jeans, boots, non-athletic shoes, or non-approved headgear.
- All members of the same team must be dressed in same/similar uniforms. If one player on a team does not have a uniformed shirt, the entire team will have to wear the scrimmage jerseys supplied by PBF Sports.





## Roster

- 12 players maximum per team (5+7 substitutes)
- Teams may have a maximum of five players on the court.
  - *Note: a team may play a game with no less than three players on the court.*
  - Any amount lower than three players will result in a forfeit.
  - A team shall be allowed to commence and play a game with three players if a fourth is not available.
  - A team with five or more players can elect to start and play 4-on-4. Such a team can insert its fifth player at any point during the game.
- The players listed on the roster submitted in the team registration process, accepted by event organizers, are the only players eligible for play on that team.
- Additions to rosters are permitted only at the discretion of the League. Such roster changes must be made by the date specified by the League
- If a team uses a player not properly registered, that team will forfeit their scheduled game.
- Each such person, as a condition of participating, must have first executed and submitted to the League Office the standard waiver form provided by the Office.

## Gender Requirements

- A team must play with a minimum two of women on the court at all times.
  - *Note: The opposing team is not required to match the gender makeup of the opposing team. (i.e. if team 1 has two women on the court and team 2 has three woman on the court gameplay will continue).*



## Scoring

- A legal field goal or free throw attempt shall be scored when a ball from the playing area enters the basket from above and remains in or passes through the net.
- A successful field goal attempt from the area on or inside the three-point field goal line shall count two points.
- A successful field goal attempt from the area outside the three-point field goal line counts for three points.
  - *Note: the three-point goal shall be used in all facilities equipped with a three-point line, subject to the discretion of the officials.*
- A field goal accidentally scored in an opponent's basket shall be added to the opponent's score.
- A successful free throw attempt shall count one point.
- An unsuccessful free throw attempt which is tapped into the basket shall count two points
- Running score in the stat book is the official score.



## Timing

- Each game will have two 20 minute halves with a running clock.
- The clock will only stop during timeouts and in the last minute of the second half on every whistle blown by the referee (meaning the clock will stop on all dead balls, foul shots and any other related stoppage of play that requires adjustment on the court during the final minute of the half).
- All games shall be played within a time period of approximately one hour.
- Except as noted herein, the game clock shall start no later than five (5) minutes after the scheduled starting time even though the actual game may not yet have commenced. A team that does not have the requisite number of players (three) within ten (10) minutes of the designated starting time will be charged with a forfeit and all sanctions applicable thereto shall apply. Should both teams be in default, the game shall be declared a “double-forfeit”.
  - Exception: In instances where gym time is reduced due to unforeseen circumstances, not in control of the League (e.g. late running school activities, inclement weather, lighting or other structural problems in the gym), the referees may, in their discretion, after notification to team captains, constrict the length of games in such way as to ensure a fair allocation of play for all teams scheduled that night.
- If play is interrupted by an injury to a player, the referee may, in their discretion, stop the clock but in that event shall assess a time-out to the team responsible for the delay in play.
- “Mercy Rule” If a team leads by 15 or more points at any point during the last two (2) minutes of the second half, the remainder of the game will be played as running time. However, should this lead fall to 15 points, the game will return to stopped time.
- Each team is allowed three thirty seconds timeouts **per game**. The clock will stop during a timeout.
- Substitutions
  - Substitutions may only be made during a timeout or a dead ball situation.





## Overtime

- If the score is tied at the end of regulation, the teams will compete in a three-minute overtime period.
- Each team will be allowed one timeout during the overtime period.
- The overtime period will begin with a jump ball.
- If the initial overtime concludes in a tie, the game will go into sudden death where the first team to score any point (free throw or basket) wins the game.



# putting the ball in play



## Putting the Ball in Play

- The game and overtimes shall be started with a jump ball in the center circle.
- The team that does not gain the first possession of the game will put the ball into to begin the second half.
- In putting the ball into play following a successful free throw, field goal or at the start of a half, the thrower-in may run along the endline.
- A team shall not be in continuous possession of a ball which is in its backcourt for more than 8 consecutive seconds.
  - PENALTY: Loss of ball. The ball is awarded to the opposing team at the midcourt line.



## Fouls

- Referees will call fouls for all games.
- If the fouled player is in the act of shooting, which is missed, that player will be awarded two or three free throw shots depending upon the location of the foul [inside the arc (two shots) or outside of the arc (three shots)].
- If a fouled player completes a successful field goal in the act of shooting then one free throw shot will be awarded.
- However, a basket shall not count when an offensive foul occurs.
- Incidental contact between opponents shall not result in a called foul unless such contact results in a meaningful disadvantage.

## Intentional Fouls

- An intentional foul is a foul designed to neutralize an opponent's obvious advantageous position. It is a foul which, based on the Referees observation of the act, is not a legitimate attempt to directly play the ball.
- A foul shall also be ruled intentional, based on the Referees observation of the act, if while attempting to play the ball, a player causes excessive contact.
- An intentional foul results in the offended team receiving possession of the ball.



## Technical Fouls

- A technical foul will be called for unsportsmanlike acts such as taunting, baiting or trash talk. Taunting and baiting can involve derogatory remarks or gestures that incite or insult a player. Trash talk involves a deeply personal, verbal attack directed toward any person involved in the event. In extreme cases, the player may also be suspended from play and a coach or fan removed from the court for the remainder of that game or for the rest of the tournament.
- A player who aggressively comes into contact with or assaults a Referee or other tournament official shall be automatically ejected from the game and for the remainder of the current tournament.
- A player disqualified as a result of unsportsmanlike conduct shall promptly leave the vicinity of the gymnasium. Their failure to do so shall result in automatic forfeiture by their team, in addition to disciplinary action against the player and/or their team.
- Additional action for such acts will be determined by event organizers on a case by case basis.
- The Referee may also assess a technical foul if they determine the team is stalling in the interest of preserving a winning margin.
- A technical foul results in one free throw for the offended team and possession of the ball.
- A player receiving two technical fouls in a game will be ejected from the game.





## Flagrant Fouls

- A flagrant foul may be of a violent or aggressive nature, or an act which displays unacceptable conduct. It may or may not be intentional. It may involve violent or aggressive contact such as striking, kicking, kneeing, moving under an opponent who is in the air, and crouching or hiping in a manner which could cause severe injury to the opponent.
- It may also involve dead ball contact or dialogue which is extreme or persistent, aggressive or abusive.
- A flagrant foul results in one free throw for the offended team and possession of the ball.
- The player committing the foul will be suspended from play for the remainder of that game and possibly for the rest of the tournament.
- **All fouls count as team fouls.**

## Foul Limits

- 6 team fouls (If a game enters overtime, the foul counts are reset to 0, and are similarly reset before each subsequent overtime period. 4 team fouls in an overtime period will result in a bonus situation for the opposing team. In a given overtime period 4 team fouls will result in two free throws for the opposing team.)
- Penalty for team fouls 7, 8 and 9
  - One and One - the opposing player must make the first free throw in order to be awarded a second free throw.
    - If the opposing player misses the first free throw attempt the ball is live and in play.
  - Penalty for team fouls 10 and more
    - 2 free throws for the opposing team





## “Fouling Out”

- Any flagrant, unsportsmanlike foul shall result in automatic ejection and loss of possession.
- If there is no available substitute for a player disqualified on fouls (either because of a shortage of roster players at the game or because of previous disqualifications or injuries to other players), then such team shall have the choice, with the approval of the referee and opposing team’s captain, to continue playing, so long as they meet the three player threshold, including that player who has just committed their fifth foul (provided that such player has not been charged with any technical foul). (Meaning the player that fouled out may be allowed to continue playing in the event of a roster shortage if the opposing team’s captain and head referee agree). If the opposing team does not agree then the game will end and the score at that time will be entered as the final score.

# violations & penalties



## Violations & Penalties

Traveling	<p>Occurs when a player holding the ball moves one or both of their feet illegally.</p> <p>A travel results in a change of possession.</p>
Charging (offensive foul)	<p>A charge, or player-control foul, occurs when a dribbler charges into a defender who has already established his position.</p> <p>A charge will result in a change of possession.</p>
Blocking	<p>If a defender sets their feet prior to absorbing contact from the offensive player, a charge will be called. If the defender has not set their feet by the time contact occurs, a blocking foul will be called on the defensive player.</p> <p>If the offensive player is attempting a shot free throws will be awarded. If not the offense will retain possession of the ball.</p>
Offensive 3 seconds	<p>The offensive team cannot have the same person stand in the paint for more than 3 seconds consecutively.</p> <p>An offensive player called for three seconds will result in the defensive team receiving possession of the ball.</p> <p><b>There is no defensive three seconds.</b></p>

# violations & penalties cont'd



Out of bounds	<p>A ball out-of-bounds (ball that goes behind the backboard or pass any of the designated sidelines) will result in the ball being put into play at the spot of the out-of-bounds call and a loss of possession for the offending team.</p> <p>The top, bottom, and sides of the backboard are in play.</p>
Stalling	<p>Stalling is prohibited at all times. Stalling involves a style of play in which a team does not actively attempt to advance the basketball toward the basket and shoot the ball at the basket. It is a method used in an attempt to run out the game clock to preserve a win. Stalling is considered an unsportsmanlike act and will result in a technical foul against the offending team.</p> <p>Stalling will be called at the referee's discretion.</p>





## Unsportsmanlike Conduct

- If PBF Sports Staff or referees witness any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- A player disqualified as a result of unsportsmanlike conduct shall promptly leave the vicinity of the gymnasium. Their failure to do so shall result in automatic forfeiture by their team, in addition to disciplinary action against the player and/or their team.
- Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent or official.
- Fans must also adhere to good sportsmanship as well: If a team's fans are harassing the opposing team or officials, the referees may call an unsportsmanlike conduct penalty on said team.
- Fans are required to keep the gym safe:
  - Stay off of the court.
  - Dispose of ALL trash in designated trash cans.



## Sportsmanship

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular and playoff seasons. Behavior before, during, and after a contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. A team is responsible for the actions of the individual team members and spectators related to it. The team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are keys to controlling team conduct.

Sportsmanship is vital to the conduct of every contest. In order to encourage proper conduct during games, officials, founders, and support staff shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final.

### Rating Method

Each team in each contest shall be rated by the officials. The authority of the officials' ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be given to the league commissioner following every contest.

Founders, staff, or officials may amend any rating for inappropriate conduct by a team or its spectators before, during, or after a contest.

Officials have been instructed not to comment to teams about ratings. Teams may inquire with the league commissioner at the game site to view their sportsmanship ratings.

### Rating Factors

The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team's sportsmanship rating:

Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other PBF staff.

Team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an PBF official/staff.

Team members participate in the spirit and intent of the game rules. Team members accept judgment decisions made by the officials during the contest.

Respect is shown for facilities and equipment.

The following actions and behaviors by team members, spectators, and/or team followers can have a negative effect on a team's sportsmanship rating:

- Participants / spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.

## Sportsmanship Continued

- Team captain (spokesperson) exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or PBF staff. Does not provide information requested by any PBF sports official/staff while performing duties

### Rating Factors Continued

- Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
- Taunting an opponent or opposing team spectator (trash talk).
- Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after a contest.
- Any threatening behavior (verbal and/or nonverbal) to any PBF Sports or employee, participant, or spectator which occurred before, during, or after a contest.
- Damage to or destruction of any facilities including failure to remove trash from the field following a game. Rating Scale

Team sportsmanship is graded following each contest according to the following scale and criteria:

- A" or 4 points: Excellent Sportsmanship Players cooperate fully with the officials about rule interpretations and calls. The captain also has full control of his/her teammates. Team members and spectators were respectful of opponents and officials and encouraged each others' efforts. At no time was this team disrespectful towards participants or officials.
- "B" or 3 points: Acceptable Sportsmanship Team members and spectators are respectful of opponents and officials except for one or two minor incidents which may or may not merit a warning from the game officials or supervisor.
- "C" or 2 points: Sportsmanship Needs Improvement Team members or spectators are disrespectful of opponents or officials on a number of occasions which may or may not warrant a penalty. Captain exhibits minor control over his/herself and his/her teammates and spectators. Teams receiving multiple warnings or having a player ejected for an unsportsmanlike act should receive no higher than a "C" rating.
- "D" or 1 point: Unacceptable Sportsmanship Teams constantly comment to the officials and/or opposing teams from the field and/or sidelines. The team captain exhibits little or no control over teammates or himself/herself. Majority of individuals on this team are disrespectful of opponents or officials on a regular basis.
- "F" or 0 points: Tournament Ending Rating
  - The following actions can result in an "F" sportsmanship rating:  
Team is completely uncooperative and out of control before, during, or after intramural sports contest(s).
  - Team captain (spokesperson) exhibits poor control over self, the team, and/or the spectators. Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors.
  - Team fails to cooperate / comply with PBF sports staff/officials while performing their duties; falsely represents or withholds any requested information.
  - Teams which receive an "F" rating are subject to immediate dismissal from league or tournament play.

## Sportsmanship Continued

### Special Game Situations

- A team winning a game by default or forfeit with no game play occurring will receive an "A" rating, unless special circumstances dictate otherwise.
- A team that wins a game by forfeit after the game has started and game play has occurred shall receive a rating based on their sportsmanship in the game play up to the time of the forfeit.
- A team losing by default or forfeit will receive no team sportsmanship rating for the game.

### Team Sportsmanship & Eligibility

- A team must have a "B" (3.0) average or better sportsmanship rating during regular season league games or play in games to be eligible for the playoffs. The average sportsmanship rating will be calculated similar to the grade point / game ratio.

### Playoff Tournament Sportsmanship

- A team must maintain its "B" (3.0) average or better sportsmanship rating during the playoffs. The average will include regular season and playoff games.
- A winning team which receives a "C" or "D" sportsmanship rating (1.0 to 2.4 points) in a playoff game is subject to dismissal from further tournament play and should be prepared to petition PBF Sports the next business day to remain in the tournament. If the team is allowed to advance, it must receive an "A" or "B" sportsmanship rating (3.0 points or higher) in all remaining playoff games.
- Any team which receives an "F" sportsmanship rating (0.9 points or below) during the playoffs will be immediately dismissed from further tournament play and subject to further disciplinary action.
- A losing team which receives a "D" or "F" sportsmanship rating (1.9 points or below) in their final playoff game, is subject to further disciplinary action as a team in subsequent seasons



## House Rules

The official(s) shall determine and advise the team captains of any special rules of play that may be required by virtue of the unique architecture of the facility prior to a game. Such “house rules” shall be binding only as to the specific game being played and may be altered as to any subsequent game, whether or not involving either team participating or those officials.

## NCAA Rules to Apply

[NCAA rules](#) shall govern all play except as provided herein or as determined by the officials in their discretion in light of special circumstances that occur.

## Misc.

If a game is called we will make our best efforts to reschedule that game and complete it from the time of the stoppage.

If this proves impossible, however, and the game's first half was completed, the game score will be final.

**Event organizers and designated officials shall have the power to make all decisions on any points not specifically covered in the Rules & Regulations and shall have the sole authority to interpret the intent and purpose of these Rules & Regulations. Event organizers and designated officials reserve the right to disqualify any player and/or team for infractions of league rules and policies.**