

WINTER LEAGUE BASKETBALL RULES

Teams/number of players

- ❖ Two teams with five players each on the court at any time.
- ❖ Players must be registered, paid and printed on the team's scoresheet.
- ❖ Teams may make as many substitutions as they like (via the table).
- ❖ The objective of the game is to put the ball in the opposing team's basket.
- ❖ The team with the most points at the end of the game wins.
- ❖ If players play in multiple divisions, please only play for the division one up or down to make competition fair.

Duration/Time

- ❖ The game consists of four periods of 10 minutes.
- ❖ Division one is stop clock, all other divisions are running clock for most dead ball scenarios with the following exceptions:
 - If the team are within 5 or fewer points at or after the 38th minute of the game, the remainder of the game (including OT) will be stop clock
 - During the administration of free throws, the clock will be stopped, starting at the referees request or failing that, when the shooting foul is administered to the table
- ❖ If the scores are tied, overtime periods of 2 minutes will be played until one team has more points than the other (at the end of the 2-minute period).
- ❖ If there are time constraints preventing standard overtime, overtime will be played as 'golden goal' (i.e. next basket wins) to force a winner).
- ❖ Timeouts - division one has five timeouts during the game, all other divisions have one timeout per half. Time out duration is 1 minute.

Scoring

- ❖ A basket scored from near the basket (inside the three-point arc) is worth two points.
- ❖ A basket scored from far (beyond the three-point arc) is worth three points.
- ❖ A basket scored from a free-throw is worth one point.
- ❖ Players are not capped during the winter league.

Moving the ball

- ❖ The ball may either be passed from one player to another, or dribbled by a player from one point to another (bounced while walking or running).
- ❖ Before passing or shooting the ball, a player may take two steps (without dribbling).
- ❖ Once a player has stopped dribbling, they may not start to dribble again.
- ❖ Once the team in possession of the ball has passed the half-court line, it may not cross back over the line with the ball.
- ❖ You have 5 seconds to inbound the ball, 8 seconds to get over the half court during an inbound.

Shot clock

- ❖ When a team gains possession of the ball, they have a maximum of 24 seconds to attempt a shot.
- ❖ Additionally, offensive players may not remain within the restricted area (key) for more than three consecutive seconds, this resets each time a shot hits the rim.
- ❖ Shot clock will be officiated by table officials for division one, other divisions will be by the referees.

Fouls

- ❖ A personal foul occurs when there is illegal contact between two opponents. A player who commits five or more personal fouls is excluded from the game.
- ❖ A foul made on a player attempting a shot results in the awarding of the same number of free-throws as those of the shot taken (two from inside the arc, three from outside). If a player is fouled but makes the attempted shot, the shot counts and an additional free-throw will be awarded.
- ❖ Once a team has made four fouls in a period, each additional foul (excluding offensive fouls) will result in the automatic awarding of two free-throws.
- ❖ If a technical foul is given to a player or coach a £10 fine and 1 disciplinary point is given. Please read [JBBA's disciplinary policy](#)

Officials

- ❖ Referee(s) - each team in Division 1 will be required to provide referee(s).
- ❖ Table official(s) - all divisions, each team is required to provide table officials(s) before of after your game.
- ❖ These duties will be rostered on the fixture list. The captain is responsible for delegating these official duties.
- ❖ The home team of each game is responsible for writing a brief match report and submitting it to the JBBA by midday the following Thursday for publication in the JEP.