



Union Sports Women Association

New York Ar-Raad

Basketball Rules and Regulations:

- Maximum 5 players on the court per team at one time.
- Game will start with Jump ball.
- Playing with WNBA ball.
- Losing team to jump ball will receive ball at beginning of second half.
- Teams will get 2 minutes to warm up before each game. Clock will run as soon as last game end. If you are not there within 5 minutes, automatic loss.
- Possession arrow will decide who receives a jump ball within each half.
- Possession arrow will change after each jump ball.

Teams

- Each team shall have a minimum of 8 players and consist of no more than 10 players, with only 5 permitted on the court at a time.

Captains

- A team may have a captain and a co-captain. These are the only players on the team who can ask an official about a rule interpretation during a regular timeout charged to the team.

Out of bounds

- If a player causes the ball to go out of bounds, that team will lose possession of the ball and will have to give it up to the opposing team at the boundary line nearest to the spot of the violation

3 second in the key

- The team that is on offence is not allowed to stay in the key for more than three seconds.

Dribble

- A player shall not run with the ball without dribbling it
- A player who is dribbling steps on or outside of the boundary line, will have to forfeit the ball to the opposing team
- A player cannot dribble a second time after voluntarily ending the first dribble (double dribble)
- If any of these occur, the ball will be awarded to opposing team at the sideline nearest the spot of the violation

Thrower-in

- A thrower-in shall not (a) carry the ball into the court; (b) fail to release the ball within 5 seconds; (c) throw the ball so that it enters the basket before touching anyone on the court; (d) step over the boundary line while inbounding the ball; (e) hand the ball to a player on the court; (f) cause the ball to go out-of-bounds without being touched inbounds
- Violation of the above results in loss of ball to the opposing team

Striking the ball or another player

- The ball cannot be kicked, struck with a fist or put in motion by any other body part besides the inner hand
- Another player cannot be pushed, elbowed, or similarly violated at any time
- Failure to comply will result in benching the violator, and a free standing throw will be awarded to victim or victim's team mate if victim has been injured.

Traveling

- A player who receives the ball while standing may pivot; if the player decides to then dribble, they may stop and pivot once more before passing/throwing the ball
- It is considered traveling if the player raises her pivot foot off of the floor while holding the ball
- Penalty for traveling is loss of ball; opposing team throws in from nearest sideline

Time 28 min games

- 4 - 7 minute quarters
- 2 minute break in between halves

Overtime: 5 minute overtime

- Fouled out players are still fouled out.
- 1 full time out will be given to each team
- Previous time outs cannot be transferred to overtime

Fouls: 5 fouls per game per player

- Two technical fouls leads to an ejection
- Flagrant foul leads to an automatic ejection
- Ejection from game will lead to a minimum one game suspension
- 7 team defensive fouls per half lead to a one and one free throw
- 10 team defensive fouls per half leads to a double free throw
- Foul shots are to be taken by the player who the foul was committed on
- Technical foul free throws can be taken by any player on the team that the foul was committed on
- Player chosen must have been on the court during the time the foul was committed

Time outs: 3 total time outs per game per team

- 2 One minute time outs per half
- One 20 second time out per half
- Calling an excess time out will result in a technical foul for the other team
- First half time outs do not transfer over to the second half.

Union Sports Women Association Committee has discretion to change any rules anytime. This includes but not limed to timings - shorter timings later games if necessary, Automatic wins if gym time runs out and any additional rules necessary