



## Secondary Basketball

### **Age Groups**

All players must be from the specified Year Group or Age Group.

**N.B.** If the age group is U16, players from Y7/8/9/10 and 11 are eligible. KS3 is Y7/8/9 : KS4 is Y10/11.

### **Squad/player Eligibility**

Minimum of 8 players and maximum of 12 players per squad with 5 players on court at any time.

### **Court/Equipment Requirements**

- U14 Girls – size 5 ball  
U16 Girls – size 6 ball  
U14 Boys – size 6 ball  
U16 Boys – size 7 ball
- All matches should be played on a full court not less than 20m x 11m.
- The basketball ring should be 10' 0" (3.048m) high.

### **Duration/Length of matches**

This will depend on the size of entry

### **Playing the Game**

All matches are played according to FIBA regulations unless otherwise stated.

### **Basic Rules**

- Each game is started by a jump ball in the centre circle and begins when the ball is tapped in by one of the jumpers.
- A basket from the field, from outside the arc counts as 3 points, within the arc counts as two points. Free-throw shots will be 1 shot for 2 points.
- After a basket, the opponents will be given the ball to make a throw in from any point behind the baseline.
- Players may be substituted at any time on a dead ball.
- Time-outs allowed: 1
- 24 second shot rule
- 8 second rule
- 3 seconds in the key
- 5 seconds on the sideline
- 5 seconds on the free throw line
- No time outs in the last 2 minutes of the game.
- It is expected that each player will be given a 'fair' amount of court time.

**Zone Defences are not permitted in U14 games.**

## **Violations**

If any violation is committed, the non-offending team should take a throw in from the side line.

### *Violations Include:*

- Deliberately kicking the ball or striking it with a fist.
- Knocking the ball out of the court.
- Dribbling with two hands on the ball at once or letting the ball come to rest then continuing to dribble (Double Dribble).
- Running with the ball (Travelling).

## **Fouls**

- A personal foul involves personal contact with an opponent, if this occurs in the act of shooting two free throws are allowed, otherwise it is sideline ball to the opposing team.
- Once a player has 5 personal fouls he/ she take no further part in the game.
- 7 team fouls, shots given on 8<sup>th</sup> foul.