



Mini Basketball Rules

GENERAL

Each squad shall consist of a maximum of 10 team players of which at least 4 should be girls.

Five players on the court with a minimum of **two girls must** on the court at all times.

The games will be played with a size 5 basketball.

FOR PLAYERS

You need to keep yourself and the ball inside the playing area - **(player out of bounds & ball out of bounds rule)**

You cannot walk or run while holding the ball; so in order to move on court you must dribble the ball by bouncing it - **(travelling rule)**

You cannot dribble with two hands at the same time or dribble again once you have stopped and held the ball - **(double dribble rule)**

As Basketball is a non-contact sport, you cannot make unfair contact with an opponent - **(personal foul rule)**

Zone defence is forbidden in mini basketball

THE GAME

Each game is started by a jump ball, between any two opponents, in the centre circle and begins when the ball is legally tapped by one of the jumpers

To win the game you must score more baskets than your opponents.

A basket is made when a live ball enters the ring from above and remains within or passes through the net

You can use the backboard to rebound the ball into the ring

A goal from the field scores two points

After a field goal, the opponents shall have the ball to make a throw-in within 5 seconds, from any point on or behind the end line.