



5 on 5 Co-Ed Indoor Basketball Rules

PLAYERS

- Each team must consist of 5 players on the court. A minimum of four players is needed to start a game. At least one player on the court must be female and at least one player on the court must be male.
- All players must be on the official team roster prior to the start of the game. Additionally, all players must have signed a SBS waiver.
- A Team may borrow players from another team in the league. When borrowing players, notify the referee. Teams may not borrow players if they already have five players. When borrowing players you must have at least 3 original team members for the game to count.

DURATION OF GAMES

- Games will last for 50 minutes each and will consist of two 23-minute halves, running clock, with a 4-minute half time (approx).
- The half may be shortened if the referee deems it necessary.
- Teams will be allowed 2, 30-second timeouts per half.
- During the regular season, games may end in ties.
- During the playoffs, games tied at the end of regulation will result in one, 5 minute overtime. If after the overtime the game is still tied, teams will engage in a game of 10 person knock-out.

METHODS OF SCORING

- Any shot from behind the three point arc will result in three points.
- Any shot from inside the three point arc will result in two points.
- A foul shot counts as 1 point.

FOULS AND MISCONDUCT

- The referees will be calling the following defensive fouls: Blocking, Hacking, and Holding. If any of these fouls occurs during the act of shooting it will result in two foul shots if attempting a two pointer, or three foul shots if attempting a three pointer. If the shot is made, then the player will receive one foul shot. Players lined up during a foul shot attempt must wait until the ball is released before they enter the key.

- The referees will also be calling Charging and Offensive fouls which will result in a change of possession.
- After a team gets seven fouls, they will be in the bonus and every subsequent foul, whether in the act of shooting or not, will result in a “one and one” situation for free throws, unless it is an “and one” situation. One and one means that a player gets one free throw, if they make it, then they get another free throw.
- Technical fouls will result in one free throw and possession for the other team. If a player gets two technical fouls in a game they will be removed from that game and possibly the next one if the referee and league deem necessary.
- Flagrant fouls will result in two foul shots and possible removal from the game if the referee deems necessary. Remember, this is social so there really shouldn't be flagrant fouls.

See below for a description of each type of foul.

VIOLATIONS

- The following will result in a turnover:
 - Traveling, double dribbles, carries, goaltending, backcourt, and out of bounds.

For a description of each, please see below.

GAMEPLAY

- Substitutions can occur only on dead ball situations (out of bounds, fouls, etc).
- One substitute from each team will be in charge of keeping score on the flip score cards. The referee will monitor the score and signal if a shot was a three pointer or two.
- You may only call a timeout when your team has possession of the ball.
- There is no shot clock.
- The clock will stop with every stoppage of play when the game clock is under 2 minutes.
- Remember, this is a social league. There is no place for overly physical play. Play fair, play fun, and have a good time.

The referees and SBS reserve the right to amend these rules at any time.

Violations Descriptions:

Traveling – taking three or more steps without dribbling the ball.

Double dribble – a player dribbles the ball with both hands at the same time or they stop dribbling and then start dribbling again.

Carry/Palming – a player dribbles illegally by putting his hand below the ball and dribbling in a carrying motion.

Goaltending – Defensive player preventing the ball from going into the basket when the ball has been shot and is in the ‘downward’ half of the arc trajectory or is over the imaginary cylinder extending above the rim.

Backcourt – Bringing the ball to your offensive side and then crossing back over into your defensive side.

Foul Descriptions:

Blocking – impeding the progress of an opponent by extending one or both arms horizontally or getting in the path of a moving player without having your feet set.

Charging – running into a stationary player while you are moving with the ball.

Hacking – the player hits the arm or hand of the person holding the ball.

Holding – the player holds an opposing team's player with or without the ball.

Technical – a technical foul can be assessed if you argue with the ref, use offensive language, play overly physical, etc. The technical foul can be given out if a referee deems it necessary.

Flagrant – a serious contact foul involving intentional and unnecessary and/or excessive contact. Please don't do this!

Loose Ball Violation – A hack, push, or hold committed while there is no team control.

Offensive – A push, moving screen, or charge done by the team with the ball.