

Basketball College League Rules

1) League Rules

There are 2 divisions, Division 1 and Division 2. At the end of the season (the year) the top team from Division 2 moves up to Division 1. The bottom team from Division 1 moves down to Division 2. Each team plays all other teams in their division. After the season there is a Cuppers tournament between all teams from all divisions, which is a KO tournament.

Forfeiting a game in the league will result in a -3 points + 20 pound fine, unless both the opposing team and the college league secretary (sgp30@cam.ac.uk) have been notified of the fact that a team will not turn up **at least** 24 h in advance. Games can be rescheduled by mutual agreement with the opposing team and providing court times are available (swapping preferred!).

Win = 3 points

Draw = 1 point

Loss = 0 points

Each game is refereed by 2 referees, one of these is provided by the college teams. A schedule of which team has to provide a ref for which game will be emailed out to you together with the fixtures. These referees are assisted by a referee from the uni bball team. After every game, the college league secretary should be notified of the result.

Games are played on the weekend (either Saturday 1-2 or Sunday 4-5 or 5-6). Details will be emailed out with the fixtures.

College league subs are 160 pounds payable asap to the CUWBbC treasurer (Sarah Sheldon - ss885@cam.ac.uk). Cheques must be made out to: CUWBbC.

2) General Game Rules

Standard basketball rules concerning scoring, dribbling and fouling apply. Exceptions are:
A game is 2x20 min with a 5-10 min break in the middle, depending on when the game started (all games need to finish within the hour)

Every team has 1 time-out/half. You can take these by telling the ref and at the next break in the game (i.e. out of bounds), they'll blow the whistle and let you take a time-out of 30 s.

If you have subs, you can sub as much as you want, whenever you want (rolling subs).

Games can be played if your team has 3 players or more. Maximum of 5 on the court. Teams with less than 3 players will have to forfeit the game.

There are no team-fouls or individual fouls recorded i.e. there are no default free throws after 5 team fouls and players are not sent off after committing 5 fouls

There is no shot-clock (24 second rule), 10 second or 3 second violation.

A quick summary of the most important rules: (if in doubt, official rules apply http://www.nba.com/analysis/rules_index.html):

1. Starting the game

The game is started by a **tipp-off**. One player from each team participates in the tip-off. They stand, facing the basket of the opposing team, one foot in the circle in the middle of the court. The referee throws up the ball between them. Once the ball has passed its highest point, both players may jump for possession.

2. Moving the ball

The ball is moved by throwing (passing) or dribbling (one-handed bouncing) the ball down the court.

Passes can be thrown one- or two-handed. Dribbling is only allowed one-handedly.

Running with the ball (**'travelling'**) as well as kicking (**'foot'**) or punching the ball is forbidden and will result in the opposing team gaining possession.

If a player stops dribbling, two steps are allowed whilst holding the ball. A new step is counted when the player lifts up his left or right foot when the other was previously lifted (i.e. pivoting around one stationary pivot foot counts as one step, regardless of how many times the player moves the moving foot. A new step is counted when the stationary foot is lifted). If a player takes more than two steps whilst holding the ball this is a **'travel'** and the opposing team will gain possession.

Once a player has stopped dribbling, he/she is not allowed to resume dribbling. This is a **'double-dribble'** and the ball will switch possession.

Whilst dribbling, the hand used for dribbling must remain above the ball (i.e. it is not allowed to **'carry'** the ball). Carrying results in the opposing team gaining possession.

If two or more opposing players hold the ball for more than 3 seconds (i.e. wrestling for control of the ball), the ball is declared dead and possession will be given to the team which lost the tipp-off or in the case of more than one **dead ball**, possession is given to the team which forfeited the ball after the last dead ball.

3) Fouls

A foul is called when a player hits, shoulder-barges, trips or holds an opposing player.

If a foul occurs during normal play, the team of the fouled player will gain an inbound from the sideline.

If a foul occurs when an offensive player shoots the ball at the hoop, there are the following possibilities:

- Two free-throws if the shot was taken from within the three-point area and the shot missed the target.
- Three free-throws if the shot was taken from outside the three-point line and the shot missed the target.
- One free-throw + the points normally awarded for the shot if the shot goes in after the foul occurred.
- Free throws and points as appropriate (according to the last three rules) + possession of the ball for a technical foul.

Technical fouls are given for: punching, fighting, excessive swearing (basically any excessive misconduct during the game).

Fouls by a player dribbling the ball on a defender are only called if the defender was not moving at the time of the foul.

4) *Scoring*

Two points are scored for a shot from within the three-point line.

Three points are awarded for shots from outside the three-point line.

Free-throws are worth one point.

5) *Out of bounds*

A ball is out of bounds if it:

- touches the ground outside the court
- is touched by a player who is touching the ground outside the court

The team which touched the ball last before it went out of bounds will forfeit possession to the other team.

6) *Backcourt violation*

If a team moves the ball across the half-way line into the opposing half, they are not allowed to return the ball to their half either by dribbling or throwing. Violation of this rule is called a '**backcourt violation**'. The team committing the offense will surrender possession of the ball.