

Sports Together Program (2026-2027)

BASKETBALL RULES AND REGULATIONS

1. Team Composition

- Each team may register up to 15 players.
- 5 players shall be on the court at any time.
- All players must be registered before the start of the tournament.
- A player may only represent one team during the competition.

2. Competition Format

- Four teams will participate in the tournament.
- Each team will play every other team once.
- A win awards three (3) points.
- A draw awards one (1) point.
- A loss awards zero (0) points.
- The team with the highest number of points at the end of all matches shall be declared the tournament champion.

Tie-Breaking Criteria

- If two or more teams finish with the same number of points, the following criteria shall apply:
 - Head-to-head results
 - Point difference
 - Total points scored

3. Match Duration

- Each match shall consist of two (2) halves of seven (7) minutes.
- Half-time interval: two (2) minutes.
- Running clock shall be used throughout the match.
- The clock will only stop for injuries or at the referee's discretion.

4. Starting the Game

- The game shall begin with a jump ball.
- After the opening jump ball, alternating possession shall apply for all held-ball situations.

5. Scoring

Free Throw

A successful free throw is worth one (1) point.

Field Goal

Any successful shot made inside the three-point line is worth two (2) points.

Three-Point Shot

A successful shot made with both feet completely behind the three-point line is worth three (3) points.

The referee shall have the final decision regarding all scoring situations.

6. Substitutions

- Unlimited substitutions are permitted.
- Substitutions may only occur during a dead-ball situation and with referee approval.

7. Shot Clock

- Teams must attempt a shot within twenty-four (24) seconds of gaining possession.
- Failure to attempt a shot that touches the rim within 24 seconds will result in loss of possession.

8. Personal Fouls

- A personal foul is illegal physical contact with an opponent.
- Examples include:
 - Pushing
 - Holding
 - Hitting
 - Blocking with excessive contact
- A player who commits five (5) personal fouls shall be disqualified from the remainder of the match.

9. Team Fouls

- After the fifth (5th) team foul in a half, the opposing team shall be awarded two free throws for each additional foul.

10. Violations

Traveling

A player may not take more than two steps while holding the ball without dribbling.

Example:

A player catches the ball and runs without dribbling.

Penalty:

Possession awarded to the opposing team.

Double Dribble

A player may not start dribbling again after stopping their dribble.

Example:

A player dribbles, stops, then starts dribbling again.

Penalty:

Possession awarded to the opposing team.

Carrying

A player may not place their hand underneath the ball while dribbling and then continue the dribble.

Example:

A player holds the ball in one hand during a dribble before continuing.

Penalty:

Possession awarded to the opposing team.

Backcourt Violation

Once a team has crossed the half-court line, the ball may not be passed or dribbled back into its own half.

Example:

A player crosses the center line and passes the ball back to a teammate in the defensive half.

Penalty:

Possession awarded to the opposing team.

Out of Bounds

The ball is out of bounds when it touches a boundary line or when a player in possession steps on or outside the boundary line.

Example:

A player steps on the sideline while holding the ball.

Penalty:

Possession awarded to the opposing team.

11. Simplified Rules

To ensure smooth tournament management:

- No 3-second rule.
- No shot clock.

Referees may stop play whenever necessary for safety or game management.

12. Uniform

- Teams must wear the official Sport Together team color.
- Appropriate sports shoes must be worn.
- Jewelry is prohibited.

13. Referees

- Referee decisions are final.
- All players, coaches and spectators must respect the officials.
- Unsportsmanlike behaviour towards officials may result in ejection.

14. Sportsmanship and Discipline

All participants are expected to demonstrate fair play and respect.

The following behaviours are prohibited:

- Fighting
- Dangerous play
- Offensive language
- Discrimination
- Unsportsmanlike conduct

The Tournament Committee may issue:

- Warnings
- Ejections
- Match suspensions
- Tournament disqualification

15. Safety

The tournament committee reserves the right to stop or suspend a match due to:

- Facility issues
- Safety concerns
- Medical emergencies

16. Tournament Committee

The Tournament Committee has final authority regarding:

- Scheduling
- Rule interpretation
- Disputes
- Competition management

All decisions are final.