

Social Rules

1. Six rounds of games, 4-5 games a night.
2. Players are required to participate in good spirit and show good sportsmanship at all times that they play. This is a social basketball activity.
3. Male players may not block shots on females or junior males 14yrs and under.
4. Teams may consist of maximum of 4 players. 3 players on the court per team and one substitute player. Mix of male & female , junior & senior players is preferred.
5. Games will be played on Half Court. Indoor for December, Outdoor for January.
6. Games will be timed 10 minutes or the first team to 21 points is the winner.
7. A coin flip prior to the start of the game will determine which team has the initial possession.
8. **Overtime:** if the score is tied at the end of 10 minutes, the game goes to overtime. A coin flip determines which team has the initial possession. The game winner is the first to score 2 points in the overtime period.
9. **Substitution** can be made when your team is in possession prior to a checked ball.
10. **No Make It Take It:** the ball changes possession after each scored basket.
11. **Taking It Back:** when in play, the ball must be "taken back" on each change of possession. "Taking it back" means BOTH feet must be behind the three-point arc. Failure to "take it back" is a violation.
Each Individual Violation: Change of Possession
12. **Scoring:** baskets made from the inside the arc count one point. Baskets made when the shooter has BOTH FEET behind the arc count two points. Court monitors or referees will call "two points". If there is any doubt by the court monitor or referees as to whether the made basket is worth one or two points, the basket will count as one point.
Male Senior players cannot score inside the keyway.
13. **Free Throws:** free throws count as one point. When fouled in the act of shooting, free throws are awarded to the fouled shooter only when the basket was not made (1 for 1 pointer, 2 for 2 pointer). All free throws are dead balls. Regardless of whether the free throw(s) are made, the opposing team checks the ball from the check box. The try for goal shall be made within 10 seconds after the ball has been placed at the disposal of the free thrower. All other players will remain behind the three point arc while the free throw attempt is being made.
14. **Personal Fouls:** the referee will record each personal foul. Each team member is allowed four personal fouls. Upon receiving the fourth personal foul, the player is disqualified. If a player is fouled in the act of shooting and a basket is not made, player must attempt a free throw (2 free throws if fouled in the act of shooting behind the arc).
15. **Team Fouls** are 4 per team. Non Shooting fouls will result in 1 Free throw inside the arc and 2 free throws outside the three point arc.
16. **Throw In/Resuming Play:** the ball must be "checked" after every out of bounds or opposite team score. The ball must be thrown in (not dribbled) in from the check box at the rear of the court.
17. **The Check in Point is Centre Jump ball semi circle** on your half court side. Ball must be passed in not dribbled in.