



राष्ट्रीय प्रौद्योगिकी संस्थान दिल्ली
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RULES AND REGULATIONS

Each team consists of 7 player out of which only 5 play on the court and two other players may be substituted during the game as per the mentioned rule.

TIME DURATION:

Each match will be of 4X10 minutes i.e. four quarters of 10 minutes each with 2-minutes gap between each quarter.

SCORING:

Free Point is worth 1 point.

Shot made from inside the 3-pointer arc worth 2 points (Feet touching the 3-pointer line while attempting for 3-pointer will be considered 2-pointer).

Shot made from outside 3-pointer arc worth 3 points.

RULES :

TIP-OFF:

a) At the time of TIP-OFF two players from each team, at the jump circle must wait until the ball has reached its highest point.

b) Jumpers are not allowed to grab/hold the ball. They may only tip/hit the ball to a teammate.

c) Jumpers are allowed to tip-off the ball only twice.

d) Only after another player has gained possession of the ball, jumpers may touch it again with no restrictions.

If foul occurs, possession will be given to other team.

In case, no team manage to gain control over the tip-off, the ball will again be tipped-off.

THE TEAM WHICH HAS NOT GAIN CONTROL OVER THE BALL DURING TIP-OFF WILL BE THE ONE WHICH WILL GET POSSESSION OF THE BALL AT THE START OF NEW QUATER. THIS ALTERNATION KEEPS ON IN THE SUBSEQUENT QUATERS.

VIOLATIONS:

a) Double Dribbling:

1. by bouncing the ball with both hands or doing a dribble, stop and dribble again.
2. by carrying the basketball by dribbling with his hand too far on the side or underneath it.
3. by change his pivot foot while he is holding the ball.

b) Travelling:

1. A dribbler cannot travel by walking or running with the ball more than 1½ steps.

c) Charging:

1. When the attacking player runs into the stationary defender.

d) Kicking:

1. If the ball touches the player below the kneecap.

e) Back-Court Violation:

1. Touching the ball in the backcourt after it has entered the frontcourt and was not last touched by the other team.

- f) Player cannot hold the ball without dribbling or passing for more than 5 seconds.

IN ALL THE ABOVE CASES, THE POSSESSION OF THE BALL WILL BE AWARDED TO THE OTHER TEAM (TEAM NOT VIOLATING ANY ABOVE MENTIONED RULES).

FOULS:

a) Personal Foul:

1. illegal contact with the opposing player (1 free throw is awarded to the opposing team).
2. any foul in the active shooting results in the free shoot been awarded to the attacking team.
 - i) 1 free throw for foul inside the 3-pointer arc.
 - ii) 2 free throw for foul outside the 3-pointer arc.
3. when the shot goes in when the shooter was fouled, the point counts and they are awarded one extra free shot.

b) Flagrant Foul:

1. violent contact with the player results in the 2 free throws been awarded to other team.

c) Technical Foul:

1. fighting/arguing with the referee/player may result in the disqualification of the player from the current match.

- d) Player touching the ball at last before the ball goes out of the outside line will considered attempting foul and opposite team would be given possession over the ball.

TIME OUTS:

- a) Each team would be awarded four TIME-OUTS.
- b) Team may use these time-outs at any point during the game.
- c) Teams will be awarded two 60-seconds time-out and two 30-seconds time-out.

TO ABLE TO CALL TIME OUT WHILE THE BALL IS LIVE, A PLAYER MUST BE IN POSSESSION OF THE BASKETBALL.

SUBSTITUTIONS:

UNLIMITED NUMBER OF SUBSTITUTIONS BY PLAYERS IS ALLOWED DURING THE COURSE OF THE GAME.

a) Notifying Scorer's Table:

Players must notify the scorer's table when they wish to substitute for another player. The scoreboard operator is responsible for blowing the whistle in order to notify the referee that a player wishes to substitute into the game.

b) Substitutes may only enter the game when the ball is dead and the clock is stopped.

ENTERING THE GAME AT ANY OTHER TIME WITHOUT INFORMING SCORER AND REFEREE CONSTITUTES A TECHNICAL FOUL.

WHICH RESULTS IN THE AWARDING TWO FREE THROWS AND POSSESSION OF THE BALL TO THE OPPOSING TEAM.