

## **BASKETBALL MEET RULES**

### EVENTS

- A. Five-on-Five Team Competition
- B. Team Skills Event
- C. Lead-Up Basketball

Team competition rules are:

- Four six-minute quarters.
- A player may be allowed to shuffle his/her foot while holding the ball without changing position on the court.
- A player will be allowed to take extra steps when gaining possession of the ball from a dribble to a pass.

Team skills event rules are:

- Field Goal: Each athlete must shoot the ball at any distance. The athlete is allowed two 30-second trials. One point is awarded for each basket scored. The best one score of the two trials is counted as the player's final score.
- Speed Pass: Each player is to pass the ball in any on against the wall. They must be 2.4 meters from the wall. The ball must be thrown and caught in the air from behind the line only. One point is scored each time the player does the above correctly. The best score of two 30-second trials is counted.
- Dribble: Each player is to dribble a basketball, under the stress of time. The player must dribble the ball while passing alternately to the right and to the left of five obstacles placed in line, 3.1 meters apart. When the last obstacle in the line is reached, the player should circle the end obstacle and continue in this fashion until 30-seconds has elapsed. One point is scored each time the midpoint of an obstacle is passed. The best score of two trials is counted.
- Rebound: Each player is to rebound the ball under a time restraint. The player must stand near the backboard. As the ball rebounds, the player jumps, catches the ball and returns it to the backboard while still in the air. One point is awarded when, and only when, the player rebounds the ball in the prescribed manner above. The best score of two trials is counted.

All scores are totaled for each player to determine an individual's scores. Awards are based according to age and sex.

## Lead-Up Team Basketball Rules

- Each player on a 5 member team attempts to catch the ball, and then throw accurately to the next position.
  - The official should hand the ball to the player in position #1. Whistle will start the game.
  - The players in position #1 starts play by throwing the ball to the player in position # 2 who throws to position #3, and so on.
  - The player in position 5 receives the ball and shoots it into the target.
  - If the ball is thrown past an athlete, the athlete's coach or official may retrieve the ball, but the athlete must return to his position number in order to throw the ball to the next position. A correct pass would be within reach.
  - Athletes may pass the ball in any manner, but each player must pass in numerical sequence. A bounce pass is allowed.
  - A round is over when the player in position #5 attempts a throw at the target. Players then rotate to the next position in the numerical sequence, in preparation for the next round.
  - Team 2 shall set up on the other end of the court and complete a round.
  - Ball alternates from one team to the other until all rounds are (that is until all players have been in all positions), thus competing one-half of the game.
  - Teams will exchange ends of the court to complete rounds again.
  - Teams should submit a roster prior to start of the game.
  - Players should wear number uniforms or shirts.
  - Event Director shall determine how many games should be played.
  - Substitutions: are allowed only after a complete round and subs must complete the rest of the game.

### A. Coaches

1. Coaches shall remain on the sideline, which will be at least four meters to the side of the positions of 2 and 4.
2. Coaches may give verbal instructions to players.
3. Physical positioning may be given to deaf players.

### B. Scoring

1. One point will be awarded for each correct pass and catch.
2. One point will be awarded for each successful target shot.
3. One bonus will be awarded for each successful round of passes, catches, and shot.
4. Maximum points: 50 per half and 100 per a game per a team

### C. Event Set-Up

1. Distance from the target to the short shall be two metres
2. Distance between each player shall be 3.5 metres
3. Positions should be marked by taped numbers
4. Net should be 6.5 meters high.
5. Regular size goal should be used.

### D. Equipment:

Basketball goal, basketball, metric tape, tape for numbers, score sheets, and scoreboard.