



# Town of Bourne Recreation Department

## Adult Recess: Basketball Game Play & Rules

### GAME INFORMATION

- Games will be played in a 4v4 format.
- During game play, referees have full decision making authority.
- Games will be played on the side courts, two at a time.
- We will be using a 28.5 game ball.
- Games will consist of 2, twenty minute halves and a five minute half time.
- Teams are responsible for managing their own substitutions.
- Rec Staff will be keeping score.
- Each team will be allotted 2 timeouts per game to be used at their discretion. The team in possession of the ball may call for a timeout. Timeouts will be 1 minute.
- The referee may call a delay of game violation if, at his/her discretion, either team is purposely delaying the game. Delay of game violations will result in a technical foul.
- The clock stops:
  - During timeouts and between halves.
  - If the ball leaves the confines of the gym.
  - On free throw attempts.
  - **On an official whistle during the last 2 minutes of the game.**
  - At the referee's discretion.
  - When a player is injured and needs assistance.
- A 2 minute overtime period will be played in the case of a tie. Game will result in a tie if a winner is not declared at the end of this overtime period. 1 timeout per team will be allotted in overtime.
- No player(s) on the bench may impede upon the court while the ball is in play. Failure to remain off the court will result in a technical foul.
- All forms of jewelry must be removed prior to play.
- A minimum of 2 females must be registered to a team.
- It is strongly encouraged that 1 female player is on the court.

## GAME RULES

### Travel & Double Dribble:

- Referees will be enforcing both travelling and double dribble violations.

### Inbounding:

- During the inbound, players must pass the ball in. Handing off the ball is not allowed. The team with possession must keep their feet behind the baseline/sideline. Players will be warned, a second violation of this rule will result in a turnover.
- On the inbound, defending players must give inbounding player 3ft.
- An offensive player must inbound a pass within five seconds. A violation of this rule will result in a turnover.
- A player making an inbound pass at half court may pass to either the frontcourt or backcourt.

### Front & Back Court:

- Once the ball is brought into the frontcourt by an offensive player it may not be handled in the backcourt by an offensive player. A violation of this rule will result in a turnover.
- Offensive players in the frontcourt must vacate the lane within three seconds upon entering the lane. This is known as the "three second rule". A violation of this rule will result in a turnover.
- Following the score by the opposition, the offensive team has 10 seconds to bring the ball into the frontcourt. A violation of this rule is considered a "delay of game" and will result in a turnover.
- Defense is allowed in the back court.

### Free Throws:

- The player attempting a free throw must start and finish their free throw shot from behind the foul shot line.
- The shooter must wait until the ball has touched the rim to cross the free throw line in an attempt rebound. All other players may attempt to rebound the ball on the release. A violation of this rule by the offensive team will result in a loss of the shot, whether the attempt is good or not. A violation of this rule by a defensive player will result in an additional shot if it is missed, no penalty if the shot is made.