



SOCIAL BASKETBALL RULES

1. Game Format:

- a) 12 minute halves/2 minute half-time break – rolling clock i.e. no clock stoppages.
- b) No time outs.
- c) 5 players a side (You do not require a female to be on the court at all times).

2. Notable rule differences to regular basketball:

- a) No jump balls. Possession simply decided by scissors-paper-rock.
- b) Males cannot actively block a female player shooting – but females can block other females.
- c) For clarification for b) above, males can hold their position and raise their arms straight up but cannot actively defend by leaning in or moving.
- d) No strict 24 second rule enforced – at their discretion, the referee will tell players that they need to move the ball around and attempt to score or else it becomes the opposition's ball.
- e) No strict 3 seconds in the key violation rule.

3. Substitutions

- a) Substitutions can be made during any break of play (e.g. ball out of bounds, half time).
- b) At the referee's discretion, mandatory substitutions may be required in order to allow everyone to have a fair amount of game time.

4. Violations – resulting in an opponent throw-in from the sideline

- a) Double dribble
- b) Travelling
- c) Not passing/shooting/dribbling the ball within 5 seconds if closely guarded.
- d) Not bringing the ball into the opponent's half of the court within 8 seconds.
- e) Ball returned to the backcourt
- f) Goaltending
- g) Interference in and around, or with, the hoop thereby affecting the ball entering the basket

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5. Fouls – resulting in an opponent throw-in from the sideline or points that would have been scored from a shot attempt (see ‘Scoring’ section).

- a) Illegal screening
- b) Charging (except for within the no-charge semi-circle areas)
- c) Blocking – illegal personal contact that impedes the progress of an opponent with or without the ball
- d) Repeatedly jabbing an opponent
- e) Hooking/wrapping/holding an opponent
- f) Pushing off an opponent
- g) Using an extended arm fend to prevent opponents coming close when dribbling
- h) Any violent, disrespectful or unsportsmanlike conduct as determined by the referee

6. Sin Bin up to 5 minutes (rather than permanent send-off):

- a) The same player commits 5 fouls or 1 foul to a very serious degree.
- b) A permanent send-off may occur if the referee deems that the conduct was very unsportsmanlike or violent.

7. Scoring:

- a) 2 points for a basket scored inside the 3 point line.
- b) 3 points for a basket scored from outside the 3 point line.
- c) There are no free throws. Points are automatically added depending on where the shot was attempted from.

For an in-depth explanation of general basketball rules, please see FIBA’s Official Rulebook: https://basketballvictoria.com.au/wp-content/uploads/2016/02/Official_Basketball_Rules_2014_Y.pdf