



UNIFIED BASKETBALL LEAGUE GAME RULES

A. General Game Play - Rules

1. A maximum of five (5) players may be on the court at one time.
2. One (1) coach can be on the court to assist/direct/coach athletes as needed.
3. Referees and Coaches on the court are prohibited from intentionally and physically influencing the direction of the ball.
4. Jump balls will occur at the beginning of the game and overtime/sudden death periods. Teams will rotate taking the ball out of bounds for the 2nd, 3rd, and 4th periods.
5. Teams may only play man-to-man defense. If a player gets away from his defender another defender may play help defense by switching men. Zone or sagging defenses are not permitted. Defense must be set up behind half court. No full court presses are permitted.
6. A basket (hoop) will be worth 2 points inside the arc, and 3 points outside the arc (see diagram). A free throw is worth 1 point.
7. Play continues until a basket is scored, ball goes out of bounds, or referee whistles a violation.
8. Five (5) fouls disqualifies a player. When the 7th team foul occurs in a half, the fouled player will be awarded a one-and-one foul shot; 2 foul shots are awarded if either the foul occurred in the act of shooting or on/after the 10th foul in a half. Team foul count resets to "0" at half time.
9. Players may "shoot" fouls shots from either the designated free throw line OR just inside the circle depending on their strength.

B. General Game Play - Violations

1. Play stops on all rules violations whistled by referee.
2. The opponent gains possession of the ball after a violation.



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3. The following ball handling violations can be whistled by the referee:
 - a) **Double Dribble** - When a player stops dribbling, holds the basketball, and then starts dribbling again, or dribbles the ball with two hands at the same time.
 - b) **Over-and-Back** - When a player crosses over the midcourt line into the frontcourt and then crosses back into the backcourt.
 - c) **Traveling** - Taking more than two steps without dribbling while you have the ball. Also when you stop dribbling and then change your pivot foot.
4. The following time violations can be whistled by the referee:
 - a) **Three-Second Rule** - No offensive player can be in the free-throw lane for longer than 3 seconds at a time.
 - b) **Five-Second Inbound Violation** - When passing the ball inbounds after gaining possession, players have five seconds to get the ball to a teammate.
 - c) **Free Throw Lane Violation** - During a free throw situation, if you enter the lane too soon, it's called a lane violation and results in a turnover or the other team gets another free throw attempt.

C. General Game Play - Fouls

1. Play stops on all personal fouls.
2. A personal foul is committed when a player (offense or defense) initiates excessive physical contact with an opposing player.
3. After a foul is committed and depending on which type of foul it is, one of two things will happen: the opposing team gains possession of the ball or the fouled player shoots free throws.



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4. The following are examples of personal fouls that can be whistled by the referee:
 - a) **Blocking** - When a player uses their body position to prevent their opponent from advancing.
 - b) **Charging** - When an offensive player runs into a defender who has an established position.
 - c) **Elbowing** - When a player swings their elbows in an excessive manner and makes contact with their opponent.
 - d) **Holding** - Using the hands to interfere with or limit an opponent's freedom of movement.
 - e) **Over-the-Back** - Jumping on and over the back of an opposing player who is attempting to rebound the basketball.
 - f) **Reaching In** - When attempting to steal the basketball, the defender extends their arm and hand and makes contact with the ball handler.
 - g) **Tripping** - When a player uses their foot or leg to cause their opponent to fall or lose their balance.
5. When a defender makes contact with an offensive player who is in the act of shooting the basketball, the player will be awarded 2 free throws.



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D. General Game Play - Court Diagram

