

General rules during USBF games:

Disclaimer: these are the general rules, but the board has the right to look at each case individually and to differ from these rules if there are special circumstances. Rules can also be further revised during the General Members' Meeting.

Games are conducted in accordance with FIBA regulations, supplemented by unique rules established by USBF, mentioned below in bullet points. FIBA regulations can be found on both the websites of FIBA and USBF.

- Games last two times thirty minutes, with a five-minute break in between. The time is not paused for any violations, fouls, etc. that happen on the three courts.
- We play with a size 7 ball
- The members of a team on the court cannot all be of the same gender - if you only have one player of a different gender who can play, they can have a five-minute respite per playing half to catch their breath and recharge. This respite cannot be taken in the last five minutes of the game - If you cannot adhere to this rule, you lose 0-20.
- Substitutions are limitless and can happen at any time.
- A team needs a minimum of four players of their own team to start the game - If you cannot adhere to this rule, you lose 0-20.
- Only one higher-level substitute may play on the court at the same time - If you cannot adhere to this rule, you lose 0-20.
- There need to be five people playing, however, if a team comes up short, members of other teams of the same level can substitute. If you cannot find people of the same level, there is a maximum of two players from a higher level that can join your team for a game. Players of a lower level are always welcome as substitutes if a team lacks players.
- Teams from the mid level can not get substitutes from the top level.
- Men score the normal amount of points. All others score an extra point, i.e. within the three-point line, a score is worth three points as opposed to two. Outside of the three-point line, a score is worth four points instead of three. Free throws always count for one point, but they receive an extra free throw as well.
- Teams who have to provide referees according to the schedule, have to make sure they are there, and in time - If you cannot adhere to this rule, you lose 0-20.

In cases where teams are considering breaking a rule due to special circumstances, they are required to contact the board for a decision before taking any action.

Basic rules during all basketball games:

Violations of all these rules result in a throw-in from the sideline for the team that didn't make a foul.

Jump ball: Jump ball is determined at the start of the game. Whichever team does not get the first jump ball (the one that kicks off the game), will get the ball during the first following struggle. Jump ball changes every time after it is called, to keep it fair. Jump



ball can also be used to determine who gets the ball if the referee is unsure of what happened on the court, for example when the ball goes out but the referee and the players don't know who touched it last.

Out of bounds: Whenever the ball or the player in possession of the ball touches the ground or the wall outside of the lines, it's out. The ball is also out if it hits any part of the basket's supporting structure, or if it touches the back of the basket's backboard.

Travelling: Players cannot walk with the ball without dribbling. When catching a ball while running, players can take a maximum of two steps before the ball has to hit the ground. During a lay-up, you can also take two steps. In any other case, at least one of the player's feet (the pivot foot) has to stay on the ground at all times. If the pivot foot leaves the ground, the ball must leave the player's hands before the pivot foot touches the ground again. This can be done by starting a dribble, passing the ball, or taking a shot. If the player is still in possession of the ball when the pivot foot touches the ground again, this is a traveling violation.



Second-dribble: Players cannot dribble, stop dribbling, and then dribble again.

Carrying: When a player's hand is partly or wholly underneath the ball between dribbles, this is a carrying violation.

Foot contact: When a player's foot is moving in the direction of the ball and touches the ball, this counts as foot contact and is a violation. When the ball is moving towards a player's foot without movement from the player and they touch each other, this is not a violation.

Playing back: When the offending team is over the middle line to the other half of the court, they cannot go back.

Goaltending: A ball that is going in a downwards motion towards the basket cannot be touched or blocked by defendants. As long as the ball is still going in an upwards motion, it is a normal block, which is allowed. There can also be no interference in the form of hitting the board to interfere with the shot. When either of these things happens, the score counts and defense gets the ball.

Time violations:

- **Three seconds:** An offensive player cannot be in the key for more than three seconds. A player is outside of the key when *both feet* have been outside of the lines. This can also be one foot on the ground outside, and one foot in the air.
- **Five seconds:** A player that has already dribbled and is then heavily defended (i.e. within one meter and actively defended) must pass or shoot the ball within five seconds. The ball must also leave the hands of players that have a throw-in from the sideline.
- **Eight seconds:** The offensive team must bring the ball from the defensive to the offensive half of the court within eight seconds.
 - If there is a violation on the defensive half that does not change ball possession, the eight seconds will not start anew.
 - If a defensive foul is made, the eight seconds do start anew.

- When dribbling, the ball is on the offensive half when the ball-carrier has crossed the middle line with both feet and the ball.
- When passing, the ball is on the offensive half as soon as the ball is touched by either a player or the ground.
- **Ten seconds:** A player has ten seconds to shoot a free throw from the time they are passed the ball by a referee.

Fouls:

- **Personal fouls** are fouls given to a player for non-allowed physical contact. What is or is not allowed is defined by whether the movement is on the in- or the outside of an imaginary cylinder, as can be seen in the image.

There are multiple types of personal fouls and they can be further divided into offensive and defensive fouls:

- **Offensive fouls:**

- *Charge:* the ball-carrier keeps going forward through the defender even though the defender was standing still inside their own cylinder.
- *Moving screen:* when the person who is setting a screen is still moving forward when coming into contact with the defender, or is moving alongside the defending opponent after setting the screen



- **Defensive fouls:** When a defender attempts to block an offense inside of someone else's cylinder by use of hands, elbows, legs, feet, knees, etc.

These include but are not limited to:

- *Pushing:* pushing or using bodyweight to affect a player's movement
- *Holding:* physically grabbing an opponent
- *Illegal use of hands:* extending hands outside the cylinder and causing illegal contact, like going for a steal but hitting a player's hand or arm.
- *Hand-checking:* contact that impedes a player's speeds, rhythm or balance

Beware: contact that creates an advantage for a player should be called, regardless of whether it's an offensive or defensive player, so while they are categorized as defensive fouls because they *usually* occur during defense, offensive players cannot go around grabbing people either.

At USBF, personal fouls are not written down, but we expect everyone not to take advantage of this by exceeding the five foul limit on purpose



A personal foul during a shot or during the two steps of a lay-up results in free throws, a personal foul occurring during any other time results in a throw-in.







When the following fouls are committed, the other team will receive two free throws without rebound, and a throw-in from the middle line.







- **Technical fouls** can be given for ignoring decisions made by the referee, talking back to the referee, or any other undisciplined or disrespectful playing. In most cases, a warning will be given first, only resulting in a technical foul if it is not heeded.



When received, the offending player can no longer participate in the game. When the same player receives two technical fouls within ten weeks, there will be a suspension and a conversation with the board and the referees who assigned both technical fouls.








- **Unsportsmanlike fouls** can be called for rough and unnecessary physical contact, without a relevant chance of ball possession. Examples include shoving and grabbing someone who is not in possession of the ball, or grabbing hold of someone's shirt to impede on their play. This also accounts for fouls on players who have already passed their defenders, such as shoving in the back, or shoving a player close to the sidelines and the benches.
- **Disqualifying fouls** can be given for heavy unsportsmanlike behaviour, such as scuffles, harsh insults, fighting, etc. When a disqualifying foul is received, the player on the receiving end must leave the hall immediately, and there will be a conversation with the board to discuss further consequences.







Starting and stopping clock	1  Start clock	2  Stop clock	3  Stop clock for jump/hold ball	4  Stop clock for foul	5  Stop clock for foul (optional bird dog)	Information	6  Directional signal
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7  Designated spot	8  Visible counts	9  Beckoning substitutes	10  60-second time-out	11  30-second time-out	12  Not closely guarded
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Shooting/scoring	13  No score	14  Goal counts	15  Point(s) scored use 1 or 2 fingers after signal 14	16  3-point field goal Attempt	17  and if successful Bonus free throw for 2nd throw, drop one arm - for 2 throws, use 1 arm with 2 fingers - for three throws, use 1 arm with 3 fingers	18  Delayed lane violation
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19  Traveling	20  Illegal dribble	21  Palming/ carrying the ball	22  Over and back	29  Illegal use of hand	30  Hand check	31  Holding
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Violations	23  3-second violation * Open hand - run end line	24  5-second violation	25  10-second violation	Fouls	32  Blocking	33  Pushing or charging	34  Player-control foul	35  Team-control foul
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26  Free throw, designated spot, or other violation	27  Excessively swinging arm(s)/elbow(s)	28  Kicking	36  Intentional foul	37  Double foul	38  Technical foul
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