



SPORTS for Exceptional Athletes Basketball Rules



as of 10/9/07

The Basketball Rules are based on NFSHSA (National Federation of State High School Association) Basketball Rules.

1. Number of Players
 - a. 5 players on the court at any one time.
 - b. No maximum roster size.
 - c. Teams may be made up of athletes with developmental disabilities, families, friends and others in the community who want to play on inclusive teams. Abilities should be at least relatively close between team members.
 - d. Substitutions are unlimited. Get the referee's attention during any stoppage of play to make a substitution.
 - e. All players must play at least 1 quarter of each game.
2. Duration of the Game
 - a. Each game consists of 4 quarters of 8 minutes each.
 - b. The game is running time. However, the last 2 minutes of the 4th quarter shall be stop time (every time the referee blows the whistle, stop the clock) unless both coaches want running time. The referee may also stop the clock during running time for injuries, disputes, time-outs, etc.
 - c. In league play for round robin competition – if the game is tied at the end of regulation time, then the game is considered a tie.
 - d. Overtime – if there is no time constraint or whenever there is a need to have a winner (preliminary games or winners-losers bracket), when the game is tied at the end of regulation time, then play 3-minute (running time) overtime periods. The last 1 minute of each overtime period will be stop time.
3. Playing the Game
 - a. Jump ball will start the game, then the alternating possession rule will be used.
 - b. If a player commits 5 fouls, the player is out for the remainder of the game.
 - c. Free throw(s) will be awarded if the player was fouled in the act of shooting or the bonus rule was in effect. Otherwise, the ball is taken out-of-bounds.
 - d. A team may use 4 time-outs each game. A team is given 1 extra time-out for each overtime period.
 - e. Violations will be called in accordance to the ability of the players. The referee will determine when to call the following violations:
 - i. Traveling.
 - ii. Double dribble.
 - iii. 3 seconds in the key.
 - iv. 10 second backcourt violation.
 - v. Backcourt violation of bringing the ball into the backcourt after having brought the ball to the frontcourt.