

**Basketball Referee Game Rules – SWBA 50+ SUNDAY AND THURSDAY LEAGUES**  
**Revised October 5, 2022**

The League will be conducted in accordance the **NCAA** rules, except as modified herein to comply with **National Senior Games Association** (NSGA) rules and Senior Women's Basketball Association (SWBA) rules.

**SPORT RULES:**

1. The game is played on half court by two teams of three players each.
2. Teams must have a minimum of three players to start a game. Teams may continue/finish with a minimum of two players on the floor.
3. The winner of a coin toss takes first possession of the ball. Possession at the start of the second half is determined by the possession arrow.
4. All games are to begin **on the hour on Sunday** and **5 minutes after the designated game time on Thursday**. If the ball is not put into play by the team winning the coin toss within five seconds, the other team shall take possession and the same rule applies to them.
5. Referees do not put the ball in play except at the start of each half. The referee handles the rebound of the first free throw (and second free throw if 3 shots are being taken) but does not handle the ball after the last free throw.
6. If a fall occurs on the court, NCAA rules call for the referee to stop the game **if there is a dangerous situation**.
7. **Games should be called "tight"**; all violations should be called – especially fouls – to help minimize contact and to help prevent injuries.

**TIMING AND SCORING:**

1. **ONE 40-MINUTE GAME** consisting of **two 20-minute halves** with a **2-minute halftime**.
2. The clock runs continuously - **EXCEPT** the **last two minutes of each half** - when the clock stops in accordance with NCAA rules (i.e., for fouls, violations or timeouts).
3. The clock also stops after a made basket during the **last minute of the game** (i.e., 2<sup>nd</sup> half only)
4. **Two 1-minute timeouts** are permitted per team, per half. Timeouts do not carry over from one period to the next.
5. There is **NO shot clock**.
6. A tie score at the end of regulation results in one **3-minute overtime** period **IF TIME ALLOWS**. During the OT the clock stops in accordance with normal basketball rules, and after a made basket during the last minute. There is a 1-minute intermission before the overtime. Ball possession is determined by a coin toss. All individual and team fouls carryover into OT; timeouts do not. One 1-minute timeout is permitted per team.
7. **Stalling** – the deliberate and obvious intention of using the delay to a team's advantage – is **not allowed EXCEPT** during the **last two minutes of the game or overtime**.
8. Three-point shots are allowed.
9. A **five-second closely guarded** violation should be called against an offensive player with the ball when that player is closely guarded for five seconds or more, and does not pass, shoot, or dribble within that time. To be considered "closely guarded," a defender must be in a defensive position and located within six feet of the player. The count applies to any player who is holding the ball.

**THROW-IN AREA and BALL IN & OUT OF PLAY:**

1. The game is played using the three-point line as the "check line". The ball is to be returned to a point behind the check line after each change of possession as follows:
  - i. After a made basket and all dead-ball situations, the ball is to be placed in play from the top of the key ("throw-in area"). The ball must be advanced into play by means of a pass to a teammate. Violation of the throw-in area by the offense results in loss of possession.
  - ii. After a turnover or defensive rebound, the ball is to be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball **with both feet behind the line**. The ball does not have to pass behind the three-point line – only the player's feet.
2. The penalty for attempting a shot before returning the ball successfully behind the check line is loss of possession.
3. The player who returns the ball behind the three-point line may maintain possession and attempt to score.
4. Due to the YMCA courts being smaller than regulation size, when there is no game on the back half of the full court, the out-of-bounds line is the white line behind the half-court line.

## PLAYER RESTRICTIONS WHEN INBOUNDING THE BALL:

1. Following a made basket or a dead ball, the ball is to be put in play within five seconds from the time the ball is in the "throw-in area," regardless of whether or not the inbounder has taken possession of the ball. If the ball is not put in play within five seconds it is a violation, and possession is to be awarded to the defense.
2. The inbounder must stay within the designated "throw-in area", which is the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and depth no less than 5 feet from the top of the three-point line. **NOTE: The Mission Valley YMCA courts measure five feet from the top of the three-point line to the half-court line.**
3. The defense may defend anywhere on the court, however, no player (offensive or defensive) may enter the "throw-in area", which is considered out of bounds.
4. The inbounder may not hand-off the ball to a teammate.
5. The inbounder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbound pass.
6. The three-second-lane count and the five-second throw-in count do not begin until the defensive team (now the offensive team) takes the ball behind the three-point arc.
7. Violations of the throw-in area by the offense result in loss of possession.
8. Violations of the throw-in area by the defense result in a warning followed by a technical foul and loss of possession.

## SUBSTITUTIONS:

1. Substitutions may be made after a made basket, foul shot, stoppage of play, and any time an official beckons the player onto the court. **Players MUST be beckoned onto the court by the referee.**
2. Both the offensive and defensive teams may substitute after the first free throw of a two-shot foul, and after the second free throw of a three-shot foul.
3. After a final free throw (2<sup>nd</sup> of two or 3<sup>rd</sup> of three), the defensive team can ONLY substitute if the offense is also substituting.
4. Either team may substitute on all stoppage of play (i.e., violations such as traveling, double dribble, three seconds, or out of bounds, etc.) as long as they request to sub prior to the inbounder having the ball in the throw-in area.

## FOULS AND FOUL SHOTS:

Fouls shall be assessed and foul shots shall be awarded in accordance with NCAA rules. Please see **NCAA Rule 10 Fouls and Penalties** as well as **Appendix III Officiating Guidelines**, both are included in this binder.

1. Team (and individual) fouls carry over into the second half.
2. Beginning with the 7<sup>th</sup> team foul, any common foul shall result in a single free throw, plus a bonus free throw if the first is made, and the offended team shall retain possession.
3. Beginning with the 10<sup>th</sup> team foul, any common foul shall result in two free throws, and the offended team shall retain possession.

## If a shooting foul occurs during the running time portion of the game:

1. The offense will retain possession of the ball after free throws.
2. All players will remain behind the arc and the offense will retain possession of the ball, even if the clock goes to the two-minute mark. At that time, the clock will stop until the ball is put in play again by the offense from the throw-in area.
3. All players (offense and defense) behind the arc may cross the arc once the shooter releases the ball. The shooter may cross the free throw line after the ball strikes the rim, flange or backboard, or retrieve the ball upon completion of the last free throw.
4. Upon completion of the last free throw the offense must inbound the ball from the throw-in area.

## If a shooting foul occurs during the stopped time portion of the game:

1. During the last two minutes of each half the automatic awarding of team possession after free throws does not apply as live rebounding is in effect in accordance with NCAA rules.
2. If the shooter makes the last awarded free throw, the opposing team will inbound the ball.