

Basketball Mini-Olympics Rules

General Rules

1. 5 people on a team with a maximum of 5 substitutes; there must be a minimum of 2 girls per team and at least 1 girl present on the court at all times during every game.
2. Each game will consist of 2 halves. Each half will last 6 minutes with a 2 minute break in between halves and up to a 5 minute break between games.
3. The tournament will consist of group stages followed by semi-finals, final and play-offs.
4. Each team must nominate one person to referee another game when their team is not playing.

Basketball Rules

5. A player scores when he/she manages to throw the ball into the basket (a 'basket'). Each basket counts for 2 points.
6. The court is enclosed is divided into 4 quarters into which **all** players are allowed (note here the difference to netball). The ball is awarded to the opposing team when the ball falls out of play or the person in possession of the ball steps onto/outside of the lines enclosing the court (note that the ball is only out of play when it hits the floor outside of the lines and not when it has crossed the line but still in the air i.e. you can jump and knock it back into play before landing).
7. Committing a foul or any other violation results in the awarding of the ball to the opponents; the opposing team then passes the ball in from the sideline to resume the game. When passing the ball in, the player's feet must be completely behind the line.
8. Basketball can be loosely called a 'non-contact' sport – a foul is committed if contact occurs beyond what is deemed reasonable. In general there are 2 types of foul that can be committed: offensive and defensive.
 - a. **Offensive:** A foul committed by the attacking team. When a player in possession of the ball charges into a stationary player (i.e. with one whose hands and feet are not moving), this is classed as a foul.
 - b. **Defensive:** A foul committed by the defending team. Defenders should not block, push, trip, strike or hold the player in possession of the ball. One of the most commonly committed fouls is reaching across a player dribbling the ball and crashing into them in an attempt to steal the ball.
During a shot, if the defender touches any part of the attacker, it is deemed a foul; only the ball may be touched.

Note that there is no minimum distance that a defender must stay away from the attacker.

9. There are 2 main violations that a player can commit:
 - a. **Double Dribble:** when a player begins bouncing the ball, stops (by catching the ball in one or two hands) and then resumes bouncing the ball. It is also a violation if a person bounces the ball with 2 hands or if whilst bouncing, the player's hand goes under the ball – this is termed **Carrying**.
 - b. **Travelling:** this is when the player takes more than 2 steps without bouncing the ball on the floor or releasing it as a pass or a shot. A player is allowed to pivot on one foot whilst stationary. Note though, that the ball must leave the hand when commencing dribbling before your back foot leaves the floor.

10. When two players are both fighting to get the ball off each other, possession is given alternately, starting with the team who are defending at the beginning of the half.
11. If during a shot, the ball hits the top or side edges of the backboard, it is classed as out of play and the defending team gains possession.
12. Ladies may be marked by men, but no body contact at all is allowed.
13. The ball may be passed from anywhere to anywhere on the court (note the difference to netball).