

## Rules for PSSA basketball (Boys & Girls)

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1. **Timing**– Each game consists of two 20 minute halves with a 5 minute half time. Juniors play first and seniors follow (split available time evenly between the two games).
2. **Uniforms**– it is preferable for children to play in numbered singlets but not compulsory. No hard brimmed hats are allowed- soft rubber visors are great.
3. **Balls**– Juniors- size 5, Seniors- size 6
4. **Scoring**– Each school needs to provide a scorer and timer for the bench. No 3 point baskets. When one school leads by more than 20 points scoring stops. A mixed social game can be played or the leading team should drop back to the halfway line after each basket.
5. **3 second rule (seniors only)** When your team has possession of the ball, no team member is allowed to be in the key area for more than 3 seconds. Every shot at goal is the start of a new 3 second count. This rule does not apply to defenders.
6. **Held ball** A player must shoot, pass or dribble the ball within 5 seconds of receiving it.
7. **Walking/Traveling**. Taking more than '2 steps' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.
8. **Carrying/palming**. When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.
9. **Double Dribble**. Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.
10. **Defence** Man on man defence should be taught at this level. No zone defence allowed.
11. **Fouls**: Personal fouls include any type of illegal physical contact: Hitting, Pushing, Slapping, or Holding. Players are allowed 5 fouls, after the 5<sup>th</sup> foul, they must leave the game.  
**Charging**. An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.  
**Blocking**. Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.
12. **Cross court (seniors only)** Once the ball has been taking over half way into the attacking teams shooting end, the ball cannot be taken back over the half wayline.
13. **Throw ins** players have 5 seconds to pass the ball from outside the court. Their feet must be on or behind the line, over the line is a turn over. After a basket has been made, the team throwing in from the baseline can run along the baseline while they attempt to pass it in. For all other throw ins, players can only move 1m forward or back, not sideways. Defenders cannot hold their arms over the sideline trying to defend the passer or the ball.
14. **Referee calls (finals only)**: every time the referee blows the whistle, players should hand the ball to the referee before play continues. This rule does not apply following each basket, play can continue immediately.
15. **Jump ball/ Possession Rule** a jump ball begins the game only. If 2 players have possession of the ball at the same time, then the ball is alternatively given between the teams beginning with the team who did not win possession at the starting jump ball. This continues into the second half to start play again. *It is advisable for all schools to purchase a possession arrow for the score's bench, to assist with this.*