



Basketball (Intermediate) Playing Rules

Ball: Size 6.

FIBA Rules will apply except for the following.

Game Time

4 x 10 minute quarters. If time permits there will be 3 minutes warm-up; 2 minutes at half time; 1 minute between quarters. (Games will be starting on time)

Time Outs

1 x 30 second time out allowed per quarter. No time out in the last 3 minutes of the game.

Substitutions:

Subs are to be notified through the bench at all times and are allowed to take the court on any dead ball. Subs will be called on to the court by the referee.

Scoring

Field goals 2 points; free throws 1 point. No three pointers.

Defense

Strictly man to man defense. No zone defense. (Please see attached BBNZ resource)

Warm Ups

Warm up time will depend on the completion of the previous game. If there is not enough time to warm up on court between the completion of the previous game and start of your game, you will need to find an alternative space to warm up without disrupting games in progress.

Games will be starting on time