

# SUPER MENS LEAGUE FIBA PLAYING RULES

The Senior Men's League will play FIBA rules.

1. **Playing time** is 4-10 minute quarters with a 5 minute half time. There will be no time given between the 1<sup>st</sup> and 2<sup>nd</sup> periods and the 3<sup>rd</sup> and 4<sup>th</sup> periods. (The horn will go and we will go immediately to center for the throw in.) Overtime is 5 minutes.
2. **Substitution** can occur on any whistle during playing time. During free throws, the substitution must occur before the ball is handed to the free throw shooter for the **first free throw**. No substitution after the free throw activity has begun.
3. **Time outs** – Each team has 2 full time outs per half with no carryovers. There is one per overtime period. Timeouts must be called from the bench to the scorer's table. They will be granted at the next stoppage of play or if the team calling the timeout is scored upon.
4. **The shot clock is 24 seconds**. Once a team has possession of the ball on the playing court, it has 24 seconds to release the ball on a try and the ball must hit the rim for the play to be legal.
5. Teams have **8 seconds** to advance the ball out of the back court into the front court. If the ball is knocked out of bounds and you retain possession you do not get a new count, you only have what is remaining in the count.
6. **Back over center** – once any part of you touches front court you are in front court. This also includes a throw in. If you are throwing in the ball in from the front court you cannot throw it into the back court. **Free Throws** – bonus is on the 5<sup>th</sup> foul per quarter and is 2 shots. Violations on free throws are ignored (except by the shooter) if the shot goes in. There are only 5 players allowed in the free throw lanes during free throws (3 defensive and 2 offensive).
7. **Technical fouls** are two shots and the possession at center court.
8. **Basketball interference** – The ball gets one chance to score, once it rebounds of the rim it may be touched by either team.
10. **Blocked shot** – a player returning to the floor without losing control of the ball is a **travel**.
11. **5 second held ball** – a player holding the ball and aggressively checked for 5 seconds anywhere on the court is a turnover.