

RULES & REGULATIONS - CO-ED

GENERAL RULES

- **Sorry, no dunking.** A made dunk will result in a turnover. A missed dunk is a live ball.
- **Keep the gym clean.** No food or drinks are allowed in the gym at any time! Water is OK.
- **No trash talking or fighting.** If you are heard talking trash and/or cussing, you will receive a technical. Two technicals in the day may lead to dismissal. We want to keep it clean!
- **Respect the referees and score keepers.** They are here to help us. And referees have the power to give technicals.

TEAM RESPONSIBILITIES

- Every team is responsible for keeping track of their own score.
- After each game, both teams should verify the score that is recorded.

TO WIN THE GAME

- Each game is played up to fifteen (15) points.
- **Playoff teams and ranks will be determined by win/loss records.** If there is a tie, it will be determined by who won the "regular season" (pre-playoff) game. If the teams did not play, the team with the larger point margin of victory for all games (won and lost) will advance. If there is a tie, team with the most total points advances. If there is still a tie, team with the least points given up advances. If there is still a tie, there will be a tie breaking game up to seven (7) points. Winner advances.

TO START THE GAME

- **Do paper, rocks, scissors.** Winner shoots from the top of the key. If it goes in, it's their ball. If not, the other team gets the ball.

DURING THE GAME

- **Girls' baskets count as two (2). Guys' count as one (1).**
- **Shots behind the arc count as two (2) points (3 for girls).**
- **Losers take the ball out after each made basket.** Check the ball. Say the score.
- **At the start of each possession** (fouls, turnovers, violations, etc.) the ball is to be taken out at the top of the key.
- **Clear to the three point line on ALL change of possessions.**
- **Each team is allowed one (1) 60 second timeout per game.**
- **Three seconds in the key.** Offensive players may not be in the key for more than three seconds. Referees have the authority to distinguish the key area.
- **Substitutions** are only to be made when there is a dead ball.
- **Shooting fouls will result in Two Free Throws.** Each free throw is worth one point. The second free throw is live. If it is made, the other team gets the ball. If it's a miss, the ball is live. Ball must hit rim or go in or else possession goes to the other team. If the shot is made while being fouled, basket counts and one free throw is awarded.
- **Fouls.** Each team will be allowed seven (7) fouls per game (shooting or non shooting). After the 7th foul, the person fouled will shoot one and one free throws. If the free throw is made, he/she will shoot a second free throw. Either free throw that is missed is considered a live ball. Each team is responsible for keeping track of the other team's fouls and calling out the number of fouls each time. Referees and score keepers will confirm as long as it is called out.
- **Only girls can guard girls. Girls can guard guys but guys cannot guard girls. Guys can steal passes to and from girls but cannot block girls' shots or steal their dribbles.** If they do, there will be a warning. Only one warning will be given out per team for the day. After the warning, a point will be awarded to the team on offense.
- **There are to be no more than one guy on the court at a time.**