

Inner West PSSA Basketball Gala Day Rules 2025



AGE GROUPS

Junior Mixed: Stage 2

Senior Boys/Girls: Stage 3

TEAMS

SENIOR BOYS AND GIRLS

- Each team will have 5 players on the court and 3 substitutes per team. Max 8 students per team

JUNIOR MIXED

- Each team will have 5 players on the court and 3 substitutes per team Max 8 students per team. At least 2 girls MUST always be on the court. If a team has only 1 girl on court, they MUST play with a total of only 4 players and if they have no girls on court they MUST play with a total of only 3 players on court. The same rule applies to boys, there MUST always be at least 2 boys on court. This is to ensure to fairness of competition and to ensure teams are mixed.

EQUIPMENT

- Size 6 ball to be used for Juniors and Seniors. Each team should bring a match ball and practice balls.
- Whistle
- First aid kit
- Scoresheet, clipboard and pencil
- Numbered jerseys or bibs for all players (try to have numbers on the front and back of singlets. Must have a number at least on the back of jersey or bib)

REFEREES

- Referees will be provided by the venue for each game played.
- In the unlikely event that a referee is unavailable or unable to complete a game, a teacher from both competing schools should referee half of the game each. Teachers can decide which half.

GALA DAY STARTING TIMES:

All games will begin at 10:00 am sharp. The Competition will finish at 1:30 pm to allow presentations and students to return to their school before 3:00 pm. There will be a 30-minute break for Lunch 11:30 am-12:00 pm.

Round 1- 10:00 am

Round 2- 10:33 am

Round 3- 11:06 am

LUNCH 11:30 am - 12:00 pm

Round 4- 12:00 pm

Round 5- 12:33 pm

GRAND FINAL (Top 2 teams in each Category based on Round Robin Points) 1:06 pm

FINAL (Teams 3 and 4 in each Category based on Round Robin Points) 1:06 pm

All games will start and finish at the same time. There will be a whistle to get all teams to take the court ready to play, followed by a buzzer for games to begin immediately. Games will be timed to the buzzer, so any delay by teams will result in shortened game time.

PLAYING TIME

Juniors

2 x 10-minute halves with a 3-minute break

Seniors

2 x 10-minute halves with a 3-minute break

- Games are played STRICTLY to time
- An interval of no more than 3 minutes is allowed between halves
- Injury time is up to 2 minutes
- Each team is to swap ends at half-time

There will be a 10-minute break between games to allow for injury time (if needed) and for teams to reset and take the court.

STARTING THE GAME

- The game starts with a jump ball (tip-off) in the centre circle. The ball must be thrown straight up and must travel to a height greater than either player can reach.
- The ball must be tapped to a player outside the centre circle. It cannot be caught by the jumpers.

SCORING A GOAL

- A goal (during regular play) is worth 2 points
- There are 3 pointers (if they score from outside the arc it is counted as 3 points)
- A free throw (after a foul) is worth 1 point If the shot is made.

TEAM CHANGES AND SUBSTITUTIONS

- Substitutions can be made when either team has an inbound from the side after a turnover or after a foul.

CONTACT- FOULS

- When dribbling, if a player is pushed, held or blocked by the defence, it is the defensive player initiating the contact that is charged with the FOUL. INNER WEST PSSA – BASKETBALL BOYS/GIRLS
- An offensive player can be charged with a foul when dribbling, if the player runs into a stationary defender or uses unnecessary pushing.
- If these fouls occur, possession is given to the other team from the closest sideline. Get the player to stand back from the sideline, not toe on the line.
- If a player is fouled while shooting and the shot is successful, the 2 points are counted and a bonus 'free throw' is awarded.
- A player can accumulate 5 fouls and continue to play, but on the 6th foul, the player is ejected from the game. Remember to mark the fouls against the players on the score sheet as they occur.

Offensive Fouls:

An offensive foul is committed when a player pushes, holds or slaps a defender.

Penalty = turnover

Charging fouls are called when the attacking player runs over a defensive player.

This is the hardest rule to officiate as some contact is allowed in basketball. It is generally only called when a defender is stationary in one spot and the offensive player tries to go straight through where they are with force.

Penalty = turnover

DRIBBLING

- The player must keep the hand on the top side of the ball. The hand under the ball while dribbling is called Carry Ball and is illegal.
- Bouncing the ball with two hands is classed as a double dribble and is illegal.
- Dribbling, then stopping and holding the ball, then dribbling again is also a double dribbling and is illegal.

Penalty = turnover

TRAVEL

- When catching the ball, the player must stop in 2 strides or immediately begin dribbling.
- After dribbling the player must stop in 2 strides and pass or shoot.
- Pivoting on the first foot to connect the ground is legal when catching a pass or completing a dribble.

Penalty = turnover

DEFENCE

- All teams must use, 'man to man' defence.



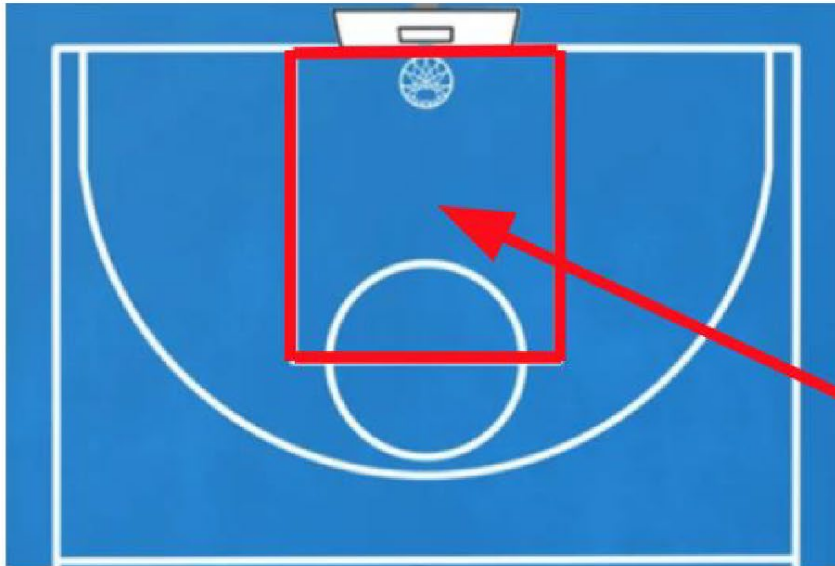
Man to man defence:

Green team is defending, orange in possession. The green players must stick with their direct opponent. If a defender loses their opponent, a different defender can 'switch' onto the player.

- No 'ZONE' defence.
- No full-court pressure defence. (Multiple defenders attack players as the ball is being passed inbounds after a basket).

3 Second Rule (Seniors only) – while your team has possession, no member is allowed in the key for more than 3 seconds. If your team shoots and hits the ring, the 3 seconds restart.

Penalty = turnover



The Key

PLAYING THE BALL

- The ball may not be kicked or punched
- It can be rolled, tapped or bounced.

OTHER RULES

- If 2 players have possession of the ball at the same time, it is a Lock Ball and there must be a JUMP BALL taken from the closest circle.
- When a non-shooting foul or turnover occurs, the ball is taken from the closest sideline.

