**Basketball Rules**

Players are to bounce the ball with one hand only. They may swap hands at any point; however two hands may not be placed on the ball to dribble. This is known as a **DOUBLE DRIBBE**.

In order for players to move the ball up and down the court they must either pass or dribble the ball. If players feet move whilst holding the ball and they are not dribbling; the referees will call them on **TRAVELLING**. Player’s feet must stay still if not dribbling the ball.

Basketball is a non-contact sport. A **FOUL** will be called if a player touches another player in the process of trying to get the ball of them i.e. reaching across player, potentially hitting players arm instead of ball when intercepting, pushing or shoving the player when trying to defend and stop them getting the ball.

**Held ball** - Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Whenever the referee’s call either a travel, double dribble, a foul or held ball the ball will go to the opposing team for a side line ball to be thrown in.

When a basket is scored the ball will go to the opposing team for a base line ball to be thrown in.

Each basket scored will be worth **2 points**.

Each team must have 5 players on a court at all times. Rolling subs are allowed, no need to inform ref of the subs.