

In this competition the emphasis is on enjoyment and fitness in a social environment. While competitiveness is not discouraged, it should be remembered that novice players need some encouragement and the "win at all costs" philosophy is not appropriate. The normal rules of basketball shall apply, except to the extent that they are negated or modified by these rules, and are to be used in conjunction with the [Palmerston Recreation Centre Social Sports Rules and Regulations](#). All rules are open to the interpretation of the umpire/referee and their decision is final. The following outlines the rules for the YMCA Palmerston Recreation Centre Social Mixed Basketball Competition. If you don't understand any of these rules please contact the Stadium Manager.

- Teams have the option of playing as an 'all female' team or a 'mixed' team. 'All male' teams are not permissible to enter the competition.
- **Provision of Scorers: Each team MUST provide a scorer for each game (i.e. two scorers per game). It is the responsibility of the Team Captain to ensure their team provides a scorer for their game. If a team fails to provide a scorer, that team will be deducted 10 game points.**
- All matches will be played for two (2) x 20-minute periods, with a running clock, and a two (2) minute half-time.
- A one (1) minute time-out per team per half is allowed
- Teams may have up to a maximum of ten (10) players for any game.
- There must be a minimum of four (4) players (per team) on the court in order for the match to be played.
- If a team is a mixed team there can be no more than three (3) players of either sex on the court at any one time (with the exception of 'all female' teams).
- Males are not allowed in their defensive keyway unless their team already has control of the ball. Males are not allowed in their offensive keyway at any time. Players who infringe intentionally will be assessed a technical foul. If an offensive player is in the process of shooting when the infringement occurs, the referee will call the shot successful regardless of whether the ball actually passes through the ring. Continued infringements will be penalized with a technical foul.

- Accidental entry of the key may be ok or play may go on, as long as it has no effect on the play and the player steps out immediately. This will be dependent on the referee's discretion.
- Please note that it is the **team's responsibility** to find out their team's fixtures. Teams **will not** be called regarding their game times. Fixtures can be viewed on the [YMCA of the Top End website](#), notice board at Palmerston Recreation Centre front reception (after grading rounds), or teams can contact Reception on 8935 9777.
- Teams must complete the score sheets with details of all players. The minimum number of players on court without incurring a forfeit is four (4). Games will be forfeited if a team is not ready to play within ten (10) minutes of scheduled starting time. If a team is late for a fixtured game, they will be penalized one point per minute to the referee's discretion, and the game will go on.
- All teams can expect to get an even spread of game time slots over the season. Fixtures **will not be changed** once they have been set unless additional teams join the competition. Management reserves the right to add and change any game times where necessary.

- Please respect and abide by these rules so that all players have a fun and enjoyable experience.
- The Stadium Manager may, at any time, withdraw or suspend players (or teams) from the competition if they feel the offender(s) is/are not abiding by the Centre Rules or causing disturbance to other players/teams.
- If an incident occurs please report it immediately to the Stadium Manager so that the situation can be rectified as soon as possible.

Most importantly, have fun and enjoy yourself!

