

1. Teams must have a minimum of three players on the floor to start a game. Teams may continue/finish with a minimum of two players on the floor.
2. The game shall be played on half court by two teams of three players each, with a maximum of seven substitutes.
3. The winner of the coin toss shall take first possession of the ball. Possession at the start of the second half shall be determined by the possession arrow. Ball possession changes hands after each basket unless a technical or personal foul is awarded.
4. Officials do not put the ball in play, except at the start of each half. The referee will handle the rebound of the first free throw (first and second free throws if three shots are being taken) and then will not handle the ball after the last free throw.
5. **Scoring and Timing Regulations:**
 - a) Playing time shall be two halves of 12 minutes for age groups 75+, and 15 minutes for age groups 50-74. There shall be a continuously running clock with an intermission of five minutes for half-time. In the last two minutes of each half, the clock will stop in accordance with normal basketball rules. The clock also stops after a made basket during the last minute of the second half.
 - b) A tie score at the end of regulation time will result in a three-minute overtime period. During the first overtime period, the clock will stop in accordance with normal basketball rules, and after a made basket during the last minute. If the game is still tied at the end of the first overtime period, a final overtime will be played with a sudden-death format; the first team to score will win. Ball possession will be determined by a coin flip for each overtime period. There will be a one-minute intermission before each overtime period. All individual and team fouls carryover into overtime.
 - c) Two time-outs are permitted per team, per half. Timeouts do not carryover from one period to the next. If a game proceeds to overtime, each team shall receive no more than one additional time-out, regardless of the number of overtimes. Time-outs shall be 60 seconds in duration. The clock will not run during time-outs.
 - d) Three point shots are allowed. The three-point line distance for both men and women will be 19 feet, 9 inches.
 - e) A five-second closely guarded violation may be called against an offensive player with the ball when that player is closely guarded for five seconds or more, and does not pass, shoot, or dribble within that time. To be considered "closely guarded", a defender must be in a defensive position and located within six feet of the player. The count applies to any player who is holding or dribbling the ball.
6. **Throw-In Area and Ball In & Out of Play:**
 - a) The game shall be played using the three-point line as the "check line." The ball shall be returned to a point behind the check line after each change of possession as follows:
 - b) After a made basket and all dead ball situations, the ball shall be placed in play from the top of the key ("throw-in area"). The ball must be advanced into play by means of a pass to a teammate. Violation of the throw-in area by the offense results in loss of possession.
 - c) After a turnover or defensive rebound, the ball may be returned to any point behind the check line. The player returning the ball behind the check line shall be in possession of the ball with both feet behind the line. The ball does not have to pass behind the 3-point line; only the player's feet.
 - d) The penalty for attempting a shot before returning the ball successfully behind the check line shall be loss of possession.
 - e) The player who returns the ball behind the three-point line may maintain possession and attempt to score.
7. **Player Restrictions When Inbounding Ball:**
 - a) Following a made basket or dead ball, the ball shall be put in play within five seconds from the time the ball is in the "throw-in area", regardless of whether or not the inbounder has taken possession of the ball. If the ball is not put in play within five seconds it shall be a violation, and possession shall be awarded to the defense with no change in the possession arrow.
 - b) The inbounder must stay within the designated "throw-in area," which shall be the space at the top of the key with a width no less than the free throw lane extension area (12 feet wide) and a depth no less than 5 feet from the top of the three-point line.
 - c) The defense may defend anywhere on the court, however, no player (offensive or defensive) may enter the "throw-in area", which is considered out-of-bounds.
 - d) The inbounder may not hand-off the ball to a teammate.
 - e) The inbounder's teammates may not enter the three-second lane to receive a pass or set a screen until the inbounding teammate actually takes possession of the ball at the throw-in area; they may cross and exit the lane to reposition themselves prior to the inbound pass.
 - f) The 3 second lane count and the 5 second throw-in count shall not begin until the defensive team (now the new offensive team) takes the ball behind the three-point arc.
 - g) Violations of the throw-in area by the offense result in loss of possession.
 - h) Violations of the throw-in area by the defense result in a warning followed by a technical foul and loss of possession.