



# BASKETBALL RULES

## // QUICK LINKS

**[Player Eligibility](#) // [Game Play](#) // [Golden Rule](#) // [Uniform Notice](#) // [General Policies](#)**

## // PLAYER ELIGIBILITY

1. All Players must be at least 21 years of age and have current, adequate health insurance.
2. All players must be properly registered on a team during the season for which they are playing.
  - a. If a player is registered on more than one team within the league, they may only play for one team in the playoffs.
  - b. All players must agree to the Fray Liability Waiver as described in the Fray Terms and Conditions section of Player Registration.
3. Any use of an ineligible player will result in a forfeit.

# // GAME PLAY

## 5v5 League Game Play

1. The game will start with a jump ball. The team not gaining possession first will be awarded the ball when the next held ball situation arises. Teams will alternate possession thereafter. All overtime periods will start with a jump ball.
2. Boundaries are defined as end line to end line and sideline to sideline
3. Players can only be inside the lane for 3 seconds
4. The offensive team has ten seconds to advance the ball over the half-court line
5. Substitutes must check in at the scorer's table and wait to be called onto the floor by a host. Substitutions between periods or during timeouts do not need to be checked in at the scorer's table.
  - a. If a free throw(s) is awarded, substitutes are only permitted to enter the game before the final free throw attempt if the ball will remain in play or following the final free throw attempt if it does not remain in play.
    - i. If a sub is replacing the shooter and the shooter makes their final free throw, the host will stop play for the substitution.
    - ii. If a sub is replacing the shooter and the shooter misses their final free throw, the sub will enter the game at the next stoppage in play.
6. Fouls are tracked on a team basis, not an individual-player basis. Players cannot foul out of a game, though they can be ejected.
  - a. Bonus (1 and 1) in effect on the 7th team foul
  - b. Double bonus (2 shots) in effect on the 10th team foul

## 3v3 League Game Play

1. Games will be played to 21 points or up to a time limit of 21 minutes, whichever comes first.
  - a. The first team to score 21 points or more wins the game if it happens before the end of regular playing time (21 minutes). This "sudden death" rule applies to the regular playing time only (not to a potential overtime).
  - b. If the score is tied at the end of regular playing time, an overtime shall be played. There shall be an interval of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game.
  - c. Regular Season Games can end in a tie. Playoff games will continue until a winner is decided.
2. Home and away teams will be determined by the ancient game of rock, paper, and scissors before the game between each team's captain. Best 1 out of 1 on SHOOT! The Home team will get the ball first.
3. The team that does not gain possession first will be awarded the ball when the next held-ball situation arises. Teams will alternate possession after that. All overtime periods will start with a new game of Rock, Paper, Scissors.

4. Boundaries are defined as end line to center line and sideline to sideline.
5. Every shot from inside the arc shall be awarded 1 point. Every shot from behind the arc shall be awarded 2 points. Every successful free throw shall be awarded 1 point.
6. Following each successful field goal or last free throw (except those followed by ball possession):
  - a. A player from a non-scoring team shall resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc.
  - b. The defensive player cannot play for the ball underneath the basket.
7. Following each unsuccessful field goal or last free throw (except those followed by ball possession):
  - a. If the offensive player rebounds the ball, they may continue to attempt to score without returning the ball behind the arc.
  - b. If the defensive player rebounds the ball, they must return it behind the arc (by passing or dribbling).
8. If the defensive team steals or blocks the ball, they must return it behind the arc (by passing or dribbling).
9. Possession of the ball given to either team following any dead ball situation shall start/resume with a check ball, i.e. an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the playing court.
10. A player is considered “behind the arc” when neither of their feet is inside or on the arc line.
11. Stalling goes against the fun principles of the game. An “unwritten 30-second shot clock” is in effect at all times and may be enforced by the host at their sole discretion. Failure to attempt a shot in 30 seconds after being advised by the host will result in a loss of possession.
12. Players can only be inside the lane for 5 seconds.
13. Both teams are entitled to request a substitution when the ball becomes dead prior to a check-ball or free throw. The substitute can enter the game without any prior notice to the hosts while the ball is dead. The substitutions can only take place behind the end line.
14. Fouls are tracked on a team basis, not an individual-player basis. Players cannot foul out of a game, though they can be ejected.
  - a. One shot in effect on the 7th team foul.
  - b. Two shots are in effect on the 10th team foul.

## // Free Throws

1. A player fouled in the act of shooting will shoot foul shots, each worth 1 point. The shooter has 10 seconds per free throw attempt.
  - a. If the fouled player misses the scoring attempt, they will shoot the number of free throws equivalent to the total score they were attempting when fouled
    - i. **3v3 league:** 1 shot inside the arc, 2 shots outside the arc.
    - ii. **5v5 league:** 2 shots for a field goal, 3 shots for a 3-pointer.
  - b. If the fouled player makes the scoring attempt, they will shoot 1 free throw.
2. **5v5 Leagues:** When attempting a free throw, there is a maximum of 4 defensive players and 2 offensive players allowed in the lane spaces.
  - a. Two defenders must occupy the positions on the lane closest to the basket, above the blocks on both sides.
  - b. Remaining players must occupy a lane space or be positioned behind the top of the key, free throw line extended. If choosing to occupy a lane space, offensive players may take the middle spaces and defensive players may take the top spaces.
  - c. Players on the blocks may enter the lane on the release of the shot. Players outside the 3-point line must wait until the ball hits the rim to go for the rebound.
3. **3v3 Leagues:** When attempting a free throw, a maximum of 2 defensive players and 1 offensive player are allowed in the lane spaces.
  - a. One defender must occupy the lane closest to the basket, above the blocks on both sides.
  - b. The remaining players must occupy a lane space or be positioned behind the top of the key, with the free throw line extended. If choosing to occupy a lane space, offensive players may take the middle spaces, and defensive players may take the top spaces.
  - c. Players on the blocks may enter the lane on the release of the shot. Players outside the arc must wait until the ball hits the rim to go for the rebound.

## // Technical Fouls, Ejections & Suspensions

1. A player may be assessed a technical foul, be ejected, and/or be suspended from a game or league for unsportsmanlike conduct, including but not limited to foul language, rough play, and inappropriate or abusive treatment toward hosts, other players, or spectators. Hosts may assess a technical foul and/or eject a player with or without warning, depending on the severity of the incident.

- a. If a player receives two (2) technical fouls in one (1) game, they are ejected from the game, must leave the gym immediately, and cannot play in the team's next game.

## // Verbal or Physical Aggression

1. Verbal or Physical Aggression of any kind is not allowed and can and will result in removal from the game and the league, as well as possibly being banned from all PHX Fray activities.
  - a. Verbal Aggression
    - i. Insults or Threats towards another player or host will not be tolerated. Players may receive at most one warning from a PHX Fray host, after which, if it continues, they will be removed from the game and asked to leave the field.
      1. Depending on the situation, at the discretion of a PHX Fray host, a player may be removed from the game immediately with no warning given.
      2. Depending on the severity of the threat, the player may be removed from the season, suspended for multiple seasons, or removed from PHX Fray as a whole.
  - b. Physical Aggression
    - i. Any player who physically engages another player or host, will be removed from the game immediately.
      1. Depending on the situation, players removed for physical aggression may be removed from the season, suspended for multiple seasons, or removed from PHX Fray as a whole.

Any Player who habitually is given warnings or has been removed from multiple games will be suspended for at minimum 1 season and may be banned from all PHX Fray activities.

## // GOLDEN RULE

First and foremost, all Fray leagues are 50% Social and 50% Sport. While we have staff // hosts, we expect individuals to respect the league's culture of fair and fun play. Foul language and rough play will not be tolerated. Individuals who cannot adhere to our standards of fair play and sportsmanship may be asked to leave the league. We want everyone to have fun and be social while enjoying a great sport. We will do whatever we can to make sure all players are having fun!

## // UNIFORM NOTICE

All players will be given PHX Fray jerseys and are encouraged to wear them for the duration of the season. If your team decides to create and wear your own team uniforms, that's acceptable as long as everyone matches and the colors are clear enough for gameplay. Failure to wear the PHX Fray jersey or team uniform will result in a player not being able to play in both the regular season and playoff games.

## // GENERAL POLICIES

Fray is proud to relieve captains of the burden of paying for full teams. We accept individual player payments and allow prepayment for additional players and/or full teams. We are also proud to welcome those who do not have a full team (small groups and free agents) to participate in our league.

Because our mission is to make fun possible, these policies make it easier for people to get involved with and build community through social sports.

All registrations are on a first come, first serve basis. Any roster that does not reach our official size (based on each sport) is eligible to receive free agents and/or small groups. Rosters made up of primarily free agents and/or a collection of small groups may have more players than the standard roster size. This policy is in place to help ensure free agent teams are able to consistently field a team each week.

## // Roster Size Chart & Definitions

1. **OPEN:** No gender requirements.
2. **SHE/THEY:** Women and non-binary players only.
3. **MEN'S:** No gender requirements; all genders welcome. However, the game tends to be more physical.
4. **MIXED GENDER:** Teams are required to have a minimum number of women on the court.

Sport	Promotion Size	Official Size	Max Roster Size	Woman Minimum
Basketball 3v3	5	6	8	N/A
Basketball 5v5	8	10	12	2

## // Teams & Substitutions

1. **5v5 Leagues:** A maximum of five (5) players can be on the court (Mixed Gender - 2 must be a woman). Teams must have the required minimum 4 players to start the game (Mixed Gender - 1 must be a woman).
2. **3V3 Leagues:** A maximum of THREE (3) players can be on the court. Teams must have the required minimum 2 players to start the game.
3. **5v5 Leagues:** Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
4. **3v3 Leagues:** Teams have until 5 minutes past the designated start time to field the minimum number of players. The 5-minute grace period is considered part of the overall game time. If a team cannot reach the minimum number of players, the game will be deemed a forfeit.
5. Substitute players (players not on the roster) may be used at any time in the regular season. Substitutes are not permitted during playoffs.
  - a. All substitutes must be registered players on another team and/or in another Fray league currently in play.
  - b. Teams may use additional substitute players above the player minimum with the opposing team's consent. Teams who agree to play under these conditions must notify the Host before the start of the game, and the outcome of the game will stand as is.
6. Teams must designate a captain before the start of the game. **They are the only team member allowed to discuss calls with hosts.** Judgment calls by a host may not be disputed.

## // Game Duration

### 5v5 Leagues

1. Each game will consist of two (2) twenty-minute (20 min) halves with a 3-minute half time. Game times may vary based on a specific location.
  - a. The clock will run continuously during all but the final two (2) minutes of each half, at which time a regulation stop clock will be used. The regulation stop clock will stop anytime the host blows the whistle (out of bounds, violations, or fouls) and will start again on the first touch when inbounded. The regulation stop clock does not stop on a made basket.

2. Each team will receive (3) thirty-second timeouts per game. Timeouts must be called by a player on the floor either with sole possession of the ball or during a dead ball situation.
3. Regular Season Games can end in ties. Playoff games will continue until a winner is decided.
  - a. If a playoff game is tied at the end of regulation, there will be a two (2) minute overtime. The clock will stop on every whistle in the last one (1) minute.
  - b. If a playoff game is tied at the end of the overtime period, the game will go into a second overtime period that is sudden death. The first team to score any point (free throw or basket) wins the game.

### **3v3 Leagues**

1. Games will be played to 21 points or up to a time limit of 21 minutes, whichever comes first.
  - a. The clock will run continuously during all but the final two (2) minutes, at which time a regulation stop clock will be used. The regulation stop clock will stop anytime the host blows the whistle (out of bounds, violations, or fouls) and will start again on the first touch when inbounded. The regulation stop clock does not stop on a made basket.
2. Each team will receive (1) thirty-second timeout per game. Timeouts must be called by a player on the floor either with sole possession of the ball or during a dead ball situation.
3. Regular Season Games can end in ties. Playoff games will continue until a winner is decided.
  - a. If a playoff game is tied at the end of regulation, there will be overtime. The first team to score two (2) points in overtime will win.

### **// Equipment, Uniforms & Facility Use**

1. All equipment will be provided on-site with all leagues using a 29.5-inch sized basketball. If players/teams want to bring additional basketballs to warm up with, they are more than welcome to do so and are responsible for their own equipment.
2. Players are ***required to wear matching colors***.
3. Basketball shoes with flat bottoms and appropriate ankle support are strongly recommended. Cross-trainers and running shoes are discouraged.
4. If an individual or team violates the facility's Code of Conduct, they may be asked to leave, and a refund will not be issued.

### **// Playoffs & Standings**

1. Playoffs are determined after the regular season has concluded, based on scheduling and other league logistics. They are not guaranteed.

2. Standings are automatically sorted in Commish based on teams' Win-Loss-Tie record. If there is a tie in the standings, we sort based on the following information in order until the tie is resolved:
  - a. Head-to-head matchups
  - b. Score differential
  - c. Points For
  - d. Points Against
  - e. Coin Flip

## // Forfeits

1. **5v5 Leagues:** Teams have until 10 minutes past the designated start time to field the minimum number of players. The 10 minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
  - a. **First Forfeit** - Loss of game and warning issued
  - b. **Second Forfeit** - Loss of game, and Fray reserves the right to remove the team from the playoffs
  - c. **Third Forfeit** - Loss of game and removal from the league with no refund
2. **3v3 Leagues:** Teams have until 5 minutes past the designated start time to field the minimum number of players. The 5-minute grace period is considered part of the overall game time. If a team is unable to reach the minimum number of players, the game will be deemed a forfeit.
  - a. **First Forfeit** - Loss of game and warning issued
  - b. **Second Forfeit** - Loss of game, and Fray reserves the right to remove the team from the playoffs
  - c. **Third Forfeit** - Loss of game and removal from the league with no refund
3. **5v5 Leagues:** In the case of a forfeit, the final score will be recorded as 40-0.
4. **3v3 Leagues:** In the case of a forfeit, the final score will be recorded as 21-0.

## // Cancellations

1. One week is built into the end of each season.
2. All players will be notified via email if games are canceled.

3. If more than one cancellation occurs, Fray will try to find another week, if possible, to make up the games, but it is not guaranteed.
4. Should inclement weather or other factors limit the normal scheduled game duration and more than half the game have been played, it shall count as the full game.
5. Should a game not make it to halftime, the game will be deemed incomplete and will be rescheduled and restarted from the beginning, if rescheduling is possible.