

Things to consider when playing FIBA Rules

Failure to prepare is preparing to fail – John Wooden

This document is meant to help coaches who are not use to playing the full FIBA rules. It gives you the rule followed by some considerations. **Note: Not all associations may be applying these rules. It is important for you to find out.**

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FIBA Rule	Things to Consider	
Court	1 circle – trapezoid lane	It can be difficult for drop power moves for player posting outside the key. The distance may leave them with a difficult angled shot. Most FIBA posts use crab dribble moves to attack the basket. The drop power is an excellent attack move when you have caught the ball in the key with the defender on your back or side.
Bench & Basket	<p>Home team's bench to the left of table, warm-up at opposite end</p> <p>20 minutes before the game – roster provide to scorer</p> <p>10 minutes – confirm the roster is ok, indicate the starters</p> <p>Coach and assistant coach can only approach the table for statistical information when the clock is stopped.</p>	<p>Warm up is 20 minutes long. At the 6-minute mark the two teams will go to their bench. If a National anthem is to be played it will be done at this time. Also all 12 members of each team will be introduced. When announced, the players will line up along the free throw line extended. Players will shake hands and exchange gifts at this time (if there is a gift to be exchanged). Three minutes will be put on the clock for players to continue their warm up. At 1:30 mark both teams will return to their bench for final instructions. The ball will be tossed at the 0:00 mark.</p> <p>There are only 14 personnel allowed on the bench (not counting the 5 players on the floor). Only 12 players are allowed. For Nationals the 12 players who's names appear on the first score sheet will be the 12 players for the remainder of the tournament.</p> <p>Uniform numbers 4-15. Players are not allowed to wear t-shirts under their jerseys unless they have written medical permission.</p> <p>Only the head coach may stand</p>
Duration	4 x 10 minutes	This is like four mini games. You need to prepare to play in this manner.
Intervals of Play	15-minute half time; 2 minutes between each quarter.	Coaches should note that this time maybe shortened to 10 minutes if games run behind schedule. This will be at the discretion of the technical committee.
Starting Each Half	Jump Ball only to start the game. AP for the rest	
Jump Ball	Players may move onto or around the circle prior to toss.	The officials will not let the players overlap before the ball is tossed.
Throw-ins	Front court throw-in – cannot throw the ball to the backcourt. Allowed to throw ball over backboard on throw-in.	This is especially crucial when inbounding near the centre line. If unsure the players should ask the official. “Can I throw the ball into the back court?” At ¼ times, and after technical fouls you can inbound both ways. Back over calls are the ones that cause the biggest problem. You must go to the front court.
Substitution	Permitted during clock stoppage If the request for a T.O. or substitution is made before the ball is at the disposal of a player for a throw in following the free throw (s), the time out or the subs shall be granted for both teams if the last or only free throw is successful. Last 2 minutes of 2 nd half, subs permitted for team scored upon.	<p>It is crucial that players are instructed to report to the timer to request a sub. Very often players report to the last person at the table who is usually a media or stat person.</p> <p>Note: you can only sub on the last foul shot if the last shot is successful. If you have someone in foul trouble it is best to guarantee the sub by making it before the first shot.</p> <p>You can sub in a better offensive player late in the game when scored upon in the last 2 minutes.</p>

Time Outs	<p>2 in the first half and 3 in the second half. No carry-over. T.O. must be requested at the scorer's table by the coach. Granted <u>only</u> at the next stoppage of play or if scored upon. No T.O. between free throws. T.O. is 1 minute in duration- warning at 50 seconds. Teams must stay in their huddle for 50 seconds. One T.O per overtime If the free throw(s) is followed by a throw-in at the centre line, a sub or T.O. shall be granted T.O. in last 2 minutes after a field goal, the ball is advanced to the half court line and the ball can be passed anywhere on the court.</p>	<p>There are three types of time outs: 1) called by you 2) called by the opponent 3) ¼ times In called timeouts you only have 50 sec, followed by 10 seconds to return to the floor. It is very important to have the players sprint to the bench. You will not have a lot of time to discuss with your assistants. On time outs called by your opponent you should have a ready sheet ready for items you wanted to discuss. Many teams use this time to change strategies, i.e. switch up their defense. This could be kept by your assistant. The ¼ time is 2 minutes long. This is where you have time for more input from players and assistants. You can make major changes. If the game is close you do want to save a TO so you can advance the ball to half. There is a big advantage in running a play from half as opposed to going the length of the floor. Do you have a play that can score from an inbounds at half with 1, 2 or 3 seconds on the clock? Can you get a three point shot as well as a two point shot?</p>
Free Throws	<p>Maximum 5 players in designated lane spaces. Spaces are exclusive to each team. Violation by either team (excluding the shooter) is called <u>only</u> if free throw is unsuccessful. Team control foul – no foul shots Violation by free-thrower takes precedence over other violations</p>	<p>Defensively – you need to have your three best rebounders fill these lane spaces. The low players must work extremely hard to drive up the lane to prevent being pushed under the basket. The third defender is very important to box out the shooter. If you use your point guard you may be out matched. Also most coaches will use foul shots to call their point guard over to the sideline. You must make sure you cover the “50/50 balls”. These are rebounds that go over the heads of the primary rebounders. Offensively – many teams will run stunts to free up an offensive rebound. Only the shooter can cancel the shot. Therefore it is worth the risk to gamble for many coaches.</p>
Shot Clock	<p>24 seconds Ball must be released prior to sounding of horn and subsequently hit rim. Clock begins on player control inbounds. If horn sounds – don't blow whistle and wait to see what happens = if shot doesn't hit rim or go in, or defense gets immediate control, no whistle, play continues.</p>	<p>Coaches need to encourage players to play with a sense of urgency. This does not mean out of control. Players need to use screens, make cuts as if they are going to score. You don't want to waste opportunities to attack. Little time should be wasted in advancing the ball. This will give the team plenty of time to execute their offense. The teams that are successful are the ones who maintain spacing and timing throughout the entire shot clock. This prevents forced one on ones late in the clock. You don't want to rely on isolation as your sole means of attacking late in the clock. The more the ball is in the middle third of the floor in the last 8 seconds the more chances you have to attack. Late in the clock with the ball on the side teams can prevent ball reversal and create bad shots.</p>
Shot Clock Reset	<p>Reset when:</p> <ul style="list-style-type: none"> • Ball hits rim • Change of possession • Score • Technical stoppage, no advantage • Injury to opponent • All fouls (except double and cancellation of equal penalties and same team gets throw-in) • All violations by defense (exc. out of bounds). 	<p>Coaches need to spend equal amount of practice time on:</p> <ol style="list-style-type: none"> 1) transition – first 8 seconds 2) ½ court attack – 9-17 sec 3) Attack - 18- 24 sec <p>You need to think about lots of drills with transition and a time count.</p>
Overtime	<p>Same direction & no jump ball. 5 minutes. 1 time-out only.</p>	
Timing	<p>Clock stops last 2 minutes of 2nd half & extra periods on made field goals.</p>	

8 seconds	<p>8 seconds to advance into front court Ball out of bounds and returns to same team, time left in count</p>	<p>NOTE: if you are dribbling the ball up the court and the ball gets tipped and you regain control of the ball the original 8 second count remains. If the ball went out of bounds and the referee had counted 6 seconds, your team has to inbound the ball and get it over half in 2 seconds!!!</p> <p>Most 8-second counts occur because only one player is allowed to dribble the ball in the backcourt. Also teams that use press breaks that do not attack vertically, but use lots of side-to-side ball reversals. You must be able to sometimes throw the ball into the frontcourt from a sideline</p>
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		backcourt situation. The count does not reset. Do you have such a play????
Back court	Front court status once ball or either foot crosses division line. Ball returning to back court with team control, last touch, first touch = violation	Players must be careful in going perpendicular at the centre line. It is a great time defensively to stunt at a dribbler. You can often cause a back court violation if the dribbler goes sideways or backwards.
Basket Interference	Offense and defense may touch ball once it contacts rim.	This is mainly in the boys' game. Many teams train their players to clear the ball off the rim once it touches the rim. On offense many players cover the rim on shots to slam the ball once it touches the rim.
Closely Guarded	5 second count only on a player holding the ball, anywhere on the court.	
Airborne Shooter	Considered in act of shooting until both feet return to the floor.	
Blocked Shot	Player returning to floor without losing control of ball – Travel	
Falling	Player with ball permitted to fall.	He/she cannot squirm to avoid a tie up once on the floor.
Fighting	Head coach or assistant may assist in fighting situation.	
Blood Rule	Bleeding player must be substituted for immediately. May stay if timeout granted to any team and player ready at end of timeout	If a player is injured and can return to play within 15 seconds no sub is required.
Personal Fouls	Contact by an opponent during a live or dead ball.	
Team/Player Control	No free throws on any team control foul	
Penalty (Bonus)	2 shots starting on the 5th team foul in each quarter.	If your team fouls a lot the other team can be shooting two foul shots for a long time.
Technical Foul	Non-contact fouls – live or dead ball. 2 shots plus possession at division line.	
Unsportsman like Foul	2 (3) shots and possession at division line. Exception: Made field goal = 1 shot + possession	
5 fouls	Coach has 30 seconds to make a sub.	You will not be able to use this as a timeout by calling over your team. You have 30 seconds to make a sub.