



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS

DORSET YFC SPORTS DAY ROUND ONLY 2023/2024

NATIONAL MIXED BASKETBALL

(10-16 years)

(Recommended Playing and Administration Rules
as laid down by England Basketball)

RULES

COMPETITION AIM

To encourage YFC members to work together as a team to demonstrate their Basketball skills in a competition environment.

LEARNING OUTCOMES

Hand-eye-coordination and tactical decision making; teamwork, respect, discipline, enjoyment, sportsmanship as well as providing health and wellbeing benefits.

REMINDER: Read in conjunction with **NFYFC General Rules**. Further information can be found at <http://www.nfyfc.org.uk/CompetitionsResources/competitionsresources>

1. **DATE AND VENUE** – Dorset YFC round for points only – Thomas Hardy School Sports Hall, Dorchester, Dorset on Sunday 11th February 2024
2. **REPRESENTATION** – Open to all clubs.
3. **ELIGIBILITY** - a squad of ten players, who must be 10 years of age or over on 1 September 2022 and full members of a Club affiliated to the NFYFC may be nominated, from whom five players (with a minimum of two male and two female competitors per team at any one time) are allowed on the court during play.
4. **SUBSTITUTION** - All substitutes must have been eligible to complete in the County final.
5. **HEALTH & SAFETY & CHILD PROTECTION** – All competitions carried out at National level must comply with Health and Safety Legislation and meet the relevant safety standards. The completion of a Parental Consent form for members under the age of 18, **and form for completion by the accompanying senior member**, is the responsibility of the County Federation and must be available on the day of the competition.
6. **PROCEDURE**

Aim of the Game – Basketball is played by two teams who score points by throwing a ball into the opposing team's basket.

Players can move the ball around the court by passing, tapping, throwing, rolling or dribbling. The team who scores the most points are the winners.

Teams – each team has a squad of ten players to choose from.

Five of those players are allowed on the court at any time.

Referees and Officials – the main officials include one referee and one umpire.

The court is divided between them and they swap places after each foul involving a free throw penalty, and also after each jump ball decision.

They use whistles and hand signals to make and explain their decisions.

Starting the Game – each game begins with a jump ball.

The referee throws the ball into the air in the centre circle and two opposing players leap up and try to tap it away.

Each player is allowed two taps before the ball hits the ground, a basket, a backboard or another player.

Duration – the game consists of TWO quarters of 10 minutes each.

There is a 3 minute break at half-time.

If the game is tied after the fourth period, the game is continued with an extra period of five minutes. Or with as many periods of five minutes as are necessary to break the tie.

7. **Leagues**

The squads shall be drawn into two leagues. The highest scoring team from each league will play the second team from the other League (Semi-Final) to determine the two teams for the Championship Game. The two losers in the Semi-Finals may play off for 3rd and 4th place if desired.

In the event of two or more teams being equal on points at the end of each league, the team with the best points difference shall take precedence. In the event of points difference being equal then points average shall take precedence. If points average is equal the team scoring the most points shall take precedence.

Extra Time

In the Final and Semi-Finals, should the scores be equal at full time, a further three minutes shall be played each way.

8. **AWARDS – DORSET YFC ROUND ONLY 1ST, 2ND & 3RD PLACINGS**

NOTES:-

- i) Competitors are required to produce on the day of the competition their current and signed Membership Card, with suitable photo-ID, or a fine of **£20** will be imposed for non-production.
- ii) It is advised to have a competent medical advisor in attendance at both County and Area Rounds, and only use qualified referees in order to minimise any risk to members.
- iii) Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from NFYFC or your County Office.
- iv) This competition **WILL** carry points towards the UPTON OIL Trophy.
- v) Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.

KEY SKILLS

Working with others

Improving own learning and performance

Problem solving