

WAKA 5v5 Coed Basketball Rules

Coed Basketball Simple Rules

1. Players: 3 men and 2 women or *3 women and 2 men *See "Players" below for detailed rules
2. Equipment: Men's regulation ball
3. Timing: Two 20 minute running halves
4. Coed Guidelines: Men guard Men, Women guard Women
5. Coed Rule: Men may not block a women's shot attempt
6. Coed Rule: Women's 3 point shot is worth 4 points
7. No Dunking

*WAKA Coed Basketball follows the guidelines of NCAA Men's Basketball with these exceptions:

Equipment

- All players must wear their team issued WAKA t-shirt
- Illegal equipment includes the following:
 - All jewelry (ie: barrettes, rings, string bracelets, rubber bands, eye rings, etc.)
 - A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding when worn on the elbow, hand, finger, wrist or forearm.

Players

1. 3 men and 2 women, or 3 women and 2 men may play on the court. If 3 women are chosen to play at one time then the 3rd woman must be designated by a different color shirt or garment (socks, sweatband, etc; provided by the team). This woman may have her shot blocked legally.
2. Teams must have at least 4 players present to start a game (2 women, 2 men OR 3 women, 1 man OR 3 men, 1 woman). If at least four players are not present at the scheduled game time, a forfeit will be declared.
3. A speaking captain shall be designated for each team. He or she alone may approach the officials with questions. Individuals designated as coaches will be considered team players.

Timing

1. The game will consist of two 20-minute halves, with three minutes between halves. The clock will run continuously throughout the game until the last minute of each half.
2. During the last minute of each half, the clock will stop during all dead balls.
3. Game time is forfeit time!
4. Each team will be allowed (2) time-outs per half. A timeout is 30 seconds and the clock will stop for those 30 seconds.
5. Overtimes will be one minute in length and the clock will stop during all dead balls. Only one time-out is allowed each team in each overtime period. Time-outs not used during regulation play CANNOT be used in overtime periods.

Coed Guidelines

1. This league is intended to be a social league where men and women have equal opportunity to play competitive basketball.

2. Good sportsmanship is required. Arguing with officials or other players is prohibited and may result in a technical foul.

Coed Rules

1. Men may not block a women's shot attempt. Any contact with the ball on a shot attempt will be considered a goaltending violation. Two points will be awarded for all 2 point attempts and 4 points will be awarded for all attempts behind the 3 point line. Simply raising your arms does not count as a blocked shot and the defender must make contact on the ball. **This rule is not in effect if a team plays with 3 women on the court. The 3rd woman must be designated with a different color shirt or garment than both teams (provided by the player) and may have her shot blocked legally.
2. Women receive 4 points for a successful three-point attempt.

Fouls

1. NCAA rules will be in affect unless otherwise stated
2. Bonus One-on-One free throws will be awarded on the 7th team foul
3. Two free throws will be awarded on the 10th team foul
4. Men may not block a women's shot attempt

Free Throws

1. Players may enter the lane as soon as the shooter releases the ball
2. Shooter must remain behind the line until the ball contacts the rim or backboard

Dunking

THERE IS ABSOLUTELY NO DUNKING. Dunking is a technical foul.

Disqualification

Player disqualification results from:

- Accumulating 5 personal fouls (technical fouls count as personal fouls)
- 2 technical fouls
- 1 flagrant or excessive foul
- A player who is removed from the game may face stronger penalties depending on the severity of the incident

Team Captains are responsible for fans. A technical foul will be assessed to the team captain/bench if fans are acting in an unsportsmanlike manner.

Substitutions

Only roster players may play on a team. Absolutely no last minute substitutions are allowed.