



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **BASKETBALL**

The International Basketball Federation (FIBA) Rules – valid as of 1st January 2022 including the latest amendments shall govern the Basketball competitions except for the approved Special Guidelines and Ground Rules for the Elementary Level.

I. **PURPOSE**

It is a game specially designed to build a strong foundation in developing positive values and character through their participation. It also aims to enhance the development of basic skills and productive exposure in games between and among young boys and girls, providing unique experience for fun, enjoyment, and eventually leading the way to a long-term involvement in the sports.

II. **OBJECTIVES OF THE GAMES**

1. The games shall be **Developmental** in nature and approach.
2. Use sports (basketball) in teaching values and principles as a developmental tool for the biggest game called LIFE. Serve as an avenue in developing **Teamwork, Leadership, Play Ethics, and Trust**, likewise, develop **camaraderie, goodwill, sportsmanship, discipline**, and other **life skills** values inherent in the practice and participation in sports so that young people/players learn lessons in life so they can **"Live Better Lives Tomorrow"**.

III. **TEAM (Players, Coaches & Other Team Officials)**

1. **Eligibility**

- 1.1. The provisions on the Eligibility of Athletes stipulated in Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply; and
- 1.2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

2. **Team Composition**

2.1. For Regular Basketball (5x5)

A team shall be composed of not more than 12 team members and a COACH and maybe, an Assistant COACH, while the Girls Team may include a CHAPERON (only when the coach and asst. coach are male), but if the Asst. Coach is a female, no more chaperon.

2.2. For 3x3 Category

A team shall compose of no more than 4 team members (3 players on the court and 1 substitute).

Note: Coaches on the field of play including seats for substitutes and/or remote coaching from outside the court are not allowed.

3. Team Officials

3.1. A team shall be headed by a responsible Coach and an Assistant Coach as required by the *Palarong Pambansa* Rules and Guidelines.

3.2. Only the Coach and the Assistant Coach (and Chaperon for girls) shall be allowed to sit/stay within the team bench during official games.

4. Team Uniform

4.1. The uniform of team members shall consist of:

- Shirts of the same colour front and back as the shorts All players must tuck their shirts into their playing shorts.
- Shorts must end above the knee.
- Socks of the same dominant colour and need be visible.
- Shirts shall have visible numbers and colours contrasting with the colour of the shirt with the following specifications:
 - Those on the back shall be at least 16 cm high.
 - Those on the front shall be at least 8 cm high.
 - The numbers shall be at least 2 cm wide.
 - Teams may only use numbers 0, 00 and from 1 to 99.
 - Players on the same team shall not wear the same number.

4.2. A player who is not wearing the team's complete uniform may not be allowed to play. In case of an incomplete uniform on a player/s, a WRITTEN REQUEST FOR EXEMPTION (only when there is a valid reason) shall be submitted and duly signed by the Head of Delegation addressed to the Tournament Director; and the playing numbers shall be (0, 00, 1-99) and the assigned delegation color shall be followed (dominant/secondary colors).

IV. EQUIPMENT / MATERIALS

1. Ball

1.1. The SIZE of the BALL for the Secondary Girls and Elementary Levels shall be **size 6**.

1.2. The SIZE of the BALL for the Secondary Boys shall be **size 7**.

V. TIMING REGULATIONS

1. For Elementary Level / Category only:

The game shall consist of 4 periods. The first three periods shall be played in **8 minutes** and **10 minutes** for the 4th period and **5 minutes** for every extra period.

2. For Secondary Level (Boys/Girls Category):

The official FIBA 2015 Rules (Regular Rules) shall apply with the latest amendments.

3. For Both Elementary and Secondary Categories:

The interval between periods is one (1) minute while the interval between halves is five (5) minutes.

4. For the 3x3 Categories:

The game is played in 10 minutes. The game clock shall be stopped during dead ball situations, free throws and timeouts.

VI. PLAYERS' PLAYING REGULATION

1. For Elementary Level / Category only:

- 1.1. All players of the team must be fielded before the end of the 2nd period or within the 1st Half. FAILURE of the Coach to field a player in the 1st Half shall be penalized with a Technical Foul (1 FT+BP) charged to the Coach.
- 1.2. All players shall play at least one (1) period BUT not more than three (3) periods and MUST be rested for one (1) period. If a Coach fielded a player for more than three (3) periods, it shall be penalized with a Technical Foul (1 FT+BP) charged to the Coach.
- 1.3. Normal substitution procedures shall apply in all periods. (Except when a certain rule does not apply). A player may enter in a game as a substitute as many times as possible within that period and considered as having played only in that period/quarter.
- 1.4. One (1) time-out for every period shall be granted to each team for the first three (3) periods and two (2) time-outs shall be granted in the fourth (4th) period, and one (1) timeout for every extra period. Unused timeouts shall not be carried over to the next period. In the first three periods the Timeouts shall either be used or forfeited if not used.
- 1.5. In case a team has an incomplete line-up during the scheduled game:
 - a. The 1st period shall always start with 5 players while the other periods may be played with the remaining members of the team.
 - b. A team with ONLY seven (7) players (physically present) at the start of the game shall be declared LOSER by FORFEITURE (but said present players may be allowed to play the 1st period only as a consolation).

Interpretations of Rule IV:

1.6. Exemptions:

IN CASE OF INJURY/DISQUALIFICATION:

- (In the 1st/2nd Period) – an injured player may be substituted by any player, and as such said “substitute player and injured player” will be considered as having played in that period.
- The “injured player” upon recovery may re-enter in the same period or may play in any period following Sec.1, Rule IV.

Important Reminder: Whenever possible and if the rules will allow, every period shall be played always with five (5) players.

2. For Secondary Level Category:

The official FIBA Rules or NORMAL substitution procedures shall apply.

3. For 3x3 Category:

The Official FIBA 3X3 Rules shall apply (as attached).

VII. IN CASE OF DISQUALIFICATION

1. A thrown-out player must leave the confines of the play area.
2. A player/coach who is “**Ejected/Thrown Out**” because of a Disqualifying foul due to Flagrant Foul/Fighting or the like, subject player shall be automatically suspended. The number of games of suspension shall be determined by the Technical Committee headed by the Tournament Director and will be based on the gravity of the act. When there is suspension, it shall be applied in the team’s succeeding games.
3. Any team member who is “**Disqualified**” due to a) 2 Unsportsmanlike Foul; b) 2 or 3 Technical Fouls by a coach/player, is different from the above provision and game/s suspension may be slapped only upon the strict scrutiny and evaluation of the Technical Committee.

VIII. RULES OF CONDUCT

1. FOULS

- 1.2. **Technical Fouls** – any PLAYER/COACH who displays unsportsmanlike/disrespectful act such as slashing of neck, showing of dirty fingers, pointing of accusing finger and trash talking/shouting bad words/foul language, contesting calls, arguing with the officials and others. A WARNING may be given, or a TECHNICAL FOUL shall be slapped.
- 1.3. **Personal Fouls** – a player causing contact with an opposing Playmate, which gives an unfair advantage, and such contact is neither intentional nor flagrant.
- 1.4. **Unsportsmanlike/Disqualifying Foul** – a player causing excessive contact which may cause or have caused injury to an opponent such as: a) excessive swinging of elbow; b) throwing a punch; c) tripping; and d) intentional contacting/pushing the back of a player going for a basket shall be judged to be an UNSPORTSMANLIKE/DISQUALIFYING FOUL.

IX. PLAYERS' / COACHES' CONDUCT

1. Any player / coach, who is slapped with a Disqualifying Foul and ejected because of **Flagrantly Unsportsmanlike Act** (not due to 2/3 Technical Fouls), shall be penalized accordingly PLUS an additional game suspension/total disqualification or banned from further participation, depending on the gravity of the offense (As may be determined by the technical committee / Tournament Director).
2. Uttering/shouting of obscene/foul language/bad words or verbal abuse from players/coaches to opponents/officials or teammates shall not be tolerated. Such an act shall be dealt with a warning, or a Technical Foul will be slapped. **The Coach shall behave as a professional and or being a responsible sport official or teacher and that in any way it will not sacrifice the values and discipline of the team but rather to protect the integrity of the game. Any infringement/violation of this conduct shall be penalized with a Technical Foul, Game Suspension and or Ban.**
3. Teams shall keep and leave their bench areas clean and orderly. Non-compliance shall be dealt with a Warning for the first offense, **Technical Foul** for the second offense.
4. A player may be allowed to play with an incomplete uniform, for any valid reason thereof, (only when a Request by the Head of Delegation was submitted and approved by the Tournament Director) but shall be slapped with a Technical Foul before he will enter the playing court.
5. Coaches shall always confirm their next schedule of game with the Tournament Director BEFORE leaving the playing venue/ or after their game.
6. A team that **walks out** of their game shall be penalized with a Disqualification from the competition/*Palarong Pambansa* and likewise the Coach shall be **banned**.
7. Any Coach who abandons his/her team without any valid reason shall be penalized with game suspension to ban for 1-year and or perpetual disqualification.
8. Any infraction committed in the **covenant** by any player/coach **maybe penalized** with a reprimand and or warning or Technical Foul if so warrants.

X. SPECIAL PROVISIONS AGAINST CHILD ABUSE AND BULLYING

The conduct of the *Palarong Pambansa* is an official DepEd activity and as such, pertinent provisions of the Child Protection Policy (DepEd Order No. 40, s. 2012). The Anti-Bullying Act (Republic Act No. 10627), and all laws protecting the rights of the learners shall be strictly observed before, during, and after the *Palarong Pambansa*.

XI. GAMES DISRUPTION

1. Games which are canceled/disrupted/stopped due to **Force Majeure** or for any valid reason, will be treated in the following manner:

- 1.1. **Rematch** – if the disruption of the game took place during the first half (1st and 2nd periods), the game shall be replayed, and the score is disregarded/back to zero.
- 1.2. **Resumption** – if the disruption of the game took place during the second half (3rd and 4th periods), the game shall be resumed with the remaining game time and the score stays.
- 1.3. **Reset** – if a scheduled game was canceled for a valid reason, the management will reschedule/reset the game at the bottom of all the scheduled games, and if the game result is no bearing already such game may not be played anymore.
2. **Duration of Waiting** – in case of a power failure or any incident (rain or darkness) that may affect the progress of the game, the length of time to wait for the restoration of normalcy is 30 minutes or as may be allowed by the Tournament Director or his authorized Assistant Tournament Director.

XII. RULE ON PROTEST

1. Protest on game rules technicalities shall be registered by the team thru the Team Captain's signature in the appropriate space provided in the scoresheet and put in writing, signed by the coach and the Head of the Regional delegation or his authorized representative and should be submitted to the Tournament Director (TD) within **one (1) hour** immediately after the conclusion of the match in protest. The TD shall decide within **two (2) hours** upon receipt of the protest.
2. Protests must be accompanied/supported with the necessary evidence and attachments. Video recordings taken privately **will not** be considered as evidence.
3. The decision of the Tournament Director **may** be appealable. Only laws/rules are appealable to the Jury of Appeal. Appeals be put in writing, signed by the **Head of Delegation** and shall be submitted to the Jury within **three (3) hours** upon receipt of the decision.
4. The Jury of Appeals shall decide within **six (6) hours** upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

XIII. SPECIAL PROVISIONS

The Tournament Director reserves the right to make any decision on matters that affect the conduct of the tournament and which subject/concern is not covered/specified in these ground rules.

XIV. HEALTH REQUIREMENTS / PROTOCOLS

1. The Wearing of face masks all the time within the play area, EXCEPT, when playing/at team bench area.
2. Always wash hands with water and soap and or alcohol as often as possible every Timeout or Substitution opportunities and during game intervals and half time period.

3. Any signs of colds, cough and fever must be reported to the medical team/management for proper disposition, while subject team member shall not be allowed to participate nor sit at the team bench.
4. Every after a game, players shall take a shower as often as possible.
5. A Medical Team (from the LGU/Regional Health Office) shall be on duty at the play venues during games.