



BASKETBALL TECHNICAL GUIDELINES

(The International Basketball Federation (FIBA) Rules – valid as of 1st January 2023 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 GAME:

The games shall be **DEVELOPMENTAL** in nature and approach.

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. GAME MANAGEMENT:

The Basketball Competition is managed by active DepED personnel who are designated by the Palarong Pambansa Secretariat and the Technical Officials are nationally accredited in the different sports events conducted by the DepED-CO/PPS and or recognized by the National Sports Association and recommended by their respective Regional Offices.



IV. THE TEAM (Players, Coaches & other Team Officials):

1. ELIGIBILITY

1.1 The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd memorandum No. 5, s. 2023 shall apply, and

1.2 Only athletes and team officials (coaches/asst. coaches/chaperons) in the approved Team Gallery shall be allowed to participate/compete and sit at the Team Bench.

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 (optional), while the Girls Team may include a CHAPERON (only when the coach and asst. coaches are males), 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) and a TEAM CHAPERON, who is not a coach.

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) shall be allowed to sit/stay within the team bench during official games.

3.3 In the 3X3 category, there is no Coach but a Chaperon who cannot act as a Coach.

4. TEAM UNIFORM

4.1 The uniform of team members shall consist of:



Address: B-406 4TH flr. Mabini Bldg DepEd Central Office, Meralco Avenue, Pasig City



Telephone No: (02) 8638-1790



Email Address: palarong.pambansa@deped.gov.ph



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- Shirts of the same color 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 color need to be visible.
- Shirts shall have visible numbers and colors contrasting with the color 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, 00-99) and the assigned delegation color shall be followed (dominant/secondary colors).

V. EQUIPMENT/MATERIALS:

1. BALL

- 1.1 The SIZE of the BALL for the Secondary Girls and Elementary Categories shall be **size 6**.
- 1.2 The SIZE of the BALL for the Secondary Boys shall be **size 7**.

VI. 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 CATEGORIES:

The official FIBA 2022 Rules (Regular Rules) shall apply with the latest amendments.

3. For both ELEMENTARY AND SECONDARY CATEGORIES:



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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.

VII. PLAYERS' PLAYING REGULATIONS:

A. For ELEMENTARY LEVEL/CATEGORY Only:

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.*
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.*
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.
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.*
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 FORFEIT (but said present players may be allowed to play the 1st period only as a consolation).

INTERPRETATIONS of RULE IV.

EXEMPTIONS:

a) 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.*

B. For SECONDARY LEVEL CATEGORY:

The official FIBA Rules or NORMAL substitution procedures shall apply.

C. For 3X3 CATEGORY:

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

VIII. 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/Tournament Director.

IX. RULES OF CONDUCT:

1. FOULS

1.1 **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.

1.2 **PERSONAL FOULS** – a player causing contact with an opposing playmate, which gives an unfair advantage, and such contact is neither intentional nor flagrant.



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2. UNSPORTSMANLIKE/DISQUALIFYING FOULS - 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.

X. 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/TD.)

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 the 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 Secretary/TD, 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/PALARO and likewise the Coach shall be BANNED for 3-years.



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7. Any Coach who abandons his/her team without any valid reason shall be penalized with game suspension to ban for 3-years and or perpetual disqualification from participating in the Palarong Pambansa, if so warrants.

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.

XI. 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.

XII. GAMES DISRUPTION:

Games which are canceled/disrupted/stopped due to “FORCE MAJEURE” or for any valid reason, will be treated in the following manner:

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.
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.
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.
4. **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.

XIII. RULE ON PROTESTS:

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



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- 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 (TD) **may** (shall) be appealable. Only concerns regarding laws/rules are appealable to the Jury of Appeal. Appeals are 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.




XIV. 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.

XV. HEALTH REQUIREMENTS/PROTOCOL:

1. Wearing of face masks all the time within the play area, EXCEPT, when playing/at the 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 periods.
3. Any signs of colds, cough and fever must be reported to the medical team/management for proper disposition, while subject team members 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.



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The 3X3 RULES

1. COURT AND BALL

1.1. The game will be played on a 3x3 playing court with 1 basket. A regular 3x3 playing court is 15 m (width) x 11 m (length). The court shall have a regular basketball playing court sized zone, including a free throw line (5.80 m), a 2-point line (6.75 m) and a “no-charge semi-circle” area underneath the basket. Half of a traditional basketball court may be used.

1.2. A 3x3 ball shall be used in all categories.

2. TEAMS

2.1 Each team shall consist of no more than 4 players (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. GAME OFFICIALS

3.1 The game shall be managed by up to 2 officials, 2 table officials.

4. BEGINNING OF THE GAME

4.1. Both teams shall warm-up simultaneously prior to the game.

4.2. A coin flip shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.

4.3. The game cannot begin if one of the teams is not on the playing court with 3 players ready to play.

5. SCORING

5.1. Every shot from inside the arc (1-point field goal area) shall be awarded 1 point.

5.2. Every shot from behind the arc (2-point field goal area) shall be awarded 2 points.

5.3. Every successful free throw shall be awarded 1 point.



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6. PLAYING TEAMS/WINNER OF THE GAME

6.1. The regular playing time shall be 1 period of 10 minutes. The game clock shall be stopped during dead ball situations and free throws. The game clock shall be restarted when:

- During a check-ball, the ball is at the disposal of the offensive player after the check-ball has been completed.
- After a successful last free throw, the next offensive team is in possession of the ball.
- After an unsuccessful last free throw and the ball continues to be live, the ball touches or is touched by any player on the playing court.

6.2. The first team to score 21 points or more wins the game if it happens before the end of regular playing time. This “sudden death” rule applies to the regular playing time only (not to a potential overtime).

6.3. 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.

6.4. A team shall lose the game by forfeit if at the scheduled starting time of the game the team is not present on the playing court with 3 players ready to play. In case of a forfeit, the game score is marked with w-0 or 0-w (“w” standing for win). For the winning team this game result shall not be considered when calculating the team's average score while for the losing team this game result shall be considered with 0 points when calculating the team's average score. A team shall be disqualified from the competition after its second forfeit or in case of no-show.

6.5. A team shall lose the game by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. In case of a default situation, the winning team may choose to keep its score as it stands or to have the game forfeited, whilst the defaulting team's score is set to 0 in any case. In case of a default where the winning team chooses to have the game forfeited, the game result shall not be considered when calculating the team's average score.



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6.6. A team losing by default or a tortuous forfeit shall be disqualified from the competition.

7. FOULS AND FREE THROWS

7.1. A team is in a penalty situation after it has committed 6 fouls. Players are not excluded based on the number of personal fouls subject to Art. 16

7.2. If the foul is committed on a player in the act of shooting, that player shall be awarded a number of free throws as follows:

- If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw.
- 2 free throws shall be awarded as of the 7th team foul.
- If the shot released from inside the arc is unsuccessful, 1 free throw. 2 free throws shall be awarded as of the 7th team foul.
- If the shot released from behind the arc is unsuccessful, 2 free throws.

7.3. Unsportsmanlike and disqualifying fouls are counted as 2 fouls for team fouls purposes. The first unsportsmanlike foul of a player shall be penalized with 2 free throws, but no ball possession. All disqualifying fouls (including the second unsportsmanlike of a player) shall be penalized with 2 free throws and ball possession.

7.4. Team fouls 7, 8 and 9 shall always be penalized with 2 free throws. Team foul 10 and any subsequent team fouls shall be penalized with 2 free throws and ball possession. This clause is applied also to unsportsmanlike fouls and to fouls on the act of shooting and overrules Art. 7.2 and 7.3 but shall not be applied to technical fouls.

7.5. All technical fouls shall be always penalized with 1 free throw. The free throw shall be administered immediately. After the free throw, the check-ball shall be administered by the team which had control of the ball or was entitled to the ball when the technical foul was called. The game shall be resumed as follows:

- If the technical foul was committed by a defensive player, the shot clock for the opponents shall be reset to 12 seconds.



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• If the technical foul was committed by the offensive team, the shot clock for that team shall continue from the time it was stopped.

Note: An offensive foul shall not be penalized with free throws.

8. HOW BALL IS PLAYED

8.1. Following each successful field goal or last free throw (except those followed by ball possession):

• 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.

• The defensive player is not allowed to play for the ball in the “no-charge semi-circle area” underneath the basket.

8.2. Following each unsuccessful field goal or last free throw (except those followed by ball possession):

• If the offensive player rebounds the ball, he may continue to attempt to score without returning the ball behind the arc.

• If the defensive player rebounds the ball, he must return the ball behind the arc (by passing or dribbling).

8.3. If the defensive team steals or blocks the ball, it must return the ball behind the arc (by passing or dribbling).

8.4. 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.




8.5. A player is considered to be “behind the arc” when neither of his feet is inside or on the arc line.

8.6. In the event of a jump ball situation, the game shall be resumed with a check-ball for the last defensive team.

9. STALLING

The shot clock shall be reset to 12 seconds.



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9.1. Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.

9.2. If the court is equipped with a shot clock, a team must attempt a shot for a field goal within 12 seconds. The shot clock shall start as soon as the ball is at the disposal of the offensive player (following the exchange with the defensive player or after a successful field goal underneath the basket).

9.3. An offensive player, after the ball has been cleared, shall not dribble inside the arc with his back or side to the basket for more than 3 consecutive seconds.

Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the officials shall give in the last 5 seconds the offensive team an information on the remaining second by counting them loudly and signaling them with an extended arm.

10. SUBSTITUTIONS

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 officials or table officials while the ball is dead and the game clock is stopped. The substitutions can only take place behind the end line and require no action from the officials of table officials.

11. TIMEOUTS




11.1. Each team shall be granted 1 time-out. Any player or substitute can request a time-out when the ball becomes dead prior to a check-ball or free throw.

11.2. All time-outs shall last 30 seconds.

12. DISQUALIFICATION

A player shall be disqualified for the remainder of the game when he is charged with 2 unsportsmanlike fouls.



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