

SENIOR CHAMPIONSHIP RULES

WINTER '23

TIMING RULES

Warm up: Minimum three (3) mins

Period: Four (4) X Ten (10) Minute Quarters

Breaks: 1st and 3rd Qtr break, One (1) min.
Half time, Three (3) mins.

Time Outs: Two (2) Time outs in the 1st half,
and Three (3) in the second half
(Only two (2) Time out are allowed in the
final two (2) minutes)

Clock Stops on:

All Time outs

All Fouls

All Substitutions

Shot Clock: The Twenty four (24) second
shot clock will operate as per FIBA rules and
scorers will be supplied by GUB

Extra Time: Five (5) Minutes and one (1)
additional time out

NUMBER OF PLAYERS REQUIRED

The minimum amount of players allowed
to take the court is five (5) players.

The maximum number of players is ten
(10) per game.

SENIOR POINTS CAP

Each team needs to stay under the points cap as per below:

Team Points Cap

The team points cap is calculated each game.
Depending on the number of players each team has
will determine the points cap for the team for that
game.

For each player present at each game,
with a minimum of five (5) and a
maximum of ten (10), two points are
allocated to the team towards the
points cap.

For example:
If a team have 8 players they have a
points cap of 16.
If they had 10 players they would
have a points cap of 20

Player Points/Rating

Each player will have a points value
Between 1 and 6 assigned to them at the
start of the season.

The value is allocated based on the players
recent playing history

Clubs need to allocate player points values
prior to the game in conjunction with GUB. You
can see a players points rating to help you on
the ipad, online on PlayHQ or can ask your club
what the players rating is

GUB will review the games each week after
the game to check that this has been done
correctly. Penalties will be applied to teams
that breach this rule.