



# WJAA and AISA Basketball @SOIS

## **unofficial** explanation of some FIBA rules and modifications for the Sabers gym

The WJAA handbook states that WJAA basketball is played under FIBA rules, with some modifications. The AISA handbook states that the host school sets the rules (NFHS or FIBA). The referees employed by SOIS in Osaka follow FIBA rules.

The purpose of this document (*prepared by SOIS AD Peter Heimer, updated January 2019*) is to outline some key FIBA rules for coaches and players, especially those of teams that do not normally play FIBA rules. The phrasing used here is Heimer's, not FIBA's, and is unofficial. Please send comments to [pheimer@senri.ed.jp](mailto:pheimer@senri.ed.jp).

**FIBA** <http://www.fiba.basketball/>

### TIME

- **24**-second shot clock (Article 29)
- Shot clock is reset to **14 seconds** on personal fouls or kicked balls or jump balls (no change of possession) resulting in a front court throw-in.
- Shot clock is reset to 14 seconds after offensive rebounds (not 24 seconds).  
*Be ready to shoot again quickly after an offensive rebound. **WJAA – yes, we play this 14-second shot clock reset. AISA at SOIS – yes, we play this 14-second shot clock reset in Osaka.***
- **8**-second backcourt violation (not 10 seconds; hurry).
- Clock stops after made basket during final 2 minutes of 4<sup>th</sup> quarter and OT.
- **WJAA / AISA exceptions:** 8-minute quarters, **4-minute OT** (shorter than the official FIBA 10-minute quarters and 5-minute OT).

### UNSPORTSMANLIKE FOULS (Article 37)

- Fouling **from behind or laterally** on break-away lay-ups (safety reasons).
- 2 free throws and possession of the ball.
- *Don't foul on break-away lay-ups.*

## LINE MARKINGS (Article 2)

- FIBA has a wider rectangular lane (“restricted area”), like the NBA.  
*Be careful of “3-seconds-in-the-lane” (FIBA: “overtime”) calls.*
- **WJAA / AISA exception:** For MS boys and MS girls we use the narrow US lane (brown lines on the Sabers court). For **HS boys and HS girls (WJAA and AISA)**, we use the **wider FIBA lane (black lines)**.
- FIBA 3-point line is .75m further back than the US high school line.
- **WJAA / AISA exception:** For MS boys and MS girls and **HS girls**, we use the US high school 3-point line (marked in purple on the Sabers court).  
For **HS boys**, we use the official, further FIBA line (black line).

## TIMEOUTS (Article 18)

- 2 in first half, 3 in second half, 1 per OT period. *Only 2 of the second half TOs can be used in the final 2 minutes of the 4<sup>th</sup> quarter; you can’t “save” all 3 for the end.* **AISA exception: the 3 second half timeouts can be used anytime.**
  - Must be called by **coach** (not player) through **score table** (not through referee). *Polite, clear requests made in advance; yelling out at the last second may not get the TO called in time.*
  - TO granted only
    - 1) **during stoppage in play** or
    - 2) **after a successful final free throw** or
    - 3) **to the non-scoring team after a made basket.**
- MAIN POINT:** A player or coach **cannot** call a timeout **during play** (e.g., when your player is trapped in the backcourt).
- TO opportunity ends when the ball is handed to a player for an inbounds pass or to a free throw shooter. So, call a TO **before** the ball is handed to a player for a throw-in or for a **first** or final FT.
  - TO may be granted to the **non-scoring team after a made basket.**
  - A throw-in after a time out in the final 2 minutes of the 4<sup>th</sup> quarter or OT is awarded in the **front court, top of the 3-point line extended** (*similar to NBA; keep this in mind after calling time out at the end of a close game*).

## SUBSTITUTIONS (Article 19)

- “Only a substitute has the right to request a substitution. He (not the coach or the assistant coach) shall go to the scorer’s table and ask clearly for a substitution.” **Coaches, please do not stand next to or rush to the score table yelling for last-second substitutions.**
- Substitutions are allowed at basically the same times timeouts are allowed:
  - 1) **during stoppage in play** or
  - 2) **after a successful final free throw** or
  - 3) **for the non-scoring team after a made basket in the final 2 minutes of the 4<sup>th</sup> quarter or overtime.**
- If you want to substitute at a free throw situation, send your player to the score table **before** the ball is presented to the shooter for the **first** FT.

## FREE THROWS, BONUS (Articles 34, 41, 43)

- FT situations, basically, are **2 shots** (no 1-and-1), except “and 1s” and fouls on 3-point shot attempts.
- Penalty FTs (2 shots) are awarded on the **5<sup>th</sup> foul** of each quarter unless the foul is an offensive foul; team fouls in the 4<sup>th</sup> quarter carry over to overtime.
- Max. 5 players line up along the lane (3 defense, 2 offense).
- Players on the lane can enter “on the release”; other players must stand beyond the 3-point line and behind the free throw line and **cannot move in until the ball hits the rim.**
- 5 seconds to attempt free throw. **AISA, WJAA: We ask refs to be lax on this.**

## NO-CHARGE SEMICIRCLE (Article 33.10)

### 33.10. No-charge semi-circle areas

On any penetration play into the no-charge semi-circle area any contact caused by an airborne offensive player with a defensive player inside the no-charge semicircle **shall not be called an offensive foul**... This rule applies when

- the offensive player is in control of the ball whilst airborne, and
- he attempts a shot for a field goal or passes off the ball, and
- the defensive player has one foot or both feet in contact with the no-charge semi-circle area.

## OVER AND BACK (Articles 28, 30)

- **8-second backcourt** violation (*not 10 seconds; hurry*)
- Dribbling from backcourt to front court, **all three points** (both of the dribbler's feet and the ball) must be in the front court; otherwise the ball retains back court status. So, dribbling from your backcourt, you can step across the half court line with one or both feet or with one foot and the ball and still return to the backcourt without a violation. *So, it is harder to get an "over-and-back" call with FIBA rules.*
- For the inbound pass to start a quarter, the inbounder straddles the center court; he/she then can pass into the backcourt. **HOWEVER:** On all other inbounds plays from the front court, the **inbounder can NOT pass into the back court**. That is a violation. *Different than NFHS. Careful.*

28.1.2. *The team has caused the ball to go into its frontcourt whenever:*

- *During a dribble from the backcourt to the frontcourt, the **ball and both feet** of the dribbler are completely in contact with the frontcourt.*
- *The ball touches or is legally touched by an offensive player who has **both feet completely in contact with his frontcourt.***

30.1.1. *A team is in control of a live ball in their frontcourt if*

- *a player of that team is **touching his frontcourt with both feet** while holding, catching or dribbling the ball in his frontcourt.*

## DISTRACTING A SHOOTER (Article 43.2.4)

43.2.4. During free throws players shall not:

- **Distract the free-throw shooter** by their actions.

*"FIBA Official Interpretations 2014" document*

### 36-5 Statement

While a player is in the act of shooting, opponents shall not be permitted to disconcert that player by actions such as waving a hand(s) to obstruct the field of vision, **shouting loudly**, stamping feet heavily or **clapping hands near the shooter**. To do so may result in a technical foul if the shooter is disadvantaged by the action, or a warning is given if the shooter is not disadvantaged. *This differs from NFHS rules, I think, which do not stipulate this.*

## GOALTENDING (Article 31)

- FIBA: you can touch a ball when it is touching the rim or above the rim if it has already touched the rim. (*I prefer this FIBA rule because my players like to grab a ball above the rim before slamming it down.*)

**And one special SOIS house rule that I wish our team *could* break:**

- No hanging on the rim after a dunk. (We don't have break-away rims.)