

Rules & Regulation for Basketball:

Rules related to ball movements, body movement such as traveling, screens, dribble techniques, jump and rebounds, and tip offs, shooting, shooting fouls etc., which are related to the game shall be followed in accordance to the NBA (www.nba.com) rules and regulations. Only Nepali players will be participating in the sports events.

- Team roster are limited to 12 players with a minimum of 5 players. No players can be added after the submission of the team roster.
 - For men's basketball: The games will consist of two twenty minute halves
For women's basketball: The game will consist of two 15 minutes halves ,
Both will be utilizing a running clock. The clock will stop during the last two minutes of each half for all violations and actions involving a referee's whistle.
 - A player will be disqualified upon receiving a total of five personal or technical fouls during any of the tournament games. A technical foul counts as: technical foul, personal foul, and or team foul.
 - If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
 - If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.
 - In the event of jump balls, the ball is awarded on an alternate basis, beginning with the team which initially put the ball into play.
 - Each team shall be allowed two time outs of 1 minute each per 1 half (total 4)
 - Overtime periods are five minutes in length. Each team shall receive one additional timeout per overtime period. The game clock shall stop during the last two minutes of overtime for all violations and actions involving a referee's whistle.
 - Each player on a team must wear the same color shirt of jersey. During a game, players may not wear jewelry of any type. When in the opinion of the referee the jersey colors of the two teams are too similar, the team registered later is required to change.
 - Substitution is unlimited and it must be made with the consent of the referee.
 - Violation of conduct/ sportsmanship may lead to disqualification of the team and fines on the team.
 - Waiver forms need to be signed by all the players. ANA will not responsible for any damages and injuries inherent in the practice.
- *Management decision is the final decision & has the right to make changes if needed.