



5 SECOND RULES

Applies to Whitehorse Thursday and MSAC Tuesday Competitions.

Older Friday night players may be encouraged by the referee to obeyed by the rule where appropriate

OFFICIAL FIBA BASKETBALL RULES 2012 Rule Five - Violations April 2012 Page 27 of 80

Art. 26 Five seconds

26.1.1 A player shall not remain in the opponents' restricted area for more than five (5) consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.

26.1.2 Allowances must be made for a player who:

- Makes an attempt to leave the restricted area.
- Is in the restricted area when he or his team-mate is in the act of shooting and the ball is leaving or has just left the player's hand(s) on the shot for a field goal.
- Dribbles in the restricted area to shoot for a field goal after having been there for less than three (5) consecutive seconds.

26.1.3 To establish himself outside the restricted area, the player must place both feet on the floor outside the restricted area.