

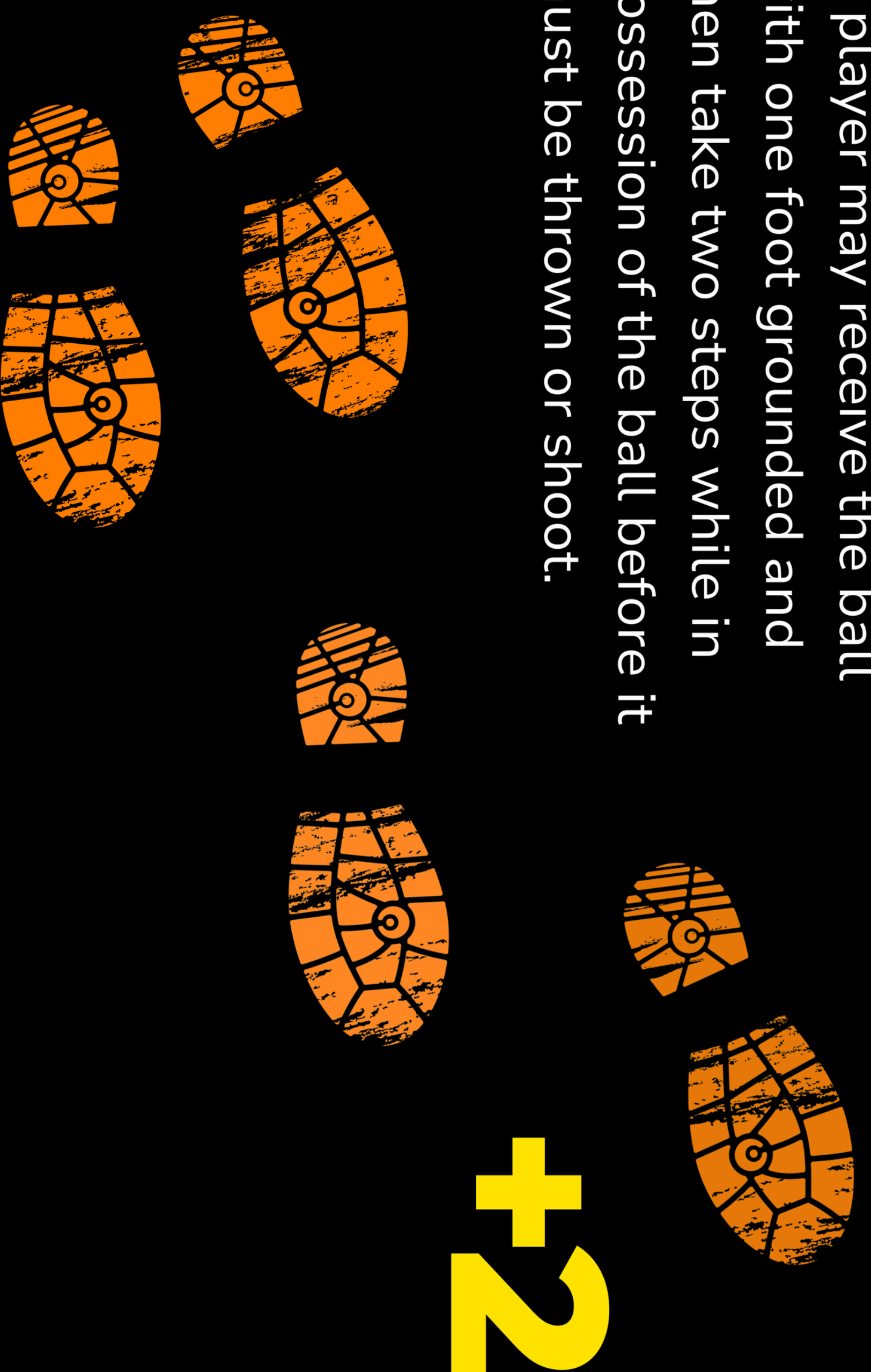
No Running or Jumping

A player must always have at least part of one foot in contact with the court. i.e., no running or jumping.



1-2 Steps with Ball

A player may receive the ball with one foot grounded and then take two steps while in possession of the ball before it must be thrown or shoot.



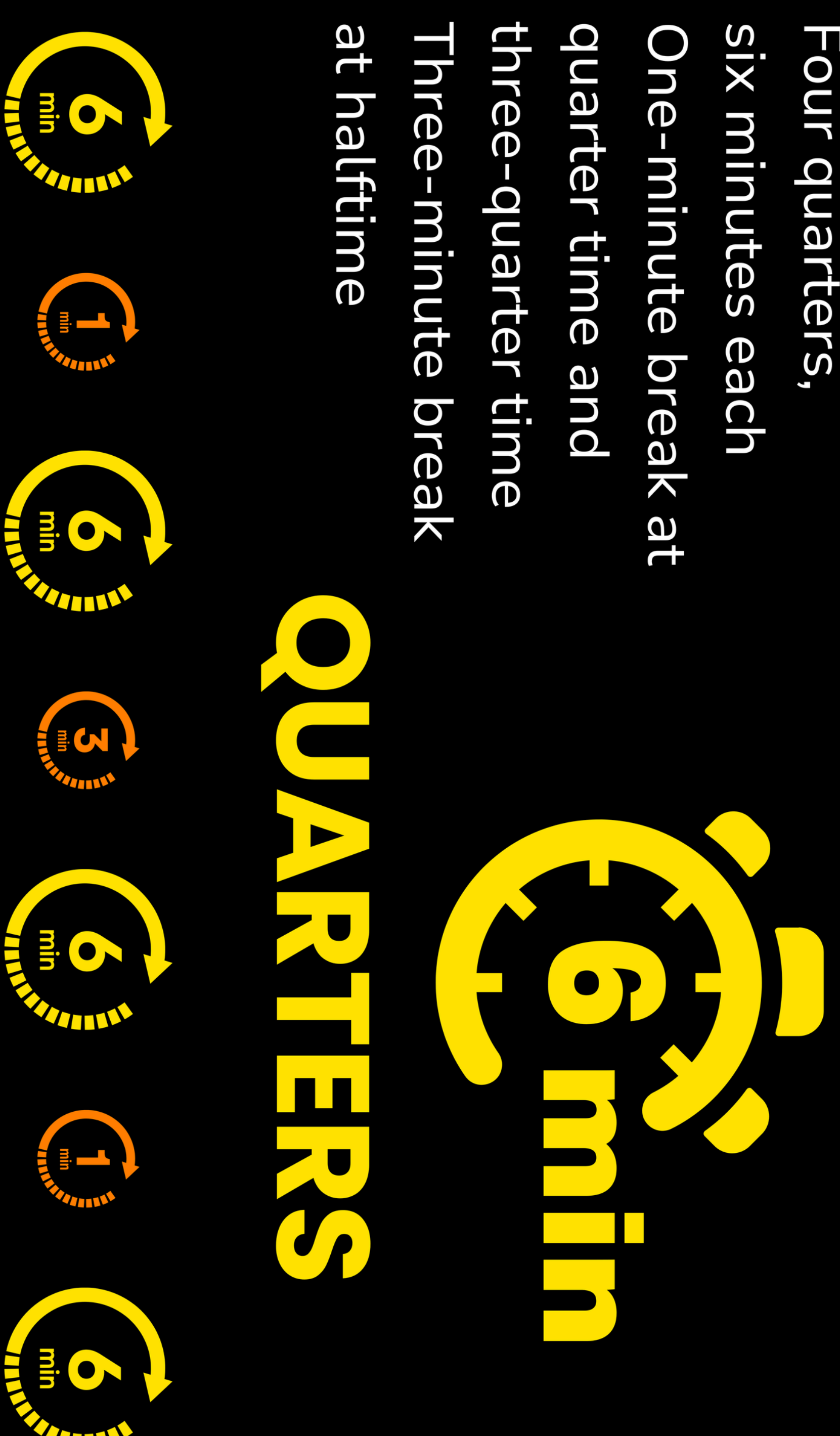
Possession

A player may throw the ball within four (4) seconds of receiving the ball.



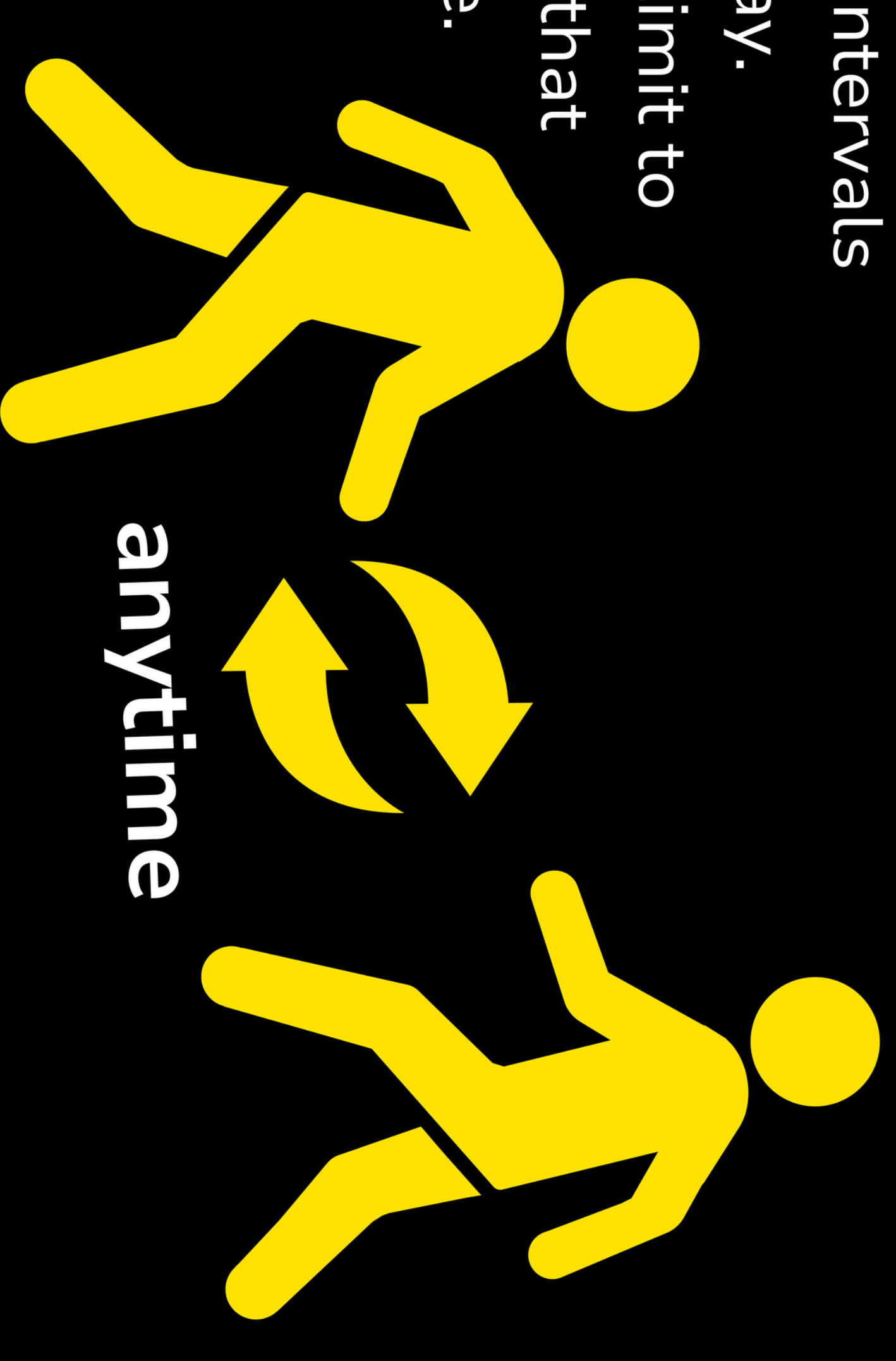
Timing

Four quarters, six minutes each
One-minute break at quarter time and three-quarter time
Three-minute break at halftime



Rolling Substitutions

Substitutions may be made at intervals or during play. There is no limit to the number that can be made.



Defending Distance

When defending, a player must be 3 feet (0.9 metres) away from the opposition player



the rules