



Tournament rules

Noah-Berge-Cup



Version control

V1	As of: 22.03.2026	
V2		
V3		

Table of Contents

1. Basis 3

2. Playing time and intervals..... 3

3. Tied score and overtime 3

4. Time-outs 3

5. Quick throw-in 3

6. Man-to-man defense rule..... 3

 6.1 *General application and definition* 3

 6.2 *Covering an opponent in the seven-metre area* 3

 6.3 *Penalty*..... 4

7. Special rules for the age group U12 4

 7.1 *Shot Clock* 4

 7.2 *Screening*..... 5

 7.3 *3-point goal area*..... 5

 7.4 *basket height* 5

1. Basis

The official FIBA basketball rules in their currently valid version apply, as well as the interpretation of the rules with the following deviations.

2. Playing time and intervals

The playing time consists of 4 quarters of 6 minutes each. The half-time interval is 2 minutes. There shall be interval of play of 1 minute between the first and second quarter, between the third and fourth quarter, between the fourth quarter and the overtime and between the overtime and the overtime jump ball.

3. Tied score and overtime

If the score is tied at the end of the fourth quarter, the game shall continue with a single overtime of 3 minutes duration. If the score is still tied after overtime, a jump ball takes place in the centre circle and the team that scores first wins the game.

4. Time-outs

Each team may be granted 1 time-out per half. There are no time-outs in overtime.

5. Quick throw-in

The referees only hand over the ball for a throw-in after fouls and substitutions, as well as before free throws. For each throw-in the active referee monitors that the throw-in is carried out in accordance with the rules and, as preventive measure, blows his whistle for clearly incorrect throw-in and directs the player to the correct position with a hand signal.

6. Man-to-man defense rule

(according to the [criteria of man-to-man defense of the DBB](#))

6.1 General application and definition

Man-to-man defense must always be played. All ball-space and combined defense variations are not permitted.

Full-court, three-quarter court or half-court presses are permitted under the following conditions:

The observer must be able to clearly identify man-to-man assignments and responsibilities.

Double (or triple) teaming of the ball handler and helping after the ball handler broken through is permitted. All subsequent defensive rotation measures by the other defenders are also permitted. There must be a clear and immediate resumption of marking the assigned offensive players after the play action.

In the front court, the player at the throw-in must be defended at a distance of no more than 1.5 metres, or the defender of the player at the throw-in must move into the backcourt.

It is strictly forbidden to double-team a player without the ball.

The seven-metre area is just in front of, on and behind the three-point line, where the offensive player stands to attack the basket directly.

6.2 Covering an opponent in the seven-metre area

The following rules apply to this seven-metre area:

Covering the ball handler:

- a) The defender is positioned directly between the ball handler and the basket. He stands close enough to disrupt a basket and far enough away to prevent a breakthrough. The maximum distance is therefore 1.5 metres.

- b) If an offensive player receives the ball from a pass, the defender must immediately make his defensive intention clear by clearly changing his position towards the ball handler and reducing the distance to a maximum of 1.5 metres.

Covering an opponent without the ball:

- a) One pass away from the ball, defenders may drop back a maximum of 1.5 metres from their opponent. As long as there is no penetration, further dropping back into the dribbling path towards the basket of the offensive player with the ball is not permitted.
- b) Two or more passing lanes away from the ball, defenders may drop further than 1.5 metres from their opponent.

6.3 Penalty

The prescribed man-to-man defense is generally monitored by the referees, if they are still able to identify and penalise rule violations by the teams involved.

If they detect a violation, they issue a warning to the relevant coach at the next dead ball. For each subsequent violation, the referees immediately interrupt the game, provided that this does not disadvantage the offensive team, and issue a technical foul against the bench of the respective team.

Technical fouls are noted in the line above the team roster with the minute of play and superscript "M". If there is not enough space, further technical fouls are entered above or next to it. They are punished with a free throw, but do not count as team fouls or technical fouls against the coach.

Regardless of the number of technical fouls imposed due to the man-to-man defense rule, the game continues. There is no game suspension or coach disqualification.

The referees or coaches may suggest to the tournament organisation that they assign a person to monitor the man-to-man defense rule for a match. This person is appointed by the tournament organisation and is authorised to remain in the immediate vicinity of the scorer's table to monitor the man-to-man defense rule. They shall proceed in the same manner as specified for referees and, if they detect a violation, shall be authorised to use the timer's signal to immediately interrupt the game and notify the referees.

7. Special rules for the age group U12

7.1 Shot Clock

The shot clock rule does not apply. The referees penalise significant or unfair violations of the time used by the offensive team at their own discretion. They proceed as follows:

If the referees determine that a violation has occurred, they will begin to count down 8 seconds loudly and clearly. To avoid a rule violation, the ball must leave the player's hand(s) when shooting for a basket before the 8 seconds have elapsed, and the ball must touch the ring or enter the basket after leaving the player's hand(s).

When a shot for a goal is attempted near the end of the 8 seconds and the 8 seconds expire while the ball is in the air:

- If the ball enters the basket, no violation has occurred.
- If the ball touches the ring but does not enter the basket, no violation has occurred, and the game shall continue.
- If the ball misses the ring, a violation has occurred. However, if the opponents gain an immediate and clear control of the ball, the violation is disregarded, and the game shall continue.

The 8 seconds are not counted further whenever the game is stopped by a referee:

- For a foul or violation (not for the having been caused to go out-of-bounds) by the team not in control of the ball,

- For any valid reason caused by the team not in control of the ball,
- For any valid reason not caused with either team.

However, if the game is stopped by a referee for any valid reason not connected with either team, and the stopping of the 8-second count would place the opponents at a disadvantage, the 8 seconds shall continue to be counted from the time it was stopped.

Whenever the game is stopped by a referee for a technical foul committed by the team in control of the ball, the 8 seconds shall continue to be counted if they have already started.

7.2 Screening

Players are not allowed to set screens.

7.3 3-point goal area

The team's 3-point goal area shall be the entire court area, except for restricted area near the opponents' basket. The lines which originate at the endline, the free-throw line and the extended free-throw line who marks the restricted area are not part of the 3-point goal area.

7.4 basket height

The basket height is 2.60 metres.