



Stirling University Basketball Club Safety Regulations

1. Facilities

- a) This game is played primarily indoors, but occasionally outdoors. Because of lack of space indoors, the boundary lines of the court usually go very close to permanent obstructions such as beams, wall bars, etc; this is unavoidable, but other portable obstructions such as badminton posts, benches, etc., should be removed. Outdoors, the boundary lines should be at a safe distance from any obstruction such as steps, railing, walls, etc.
- b) However well-designed, sports halls should not have permanent obstructions such as bars and beams which infringe onto the playing areas.
- c) There should be no obstruction on any part of the playing court and there should be a minimum space of one metre free from obstruction round the entire perimeter of the court. There should also be ample space free from obstruction behind the backboard and any structural support of the backboards should be adequately padded to such a height at which any player might reasonably collide.
- d) Flooring should be level and allow a degree of traction as well as the ability to run and stop quickly.
- e) The court should be clean, dry and non-slip.

2. Equipment

- a) All players should be properly dressed for the game. Although specially designed basketball boots are available, plimsolls or other soft-soled training shoes are suitable. Players should never play in bare or stocking feet. No player should be permitted to play wearing anything that might be dangerous, e.g., watches, rings, neck chains, etc.
- b) Balls should not be over inflated, and should be inspected regularly for splits or other damage.

3. Rules

- a) Basketball is played at speed, in a confined space, on a hard surface and usually on a court surrounded by obstacles. It must be played as a non-contact sport.