

jump ball after time is out, the game watch shall be started at the instant the referee blows his whistle as the ball leaves his hands for the toss. If play is resumed by throwing the ball in from out of bounds, or by a free throw, the watch shall be started when the referee signals there is time in, or when the ball misses the basket after an unsuccessful free throw. The game watch shall be stopped at the expiration of time for each period, and when the referee signals a foul, a time-out, or permits a substitute to come on the court. The timekeeper, shall then start a time-out watch and shall direct the scorekeeper to signal the referee when the legal time has elapsed for which time was taken out.

#### TIMEKEEPER'S DUTIES

The timekeeper shall indicate with a signal the expiration of playing time of each quarter, half, or overtime period. This signal terminates actual playing time of each period.

Section 11. The referee shall blow a whistle whenever he declares a ball dead.

### RULE 5

#### Players and Substitutes

Section 1. Each team shall appoint a captain and the captain shall be the representative of his team.

#### SUBSTITUTIONS

Section 2. A substitute shall report to the scorer, giving his name, number and position. He shall then remain outside the boundary line until the scorer sounds his signal (as soon as the ball is dead) and an official signal is given to him to enter the court. The substitute shall immediately report to the referee, giving his name or number, and the name or number of the player he is to replace. At the beginning of the second half a substitute is not required to report to the referee, but must report to the scorer.

Section 3. The player who has left the game, except for four personal fouls or for other disqualification, may re-enter the game three times.

*GOAL-HI in the gym provides an abundance of exercise, fun and athletic challenge.*

