

4 on 4 Basketball

LEAGUE RULES

The following is a general list of our league rules: **The Parks & Recreation Department reserves the right to change or adjust the rules as the season goes along. **

- 1.No grace period. The clock will start at the scheduled game time.
- 2.Players may be added throughout the season. All players must sign the team roster. *Players must be at least 18 years old.*
- 3.All games consist of two 20 minute running halves with a four minute half-time.
- 4.Overtime will be determined by sudden death (the 1st made basket). A ‘rock-paper-scissors’ match will determine possession at the beginning of the game as well as the overtime period. Alternate possession will determine possession at the half.
- 5.Fouls will be called by either the offense or the defense. “A foul is a foul”, no matter who calls it. If there is a dispute, the offense will over-ride. If there are too many disputes, the scorekeeper has the right to over-ride the decision or to call an end to the game. No free-throws will be awarded. If a player is fouled on a shot attempt, the fouled team will get possession of the ball at the top of the key if the shot is missed. If the shot is made, play will continue as it would normally as if there was no foul.
- 6.Although there are no individual player fouls being kept, players must act responsibly and in keeping with the spirit of the game. If a player gets out of hand, the scorekeeper has the right to ask that player to sit out for the remainder of the game. If a player is ejected for a second game, he/she will not be allowed to play for the remainder of the season. Any team or player that is a continual abuser of the rules may be banned from participating in other recreational activities sponsored by the Aberdeen Parks & Recreation Departments.
- 7.Any player(s) caught smoking or drinking on school grounds will be suspended for the remainder of the season. This will be strongly enforced! If any team is a continual abuser of this policy, then the entire team will be suspended.
- 8.No player will be allowed to play unless he/she has a pair of clean gym shoes. Your tennis shoes must be taken to the gym and changed into, not be worn from home to the gym. This is a School District policy and must be complied with.
- 9.No dunking or attempting to dunk.
10. Substitutions will be allowed when the ball is “dead”. (Out of bounds, violations, and fouls)
11. Any participant intentionally striking, pushing, fighting with, or physically attacking any other player, scorekeeper, or official, in any manner will be immediately suspended for a minimum of the remainder of the season and must set up a meeting with the Parks & Recreation Department to be reinstated for other recreational programs.
12. No jewelry! Any player wearing jewelry will not be allowed to play. This is for both yours and your teammate’s protection.
13. Bleeding must be stopped. If you have a cut, you will be asked to leave the game until it has been covered. A blood soaked or saturated clothing must be removed before continuing.
14. One timeout per half. At one minute per timeout.