



4 on 4 **FULL COURT** Basketball League

RULES

1. A team will consist of 4 players on the court and 9 players max on the roster. A game may be started and continued with a minimum of 3 players.
2. Teams should arrive fifteen minutes before the posted start time of their game. Teams will be given a 15 minute grace period after their posted start time to have the minimum number of players required to begin. Once the grace period expires, the game will be declared a forfeit.
3. Games are 32 minutes in length (four 8 minute quarters).
4. Substitutions may be made after any stoppage in play and at the mid-point of each quarter.
5. The clock only stops for injuries, timeouts & free throws. Each team will be permitted 1 time out per half (if the 1st half timeout is not used, it can be carried over). There will be a one minute break in between quarters and a three minute half-time break. Again the clock is running, but will stop on any whistle in the last minute of each half.
6. The game is FULL court with normal boundaries.
7. The three second free throw lane rule will apply to all offensive players.
8. Defense gets possession after a score.
9. Teams may choose to play a man or zone defense.
10. Alternating possessions on all jump ball situations will be in effect.

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11. After a score, foul, or out of bounds the offense will take the ball out of bounds. 5 second rule does apply.
12. After any dead ball, teams must wait for official and signal (whistle) to begin play.
13. There will be one official for each game. Players will not foul out of a contest. However, after the 10th team foul and there after the opposing team will be awarded two free throws. A player guilty of excessive, flagrant or intentional fouling will be disqualified.
14. Shooting fouls: No free throws are awarded. If attempted shot is made, basket is scored and team that was on defense takes ball out of bounce. If attempted shot is missed, offensive team retains possession and takes ball out of bounds.
15. At the 10th team foul and there-after, if a player is fouled in the act of shooting and makes the basket – the basket is good and 1 free throw is awarded and if the shot is missed the shooter will be awarded 2 free throws.
16. After the offensive player takes the last free throw they have earned, players lined up may enter the paint as soon as the ball is released from the shooters hands. The shooter may not enter the paint until the ball hits the rim.
17. All technical and intentional/flagrant fouls will result in two free throws and possession for the opposing team. Any player with 2 technical fouls in one game is ejected for that game.
18. If a game ends in a tie after regulation time, there will be a three minute overtime period. A jump ball will start the overtime period (just as it does the beginning of the game). Ties at the end of any overtime period will continue to play successive 3 minute periods until the tie has been broken. Possession will alternate for each overtime period.
19. Any disputed discussions based on the rules (not judgment) will be solved by the official.

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20. Badgering Officials will result in immediate game disqualification. **A warning is not necessary.**
21. Full court press is ONLYL allowed in the 4th quarter and Overtime. The 8 second rule (to get across mid court) does apply.
22. Teams may add players to their team up until the day of their game for of fourth week. After that players will only be added to a team due to an injury and will need the YMCA staff's approval first.