



**REVISED 7/09/09**

### **SUMMARY**

- ❖ Format 4-on-4.
- ❖ All matches will consist of a 3 round-robin games among 3 teams with each team playing the other 2 teams once. Matches last 75 minutes.
  - **For each win, a team receives 3 points in the standings.**
  - **For each tie, a team receives 1 point in the standings.**
  - **No points are awarded for a loss.**
- ❖ Each game within a match lasts 20 minutes with running time, **stop time in last 30 seconds if the point differential is 6 points or less.**
- ❖ Each regular field goal is worth 2 points. A successful shot from behind the 3-point arc (19'-9") is worth 3 points. Foul shots are worth 1 point
- ❖ ZogSports will provide referees for all games. They will keep the game time and call all fouls (5 team fouls per team before shooting fouls)
- ❖ **Starting with the seventh (7<sup>th</sup>) foul, teams will shoot 2 foul shots with change of possession on a made 2<sup>nd</sup> shot or a live ball on a missed 2<sup>nd</sup> shot. If the 7<sup>th</sup> foul occurs on a made shot, the individual will receive 1 foul shot.**
  - If a team has committed less than five (5) fouls with 60 seconds or less remaining in the game, they will be permitted only one more foul before the other team shoots foul shots. If the first foul in the final minute is the 7<sup>th</sup> team foul, free throws will result as normal.
- ❖ There is an “unwritten 30-second shot clock”
- ❖ The team not playing (waiting for “next”) will provide at least 1 ref assistant at midcourt to help update the scoreboard.
- ❖ Teams **must bring their own** basketball to the game. If none of the three (3) teams bring a ball they will all get forfeit losses.
- ❖ Any unsportsmanlike behavior may result in that player/team being suspended/removed from participating in all ZogSports leagues for one year

### **TEAM SIZE**

- ❖ Each team can have four (4) players on the court at one time. There are no gender requirements.
- ❖ Teams are unable to begin a game with less than 3 players.
- ❖ Teams must start at game time if the minimum number of players are present
- ❖ Rosters are not limited to size, but no additional players will be added to the roster after the teams' 2<sup>nd</sup> game. ZogSports suggests rosters of 8-10 players so that at least 5-6 can make each game. **PLAYERS WILL NOT BE ALLOWED TO PARTICIPATE IN ANY GAME WITHOUT SIGNING THE WAIVER.**

### **FORFEITS**

- ❖ **Please don't forfeit.** Your teammates and opponents count on you to have a full team and competitive game. Each team must have at least three (3) players to start a game.
- ❖ Teams forfeit 1 game for every 10 minutes past game time that they do not have enough players. If no one is there by 20 minutes past game time, the team forfeits the match and the teams that are present win their games against the forfeiting team.
- ❖ **No one may play without signing the Waiver.** (See forfeit penalties and notification at the end of the rules.)



#### PICKING UP PLAYERS

- ❖ You should be able to field a team with only roster players. **Only players on your roster are allowed to play if you want the game to count in the standings. If you pick up another ZogSports player to complete your team, the games can still be played, but will officially be a forfeit.** A team is never allowed to pick-up a non-ZogSports player to join their team even if the game does not count.
- ❖ ZogSports wants everyone to play when they show-up at the court, although it will be an official forfeit we strongly encourage you to ask ZogSports members to join your team or share players with your opponent to get a full a squad if your team is short players.

#### UNIFORMS/FOOTWEAR

- ❖ Team Shirts provided by ZogSports.
- ❖ If players don't have the team jersey with them, ZogSports requires that you wear similar colors to the rest of the team.
  - **IMPORTANT: If teams do NOT have the correct color shirts, their opponent will receive technical free throws before the game. The amount of free throws will be the difference in non-color shirts between the two teams.**
- ❖ **At all gyms, ZogSports strongly recommends wearing basketball sneakers with flat-bottoms and appropriate ankle support. Cross-trainers are discouraged. NO RUNNING SHOES ALLOWED ON THE COURT.**

#### REFEREES

- ❖ ZogSports will provide a head referee for each game.
- ❖ Any questions, complaints, or comments shall be taken up with the head referee. Only the team captain may be the spokesperson for his/her team.
- ❖ The head referees are responsible for calling all violations, managing the game clock and running the set of three (3) games. The referees have final say on all calls.
- ❖ The referee assistants are responsible for keeping track of the score.
- ❖ Inadvertent whistle - If a referee inadvertently sounds his/her whistle during a play, the play is immediately dead.

#### SCORING AND GAME TIME

- ❖ Each match consists of three 20-minute games with running time. **NEW: The clock will stop in the final thirty (30) seconds of each game only if the point differential is 6 points or less at any point with thirty (30) seconds or less remaining in the game. If the point differential goes up to 7 or more the clock will run until the deficit goes back down to 6 or less.**
  - If the differential goes up to seven (7) points on a foul shot, the clock will start immediately. It does not wait for the ball to be checked at the top of the key.
- ❖ A field goal is worth 2 points
- ❖ A successful shot from behind the designated 3-point line (19'-9") is worth 3 points. The player must have both feet completely behind the line when initiating the shot
- ❖ A free throw is worth 1 point. **Starting with the seventh (7<sup>th</sup>) foul, teams will shoot 2 foul shots with change of possession on a made 2<sup>nd</sup> shot or a live ball on a missed 2<sup>nd</sup> shot.**
  - Offensive fouls do not count in the seven (7) fouls necessary to send a player to the foul line.
- ❖ Stalling goes against the fun principles of the game. An “unwritten 30-second shot clock” is in effect at all times, and may be enforced by the referee at their sole discretion. Failure to attempt a shot in 30 seconds, after being advised by the referee, will result in loss of possession. In addition, neither team can stall in the last five seconds of a game in a ball-



check situation, or the last 15 seconds of a game in a free-throw situation. If stalling occurs, the clock will be stopped until it is started by an in-bounds pass.

#### **TIME OUTS AND SUBSTITUTIONS**

- ❖ Each team is allowed one (1) 30-second time out per game
- ❖ Time outs may only be called by the team in possession of the ball
- ❖ Time outs may only be called if the player in possession has at least one foot inbounds.
  - It is alright if the player is falling out-of-bounds while making the call, but s/he cannot have both feet off the ground
- ❖ Player substitution is permitted in any dead ball situation

#### **POSSESSION, START OF PLAY, LIVE/DEAD BALLS**

- ❖ The team wearing the greatest percentage of their ZogSports shirts gets the ball first. If teams have the same percentage of ZogSports shirts, captains shoot it out with rock, paper, scissors.
- ❖ **NEW: Before the game starts, if a team has players not wearing the correct team color the opposing team will get technical free throws for the difference in the amount of players.**
  - **For example, if Team A has one player not in the correct color and Team B has two players not in the correct color, Team A will be awarded one free throw before the game starts**
- ❖ **Jump Balls** - Jump balls will be called by the referee. **All jump balls go to the defense** (not alternating possession). (Exception: On all double fouls, the ball shall remain with the offense.)
- ❖ **Five-Second Violation** – An offensive player cannot stand in the same spot on the court while dribbling or holding the ball for more than a five (5) second count if s/he is being closely guarded. If the offensive player is dribbling and then picks up his/her dribble the count restarts.
- ❖ **Five-Second Throw-In Situation** - Any offensive player making an in-bounds pass, following a made basket, foul or out-of-bounds play needs to be made within five (5) seconds. Failure to make an in-bounds pass within five (5) seconds will result in a turnover.
- ❖ **Three-Second Violation** - The offensive team cannot have the same person stand “in the paint” for more than 3-seconds in a row.
  - The offensive player must **clear the lane with both feet** before reentering. One foot in the lane is still a 3-second violation.
- ❖ The top, bottom and sides of the backboard are in play, however the back of the backboard and the support structure are not in play.
- ❖ After all fouls and violations, play will resume by checking the ball at the top of the key.
- ❖ Any infraction of these rules results in loss of possession.

#### **PRE-GAME AND WARM-UPS**

- ❖ Both teams will warm-up at the same time prior to the start of the game.
- ❖ Teams will be provided a 2-minute warm-up prior to the games start, but games will start promptly when official blows the whistle.
- ❖ Teams should be at the court 10-15 minutes prior to the scheduled game time.
- ❖ No dunking in warm-ups or games



#### **FOULS AND VIOLATIONS**

- ❖ The referee(s) will call all fouls. All fouls are common fouls.
- ❖ For the first six (6) fouls in each game, shooting or non-shooting, the ball is taken by the fouled team on the sideline on the offensive side of midcourt to resume play. If the shooter makes the shot the basket counts and the defense gets the ball
- ❖ **Beginning with the seventh (7<sup>th</sup>) team foul, the player fouled will be awarded two (2) free throws regardless of where the foul occurs. The ball is dead after the 1<sup>st</sup> shot. If the player makes the 2<sup>nd</sup> shot, the other team gets possession. If the player misses the 2<sup>nd</sup> shot, the ball is live.**
- ❖ **Additionally, after the 6th foul, if the shooting team is fouled in the act of shooting and the shot is scored, the points shall count and the shooting team shall shoot 1 shot. If the player makes the shot, the other team gets possession. If the player misses the shot, the ball is live.**
- ❖ **NEW: If a team has committed less than five (5) fouls with only one minute remaining in the game, they will be permitted only one more foul before the other team shoots foul shots. If the first foul in the final minute is the 7<sup>th</sup> team foul, free throws will result as normal.**
  
- ❖ All technical, flagrant or intentional fouls count as team fouls
- ❖ Technical fouls – at the referee's discretion for inappropriate arguing and/or other behavior
  - Team shoots 1 free throw
  - Team captain may select player to shoot
  - The offended team will retain possession of the ball whether the shot is made or missed
  - Two technical fouls will result in the player being automatically ejected from the game
- ❖ Flagrant fouls – a contact foul intended to hurt an opponent or a non-contact foul involving vulgar language or verbally abusive behavior
  - Team shoots 1 free throw
  - Team captain may select player to shoot
  - The offended team will retain possession of the ball whether the shots are made or missed
  - One flagrant foul will result in the player being automatically ejected from the game
  - A second flagrant foul by the same team will result in an automatic team forfeit for that game
  - **ANYONE INVOLVED IN PUNCHING OR FIGHTING, FOR ANY REASON WHATSOEVER, WILL BE EJECTED FROM THE LEAGUE.**
- ❖ Intentional fouls – a contact foul designed to neutralize the obvious advantageous position of opponent
  - Team shoots 1 free throw (no matter what number foul it is)
  - The offended team will retain possession of the ball whether the shots are made or missed
  - Continuous intentional fouling by a team or player may result in ejection from the game at the discretion of referee



**ZogSports**

**“Play For Your Cause”**

## **4-on-4 Full Court Basketball League Rules**

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### **SPORTSMANSHIP**

ZogSports is a charity-focused, social sports club for young professionals. Our goal is for you to have fun. We hope that you keep this in mind when participating. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by the referee or ZogSports staff may result in suspension and/or ejection from a game or the league.

### **SUSPENSIONS/EJECTIONS**

- ❖ Any player(s)/team(s) that are involved in a fight will be suspended from all ZogSports Leagues for life. Any teams will forfeit all remaining games.
- ❖ Any excessive contact will result in a foul and ejection of player.
- ❖ Any player abusing the referee will automatically be ejected from the game without a warning.
- ❖ A player ejected for ANY reason will be suspended for the next game. If that player is caught playing in that game, the team will forfeit.

### **MISCELLANEOUS**

- ❖ If a player is bleeding or has blood on his/her skin, shirt, shorts, etc. must leave the game until the bleeding stops and/or blood is washed off uniform/skin
- ❖ The team captain is the team spokesperson, not a coach, spectator or other player

### **TIE BREAKERS FOR PLAYOFFS/SEEDINGS**

1. Head-to-head competition (among all tied teams)
2. Record against other teams in or tied for playoffs (winning percentage – i.e., 0-1 is same as 0-2, but 1-3 is better than 0-1)
3. Number of wins
4. Record against next best common opponent
5. If team forfeited or did not send of referee assistant, loses tie breaker if others don't resolve seeding

### **PLAYOFFS**

- ❖ The Playoff format will not be a round robin. 2 teams will play per court and play best 2 out of 3 20-minute games with 3-minute overtime if necessary. All foul and possession rules will stay the same.

### **OVERTIME**

- ❖ Playoffs – 3-minute running time format applies (**stop time in last minute if point differential is 6 points or less**) with team not getting ball to start the game, getting 1<sup>st</sup> possession in OT; if tied after 1<sup>st</sup> OT, 1-minute OT's until winner (alternating 1<sup>st</sup> possession). Fouls carry over from overtime to overtime.

### **FORFEIT PENALTIES AND NOTIFICATION**

#### **Penalties**

First Offense: Loss of game and warning issued

Second Offense: Loss of game and removal from the playoffs

Third Offense: Removal from the rest of the schedule



**Notification**

- ❖ If you know in advance that your team is going to forfeit a game, you **MUST** contact us by 12 pm on the day of the game at [info@zogsports.org](mailto:info@zogsports.org). It is not considered notification unless you receive a reply.
- ❖ If your decision is not made until after 12pm, you should still try to reach ZogSports, and we will make efforts to contact the other team. If we can reach them in time to keep them from showing up, no extra penalty. If you do not do this, your team will be eliminated from the rest of the schedule.
- ❖ There is no additional penalty if you show up short-handed (and need to add other ZogSports players to field a full team) and have to forfeit the game, since you did make an effort to get a team to play.
- ❖ Once ZogSports is notified you are forfeiting, it is official (you cannot change your mind), and the other team will be notified.