



4-on-4 Basketball Rules & Regulations

NFHS Basketball Rules shall govern league play with the following exceptions and clarifications per the City of Maple Valley supplemental league rules as listed below.

The gym supervisor, as assigned by the Parks & Recreation Department, will be responsible for the control of all 4-on-4 games. He or she may stop or forfeit a game at any time it is determined to be out of control. Please remember this is a “call your own fouls” league. The overall success and enjoyment of all involved depends on your sportsmanship and personal conduct.

Rule 1 – Court and Equipment

SECTION 12 BALL

ART. 1... The City of Maple Valley shall provide the game ball. Should the City not provide a game ball, the home team shall be responsible for providing a league approved basketball.

ART. 2... The official game ball shall be a **MEN'S** regulation size basketball.

Rule 2 – Officials and Their Duties

SECTION 1 GAME OFFICIALS

ART. 1... There shall be **NO REFEREES** for any 4-on-4 basketball games. Both teams may call fouls or violations but the defensive team will have the final word on all fouls and violations if there is a disagreement.

ART. 2... The gym supervisor/score keeper will keep time, score and track personal and team fouls.

Rule 3 – Players, Substitutes and Equipment

SECTION 1 PLAYER ELIGIBILITY

ART. 1... All players must be 18 years of age prior to participating.

ART. 2... Each player may only participate on one team in the league. Players who participate on multiple teams could face vacated victories and suspension.

ART. 3... Current college and “professional” players will **NOT** be permitted to participate in the league.

ART. 4... All players must be able to present picture identification if the player’s age or roster status is called into question. If a player does not have picture identification or refuses to comply, that player may not participate.

SECTION 2 ROSTERS, STARTERS

ART. 1... Each team must start the game if a minimum of 3 players are in attendance. A team may delay the game’s start time 5 minutes in order to fulfill the minimum number of players.

SECTION 4 UNIFORMS

ART. 1... Team uniforms with numbers (t-shirts are okay) are required. A team’s roster shall not have both #'s 0 and 00.

ART. 2... In case of a jersey color conflict, the **VISITING** team will be responsible for changing jerseys.

Rule 4 – Definitions

SECTION 5 BASKET CHOICE

A team's own basket is the one into which its players try to throw or tap the ball. Each team's basket for practice before the game and for the first half shall be the one farther from its team bench. Teams shall change baskets for the second half.

SECTION 16 DUNKING

Dunking or stuffing the ball through the basket is prohibited. Any player in violation of this rule—pregame, during the game, or postgame—shall be penalized with a technical foul and the basket shall not count.

SECTION 20 FREE THROW

Players may enter the lane during a free throw attempt once the shooter has **released** the ball. However, the shooter must remain behind the free throw line until the ball strikes the rim.

SECTION 43 TIMEOUTS

ART. 1... Each team shall receive two 1 minute timeouts per half and only one 30 second timeout for each overtime period. Unused timeouts do not carry over between halves.

Rule 5 – Scoring and Timing Regulations

SECTION 2 SCORING

ART. 1... Three point shots will be allowed. The defending team will have the final word on if a shot was worth two or three points.

SECTION 5 LENGTH OF HALF

ART. 1... Playing time for each team shall be two 20 minute halves with a running clock. Halftime intermission shall be no more than 5 minutes in length.

a. The final 1 minute of the second half and any overtime period shall be played using a stop-clock format unless one team is leading by 12 points or more.

ART. 2... Overtime: The overtime period shall consist of one 2 minute, stop-clock period. If the score remains tied following the overtime period another overtime period shall be played until a winner is determined.

Rule 6 – Live Ball and Dead Ball

SECTION 3 JUMP-BALL

ART. 1... There shall be no "jump-ball" to begin the game. The home team will receive the ball in the first half and teams will alternate possession on all jump situations thereafter.

Rule 9 – Violations and Penalties

SECTION 1 FREE-THROW PROVISIONS

ART. 5... The shooting team has the option of shooting free throws or taking the ball out of bounds on all shooting fouls and bonus situations.

Rule 10 – Fouls & Penalties

SECTION 3 PLAYER TECHNICAL

ART. 1... Technical fouls, assessed to a player or team bench, shall result in automatic 2 points awarded to the offended team and possession of the ball at the division line. Players shall not shoot technical foul free throws.

- a. Players may protest a game ejection by submitting a misconduct explanation and \$25 protest fee to the Recreation Department before 5:00pm on the following business day. Players missing the deadline will not be allowed to protest.

ART. 2... Technical Fouls shall accumulate throughout the season. Any player receiving three technical fouls will be suspended for one game and an additional game for every two technical fouls thereafter.

SECTION 7 CODE OF CONDUCT, PLAYER CONDUCT, ALCOHOL & TOBACCO

ART. 1... Each player shall sign and agree to abide by the Code of Conduct for all City of Maple Valley sanctioned games. The Code of Conduct can be found on the back of the team's roster and a copy may be obtained at the City of Maple Valley's website: maplevalleyparks.com.

- a. Any player ejected from a game shall sit out the remainder of that game and shall be suspended for a minimum of 1 additional game, including any postseason games. If a suspended player participates in any game the result shall be vacated and the player **AND** team captain shall be suspended an additional game.
- b. Any player receiving two flagrant technical fouls or is ejected from two games will **not** be allowed to participate in the league.
- c. Cursing of any kind will not be tolerated. Offenders shall be subject to punishment by the game officials. In game penalties shall range from a warning to a technical foul.

ART. 2... Alcohol and tobacco products are expressly prohibited while participating in **any** Maple Valley Parks & Recreation sports league. Any player caught with or appearing intoxicated shall be ejected immediately from the game.

POINTS OF EMPHASIS

FLAGRANT FOUL INELIGIBILITY PERIOD

A player who is assessed a flagrant foul shall be ruled ineligible for 5 minutes, from the game clock, and must sit quietly on the team bench until the time has expired. Any additional misconduct while on the team bench shall be punished with a game ejection.

PLAYER TO PLAYER ALTERCATIONS

Altercations taking place inside or outside the gym will not be tolerated and will result in an investigation and possible suspension of all players involved for a minimum of two games. Any additional incidents including a previously suspended player will result in a suspension from the remainder of the season, including postseason play.

FORFEITS

If a team fails to meet the minimum number of required players the game shall be forfeited and the game score shall be recorded as 40-0. If during play the trailing team causes the game to be forfeited the score shall stand. If during play the leading team causes the game to be forfeited the score shall be recorded as 40-0. Due to limited gym availability, canceled games shall not be rescheduled.

LEAGUE STANDINGS & TIE BREAKERS

In the case of a tie in league standings the following tie breaking rules shall be applied: (a) the win-loss record of the head-to-head competition between all tied teams, (b) total points allowed between the teams, (c) total point differential between the teams and (d) a coin flip.

CHILDREN MUST BE SUPERVISED

Children must be supervised by a non-participating adult at all times. Children are a real danger to themselves and those on the court if left unsupervised.

BLOOD RULE

An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall leave the court until the bleeding has stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniformed is changed before returning to competition. The player may be replaced.

CONCUSSION GUIDELINES

Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

THREATENING ANOTHER PLAYER – ALL SPORTS

Any player verbally threatening another player (i.e. "I'll meet you outside") will be ejected from the game and suspended a minimum of one additional game. Threatening another player will also result in the police being called. Threatening another player has no place in Maple Valley Parks & Recreation's adult sports leagues.



FORFEIT POLICY

Notification of a **No-Show Forfeit** must be phoned into the Parks & Recreation Department (425/432-9953) by 4:00pm weekdays or 4:00pm Fridays for games scheduled on weekends or holidays. It is the goal of the Parks & Recreation Department to have all scheduled games played. Teams are encouraged to explore every option necessary to avoid a forfeit.

No-Show Forfeits will be assessed a \$25 forfeit fee if the team fails to field the minimum number of players by the end of the "Grace Period."

General Forfeits will not result in a forfeit fee and could be declared for one or more of the following infractions:

- Using illegal players (i.e. players not on the roster, players using an assumed name or ineligible players)
- Misconduct by players, coaches, spectators, or team representatives before, during or after the game
- Using illegal equipment
- Failure to have the required number of players for the entire game (i.e. misconduct)

If notification is not received before the deadline, the team captain will be assessed a **\$25 forfeit fee** which must be paid before the team is eligible to play in the next scheduled game.

For all forfeits, the opposing team will receive a forfeit win. Any team with a NO-SHOW forfeit will automatically drop to the bottom of any tie breaking situations in league standings. Teams with multiple forfeits (2+) of either variety may be dropped from the league without a refund.

FORFEITING TEAMS MUST RECEIVE E-MAIL CONFIRMATION FROM THE PARKS & RECREATION DEPARTMENT TO AVOID THE \$25 FORFEIT FEE!

Bobby Quick
Recreation Coordinator
425/432-9953
Bobby.Quick@maplevalleywa.gov