

Marion Christian Community Sports

4 v 4 Basketball Format and Rules

This Adult Basketball League is intended to serve as an encouraging recreational opportunity for ADULT MEN AND WOMEN. (Junior and Senior High Students may be allowed to play on a case by case exception).

Team Captains are required to consistently promote and enforce MCC'S Rules.
Everyone is responsible to RESPECT EACH OTHERS CALL!!!

FORMAT OF PLAY: Games start at 6:30PM and 7:30PM. "Rock, Paper, Scissors" will determine which team gets the ball first. The first 10 minutes is a warm-up period. Followed by two 15 minute halves with a 5 minute break in between. **A time-keeping device will be used in the gym.** There are no time outs and the clock will not stop. The game ends at the end of the 2nd half. A tie will be determined by SUDDEN DEATH. The teams will "Rock, Paper, Scissors" once again to determine who gets the ball first. The first team to score wins.

Personal Fouls, Blocking, Charging, Double Dribble, Travelling, and other violations can be called by any player on the court. **YOU ARE ENCOURAGED TO CALL YOUR OWN FOULS!!!** RESPECT EACH OTHERS CALL!!! BE CONSISTENT IN CALLING FOULS AND VIOLATIONS!!!

There are NO TEAM or PLAYER foul limits. (PLEASE DON'T ABUSE THIS) There is no BONUS situation. There are no FREE THROWS. **THERE ARE NO REFS – Win / Loss Stats Are Not Tracked – No Trophies – JUST HAVE FUN**

If a player is fouled at any point during the game, the ball goes back to the team that has been fouled and it is taken out at the mid-court. IF A BASKET WAS MADE IN SPITE OF THE FOUL – IT COUNTS and the TEAM THAT SCORED GIVES UP POSSESSION. PLAYERS ARE REMINDED TO PLAY FAIR!!!

If the ball (or a possessing player) goes OUT OF BOUNDS possession is awarded to the other team and the ball will be RESTARTED at the mid-court.

3 Points are awarded for baskets made from behind the 3 Point Line.

The team that scores, gives up possession of the ball. The team receiving the ball puts it in play from the mid-court. There is no "Ball Check" required. Restart the game as soon as you are past the mid-court line. **HOWEVER AN INITIAL PASS HAS TO TAKE PLACE BEFORE A SCORE CAN BE COUNTED!**

SUBSTITUTIONS MAY ONLY BE MADE AFTER A BASKET HAS BEEN MADE. (Substitutions should be rare)

No "OVER AND BACK" rule will be followed. Restarts happen at the mid-court line. **Otherwise the mid-court line is out of bounds.**

On defensive rebounds or steals, players must return the ball by dribbling or passing across the three point line before a basket may be attempted. Once across the line, they do not have to pass the ball before shooting. AN INITIAL PASS is only required at RESTARTS.

All "HELD BALL" situations will be restarted at the mid-court line using alternate possessions. The first "HELD BALL" will be awarded to the team that didn't get the ball at the start of the game.

NO BLACK SOLED SHOES AND/OR SHOES THAT LEAVE MARKS ON THE GYM FLOOR ARE ALLOWED.

Teams SHOULD wear T-SHIRTS of SIMILAR COLORS as a sort of UNIFORM.