



IN THE ZONE 5-on-5 BASKETBALL RULES AND REGULATIONS

In the Zone LLC basketball rules are based on the **NCAA Collegiate Basketball Rules**. Some of the more important rules as well as rules unique to In the Zone LLC Sports Program are included herein. All players are responsible for reading this document before participating in 5 on 5 Basketball.

Players

- Five (5) players constitute a basketball team. A team must start play if they have four (4) players. Having less than four players constitutes a forfeit – this includes dropping below four players due to fouls.
- All players must have completed a Waiver Release Form prior to participating in the league.
- Players must be listed on the score sheet to be eligible to play. Players wishing to add to their name to the roster may do so before tip-off and if only he/she has signed a waiver release form.

Scoring

- Three-point field goal is in effect.
- Two points for a successful basket.
- One point for a successful foul shot.

Fouls

- All shooting fouls will result in two foul shots.
- During each half, following the seventh (7th) team foul, all fouls will result in two foul shots.
- Technical Fouls – two (2) shots plus the ball.
- Intentional Fouls – two (2) shots plus the ball.
- Flagrant Fouls – four (4) shots, plus player ejection.

Equipment

- Players must bring the following equipment:
- Gym/sneaker shoes only – NO BOOTS, LEATHER SOLED SHOES, OR SANDALS.
- Home game jerseys/shirts are provided by In The Zone must be worn during competition.
- **Players should bring both a white and a dark (representing home and away games) shirt to each game to insure having proper uniform.** In addition, players shall not wear anything that may be dangerous to another player. Players may not wear hats, jewelry or any other item deemed inappropriate by league officials.

Substitutions

- Unlimited
- Players may only enter at a dead ball situation when they are recognized by an official.

Clock Management

- There will be two (2) twenty-minute halves. The clock will stop only at a time-out or at the referee's discretion.
- Half-time will last five (5) minutes.
- Stop time will be played during the last two (2) minutes of the second half only.
- Running time is used except for the last minute of the game where the clock will stop for all fouls, violations, jump balls, out-of-bounds, and time-outs..
- Game time will begin no later than 10 minutes after the scheduled game time regardless of whether the teams are ready to play or not. If a team does not have enough players to play by the start of the game, that team will face a forfeit for that game.
- The referee will keep the clock.
- There is no shot clock.
- Overtime will last five (5) minutes, stop time. Jewelry of any kind cannot be worn during regulation game time. That includes necklaces (strings, beads or metal), rings and earrings. Tribal piercing is subject to review and approval of the head referee. **In the Zone, LLC and all facility partners are not liable for any lost or missing jewelry and other personal items.**
- **Blowouts consistent of any team ahead of the opposing team by 35 points or more by the 10 minute mark in the second half. The clock will then continue to run without stopping, except for timeouts and injuries.**

Held Ball

- The player in control is closely guarded when a defensive player is in a defensive stance no more than six feet away. A player may not hold or dribble the ball for more than five seconds if he/she is being closely guarded. NOTE: If a player changes his possession from hold to dribble or vice versa, he is entitled to a new 5 second count.

Free Throw Lane

- Players along the free throw lane may enter the key once the shooter releases the ball; however, the shooter and all players behind the free throw line extended may not break that plane until the ball hits the rim.
- When players on opposing teams commit lane violations during the same free-throw situation, only the team of the first player who commits a lane violation shall be penalized.

In-bounding

- The inbounding team will have five seconds to put the ball into play otherwise will lose possession to the opposing team. The ball will be put in play once it is released by the inbinder.

Forfeits:

- Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 4 players. Teams fielding less than 4 players will receive a forfeit.
- Exception: Teams may play a "legal game" with less than 5 players by subbing in another iTZ basketball player from another team if the opposing team agrees to play under these conditions. The opposing team will lose the option of receiving a forfeit win. Each team's waiver will be used as its final roster. Only players on the waivers may play.
- Teams will be required to pay a \$50 forfeit fine before the start of their next game in cash to the manager on site. If this fine is not paid at the second game, the fee is doubled. If the fine is paid the second week that team is disqualified from the season and will not receive a refund.

Special Rules

- All teams must wear a uniform jersey with a number on it.
- All teams must have their rosters set by the third week of games. No one can be added after this date. Each team may have up to 15 players on their roster.

- No fighting, abusive language, or any discourteous behavior towards officials, fans, players, staff or league directors is allowed. If an infraction becomes a problem, it will be handled on an individual basis. In the Zone officials will eject consistent offenders from the league. Any player involved in a fight will be ejected from the league with no refund.
- Two technical fouls result in immediate ejection from the gym. The player in question must leave the premises immediately.
- Two timeouts per half. One timeout per overtime, timeouts do not carry over. Overtime will be three minutes with regulation clock in the last minute.
- A player must play a minimum of four regular season games to be eligible for playoffs.
- Game clock will run in the last two minutes of either half if any team is up by twenty or more points.
- Seven team fouls result in a one and one situation. Ten team fouls result in double bonus. Any player receiving six personal fouls will be fouled out of a game. If a team only has five players and one of the players receives six personal fouls that player will stay in the game and every time he fouls it will be a technical foul. If the player with six personal fouls commits a foul in a bonus or an and one situation the opposing team only gets two shots and the ball.
- The score sheet is official.
- Players are disqualified after committing their fifth foul.
- Each team gets three (3) time-outs per game. Time-outs last sixty (60) seconds.
- Jewelry of any kind (including watches, earrings, rings and necklaces) is not permitted during games. Team captains will be given a warning at the beginning of the game. Any player caught with jewelry will be removed from the game and a technical foul will be awarded. It is the captain's responsibility to make sure players are not wearing jewelry. If jewelry and other personal items are lost iTZ cannot and will not be held responsible for any player and/or their guests missing items.
- Dunking the ball is permitted. But, if you break the rim or backboard while dunking, you buy it.
- **If any fights occur, fists thrown, serious threats made the player (s) inciting an altercation will immediately be charged two technical fouls, ejected and suspended one game. No exceptions! If the same player is cited for a second offense of the same infraction, the player(s) will expelled from the league for the remaining of the season with no refund.**

LITTER/FOOD AND ALCOHOL CONSUMPTION:

- **Food is not allowed in the court area (including sidelines) nor on the court. You will be asked to dispose of the contents immediately if found. Glass bottles are prohibited in the court area and on the court by players and their guests. You will be asked to dispose of the contents immediately if found. Refusal of any kind is grounds for immediate departure of the grounds and indefinite banishment. No littering and spitting on the court. Excessive littering is grounds for disqualification. Please pick up your team's trash, so we can avoid fines and use the court in the future. It is**

strictly forbidden to bring alcoholic beverages onto/into the YMCA and/or Park district sites. If identified, you will be asked to dispose any and all alcohol beverages and contents. Failure to do so will subject you to league sanctions and immediate forfeiture of current game. If a player, in the judgment of the referee or league official present, is intoxicated they will be removed from the game and receive a warning. A second offense will result in league expulsion.

PROTESTS:

- Coaches/team captains have the right to protest a player's eligibility. Other teammates must refrain huddling and or hovering around the vicinity of the referee and coach/team captain.
- The Head Referee can overturn calls by the other officials. Verbal abuse of the officials will not be tolerated. The player called for the abuse will be ejected from the game and suspended from the game at hand. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well.

ELIGIBILITY:

- **Player Eligibility:** All players **MUST** sign the League's Liability Waiver to play in the league. Failure or refusal to sign the league's liability waiver form shall result in the player not being allowed to participate in league. Any player found to be playing without signing the liability waiver shall be immediately suspended from that match and may only return to play upon signing the liability waiver following that match. There are NO exceptions for failure to agree to waive liability. Player must also be sure to sign the appropriate team's waiver or could be ruled ineligible. Waiver forms are available at the field or information table.

Note: Your team's waiver of liability form is the actual team roster. Submitted registration rosters are not considered official until each player has signed the waiver of liability and participated in league play.

- This form releases the league, league officials, the YMCA, Chicago Park District, league sponsors and referees from liability of any kind and found not at fault for any reason.
- All players must be **21 years** of age or older. A state ID or Drivers License must be produced if requested by a referee or league official. Failure to produce said ID will result in the illegal player to be removed from match play until proof of age and gender/identity can be verified.
- To be eligible for playoffs, all players must have participated in a minimum of three weekly matches.
- Rosters are set after the third week of contest. Any players found playing in a game after the teams third game who is not listed on the official team roster will

be terminated from the league for the remainder of season and the team found guilty will forfeit the game in question.

- No substitutes will be allowed during the playoffs. Teams must play with their registered teammates.
- You must play with your registered players in the playoffs. Registered players will be defined as those on the waiver by the third week. Players who have attended at least three (3) regular season games will be considered regular registered players. A forfeit will automatically score the offending team as 0 to 50. ****Injury exception**—if a team has more than one injured player going into playoffs. League officials will determine necessary substitutions.

UNSPORTSMANLIKE CONDUCT:

- **Fighting will not be tolerated. If one player from your team is involved in a skirmish, he/she will be immediately ejected from the game, must immediately leave the grounds and forced to serve a one game suspension. A second offense will result in league expulsion for the remaining season, even if that player plays in another division.**
- **Two or more players involved in a skirmish, or shoving/wrestling match, the entire team will be ejected and forced to forfeit the entire season. All monies are forfeited. If any player/coach bumps assaults a referee will immediately be ejected and required to leave to the grounds and serve a one game suspension. A second offense will result in league expulsion for the remaining season even if that player plays in another division.**
- **Trash talking, racial or religious remarks will not be tolerated. Players will be ejected immediately. We reserve the right to suspend any player or team for unsportsmanlike conduct. All money will be forfeited.**

Please remember that this is a recreational basketball league. The referees and league organizers will give all their effort to provide your team with comparable competition and the best athletic experience you can have. Most importantly, have fun.