



40+ Men's LEAGUE RULES

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Men's Recreation League for 40-and-Over

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Players must be 40 plus age bracket

A single player cannot participate multiple teams within the Zone In Basketball League

League is a competitive but recreational environment. Players who enjoy playing but may not want to play in a highly competitive environment (Score will still be kept). These players can be skilled but may not have the same mentality as the more competitive League players.

The Men's League is a regular 5 on 5 player competition. Each game format is full court, 1-hour games, officials, scorekeeping, pool brackets, scores posted online, and play-offs setting. Final format is determined by the Admin. Of Zone In Basketball.

League games are 6 weeks with playoffs. Each week teams will play 1 game. Byes are granted per request. Only 1 bye will be provided per team, per season. Any teams no showing for scheduled game, will be given an automatic forfeit. The game will not be made up within the season and will be considered their graced game bye.

UNIFORMS- BASKETBALLS

Team Jerseys are purchased from Zone In Basketball League: Reversible jerseys, color on one side/white on the other. Players will purchase Jerseys from the Zone In Basketball League at the cost of \$30 each.

Jerseys will be numbered on both sides of the uniform. Each player must maintain the same uniform number throughout the entire league season. Taped on numbers, permanent marker numbers will NOT be permitted, same-colored T-Shirts are not acceptable.

Non-Jersey Penalty: In the case of a Jersey rule not being met, a technical foul will be called when he or she first enters the game. The player may not continue to compete without the correct team jersey. Administration has the final decision on ruling

Jerseys determine the Teams name, example: Red Zone, Blue Zone, Green Zone etc.

Preferred black shorts/sweatpants to complete uniform.

Basketball games will be played with an official men sized (29inch) basketball. Home team is responsible to provide game ball.

Shoes: Standard basketball shoes or tennis shoes are permitted. No boots, dress shoes, heels, flip flops, crocs etc.

NO casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal, hard plastic, or metal hinges are required to cover it with padding or foam at least ¼ inch thick

Medical alert and religious medals are not considered jewelry. Religious medals must be taped and worn under the uniform. Medical alert medals must be taped and may be visible.

No jewelry may be worn on the court. If it's a new piercing, or one that's difficult to remove, it must be covered. It is the player's responsibility to come prepared with a means to cover these items.

ROSTER

Each team must designate a captain/coach to conduct all team's communication, payment program, player paperwork competition, player start line up, time outs etc.

All teams must submit a completed roster prior to their first game. Rosters may not be altered after the first 2 games have been played. They are frozen. Players must have played in one of the first 2 games of the league in order to be eligible to play in the play-off games.

Rosters shall have a minimum of five players and a maximum of eight.

Each player on the Rosters must fill out entirely the information requested and sign a Liability Waiver. All player participants must initial that they have received, read, understand and will abide the ZONE IN BASKETBALL League Rules and Regulations.

Players may be added and or dropped from a team's original roster up to the first 2 games of the season. Team rosters may not accede the player limit of 8 per team.

Team members must be on the scorekeepers score sheets prior to the tip-off of the game. A technical foul will be given to any team that a player arrives late and enters the court to play without being placed on the scorekeepers score sheet prior to game tip-off.

GAME-PLAY

Home team is listed first on the schedule and wears white side of the jersey. Guest team is listed second and wears colored side of the jersey.

Home team provides 29.5 size game ball.

Home teams fans sit together at designated signed area.

Guest teams fans sit together at designated signed area.

Home/Guest teams are responsible to inform their supporting fans to sit/cheer together and conduct themselves according to the Zone In Basketball League rules.

Games will consist of two 20-minute halves.



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The clock will be *running time*, including team/coach timeouts. The *clock stops* the final 2 minutes of the second half. (Unless a team is leading by 20 or more points)

Any injury occurring that requires stoppage of the game for longer than a normal time out period is determined at the Administrations and or officials' judgement.

Two Time outs per team per half: 1 full and (1) 30 second. Time outs do not carry over to the second half, nor carry over into overtime periods.

Games operate with a running clock, and it does not stop for timeouts. It will only stop in the last 2 minute of the second half.

Pre-Game Warm-Up time is 3-5 minutes prior to game time.

Halftime is 2 minutes.

Overtime procedure is as follows: The first and second Overtime will last 2 minutes with the clock stopping the last minute of each overtime. The 3rd, and any other consecutive OT will be 1 minute duration with clock not stopping. Each team receives (1) 30 second time out per overtime.

No jewelry may be worn on the court. If it's a new piercing, or one that's difficult to remove, it must be covered. It is the player's responsibility to come prepared with a means to cover these items.

Games start on time w a jump ball. Thereafter, the alternating possession rule shall apply. Any team not ready to play at the scheduled game time will be penalized 2 points for every minute late. Example: If team shows up 7 minutes late, they will start the game down 14-0 with the ball being awarded to the on-time team, at center court sideline. If a team is not ready to play at 10 minutes past game time, they forfeit the game with the following points awarded 10-0. Teams may play the remaining time of the game schedule, per each team's agreement and understanding that the game is awarded to the on-time team.

Mercy Rule: The clock will run continuously if at any time the lead is 20 points or more; the clock will resume normal operation once the lead is back below 20 points. There is no defensive pressing allowed when the Mercy Rule is in effect.

FOULS/PENALTIES: TEAM OR PERSONAL

Any player who is assessed five personal fouls will be removed from the game (fouled out).

A player technical foul is considered an individual personal foul and is part of the accumulation of the overall team fouls.

Two same player technical fouls and that player is removed from the game and suspended the following game. (This excludes technical fouls for jersey violations)

If a team has a player thrown out of a game twice in a season due to technical fouls or an automatic ejection penalty. The TEAM will be removed from the league for the remainder of the season and no refund will be granted.

Team fouls total of 7,8,9 results in 1 and 1 free throw shooting. Ball must hit the rim prior to leaving the block.

Team fouls total of 10 or more results in bonus 2 free throw shots. Ball must hit the rim prior to leaving the block.

The following actions may result in a technical foul:

Use of profanity toward an official, an opposing player, fan base and or administration.

Making a comment that is personal in nature to or about an official, opposing player, fan base, and or administration.

Persistent complaint about judgement calls by any player, will be first be given a warning by the official then given a technical foul and the loss of a team's time out.

TECHNICAL FOUL, DOUBLE TECHNICAL (EJECTION) or FLAGRANT FOUL

Any attempt to "bait," taunt or otherwise instigate an opponent, official, fan base and or administration into misconduct.

An attempt to physically intimidate an opponent, official, fan base and or administration.

Any physical contact between an opponent's, towards officials, between the fan base and or the administration will result in ejection of the participating individuals from the facility. Players will be removed from the roster and are not eligible to participate on this team and or future Zone In Basketball Leagues. Police will be called if the player/official/fan/administrator for the physical assault. There are NO refunds.

Player/Coach/Captain/Fan receiving a technical foul will result in 2 free throws awarded to the opposite team. Player/Coach/Captain/Fan receiving 2 technical fouls in the same game must remove themselves from the facility. Game will be forfeited if individual will not leave the facility. Return of ejected individual for future participation of the Zone In League is at the desertion of the administration.



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Dunking/hanging on the rim during warm-ups is NOT ALLOWED. Dunking/hanging on the rim, is an automatic technical foul, with 2 points being automatically awarded to the opposing team prior to game tip-off.

FORFEITS

If the team is aware they are going to have to forfeit the upcoming game AND is within a 24-hour time frame of scheduled game, they will be given their allotted 1 bye per league season. The team must provide in writing prior to game time or it's an automatic forfeit.

Teams must have at least four players on the court to play. Each team has until half-time to have a completed 5-man team, otherwise they are subjected to a forfeit. If agreed upon, both teams may continue to play out the game, (4 on 5) or (4 on 4) but the forfeit will still be awarded to the team with their full team at tip-off.

POOL PLAY/SEEDING

A team's seed for Bracket Play will be determined by the following: Pool Play Record
Point Differential (+/- 15 points; the most a team can win by and receive credit for is 15 points)
Points Allowed (the team with the fewest points scored against them in Pool Play is higher seed,

TIE BREAKERS

If 2 teams have a tied record after Pool Play, the winner of the head-to-head matchup is awarded the higher seed. If 2 tied teams did not play head-to-head, Point Differential (see above) is applied to determine seeding. If 2 tied teams also have the same Point Differential, the team who allowed the least number of points in Pool Play would be awarded the higher seed (using this formula, there is no benefit to running up the score, rather the benefit is in stopping the opposing team from scoring). If 3 teams are tied, head-to-head matchups are irrelevant in determining seed for Bracket Play. If 3 teams are tied, Point Differential is applied; the team with the highest Point Differential is awarded the high seed. If a tie in Point Differential exists, Points Allowed (see above) will determine seed for Bracket Play.