

Toledo Sport and Social Club



OFFICIAL 4v4 COED BASKETBALL RULES

COED BASKETBALL SIMPLE RULES

1. Players: 2 men and 2 women
2. Equipment: Men's regulation ball
3. Timing: Two 15 minute running halves
4. Coed Guidelines: Men guard Men, Women guard Women
5. Coed Rule: Men may not block a women's shot attempt
6. No Dunking

Toledo Sport and Social Club Coed Basketball follows the guidelines of NCAA Men's Basketball with these exceptions:

Equipment

1. Illegal equipment includes the following:
 - a. All jewelry (ie: barrettes, rings, string bracelets, rubber bands, eye rings, etc.)
 - b. A guard, cast or brace made of hard and unyielding leather, plaster, pliable (soft) plastic, metal or any other hard substance - even though covered with soft padding when worn on the elbow, hand, finger, wrist or forearm.

Players

1. 2 men and 2 women
2. Teams must have at least 3 players present to start a game. If at least 3 players are not present at game time, a forfeit will be declared.
3. A speaking captain shall be designated for each team. He or she alone may approach the officials with questions. Individuals designated as coaches will be considered team players.

Timing

1. The game will consist of two 15-minute halves, with three minutes between halves. The clock will run continuously throughout the game until the last minute of each half.
2. During the last minute of each half, the clock will stop during all dead balls.
3. Game time is forfeit time!!

4. Each team will be allowed (2) time-outs per half. A timeout is 30 seconds and the clock will stop for those 30 seconds.
5. Overtimes will be two minutes in length and the clock will stop during all dead balls. Only one time-out is allowed each team in each overtime period. Time-outs not used during regulation play CANNOT be used in overtime periods.

Coed Guidelines

1. This league is intended to be a social league where men and women have equal opportunity to play competitive basketball.
2. Because of height, speed, and quickness advantages men are encouraged to guard men and women are encouraged to guard women.
3. Good sportsmanship is required. Arguing with officials or other players is prohibited and may result in a technical foul.

Coed Rules

1. Men may not block a women's shot attempt. Any contact with the ball on a shot attempt will be considered a goaltending violation. Two points will be awarded for all 2 point attempts and 3 points will be awarded for all attempts behind the 3 point line. Simply raising your arms does not count as a blocked shot and the defender must make contact on the ball.

Fouls

1. NCAA rules will be in affect unless otherwise stated.
2. Bonus One-and-One free throws will be awarded on the 7th team foul
3. Two free throws will be awarded on the 10th team foul
4. Men may not block a women's shot attempt

Free Throws

1. Players may enter the lane as soon as the shooter releases the ball
2. Shooter must remain behind the line until the ball contacts the rim or backboard

Dunking

THERE IS ABSOLUTELY NO DUNKING. Dunking is a technical foul.

Disqualification

Player disqualification results from:

- Accumulating 5 personal fouls (technical fouls count as personal fouls)
- 2 technical fouls (1 game suspension)
- 1 flagrant or excessive foul (1 game suspension)

A player who is removed from the game may face stronger penalties depending on the severity of the incident

Team disqualification results from:

- 3 technical fouls accumulated by players or team in a single game
- Team may be eliminated from post season tournament play
- A game stopped by the official for misconduct.

Fan Behavior

Team Captains are responsible for fans. A technical foul will be assessed to the team captain/bench if fans are acting in an unsportsmanlike manner.

Substitutions

Only roster players may play on a team.

Rules Policy

Toledo Sport and Social Club reserves the right to modify these rules at any point deemed necessary and without prior notice required. If a change is made to the rules Toledo Sport and Social Club will make the team manager for each team aware of the change and it is his/her responsibility to inform his/her teammates. Not knowing the rules is no excuse for not following them!!