



SINGAPORE
PREMIER BASKETBALL
LEAGUE

SPBL 4x4 League Rules

Teams

- 2 x teams (Team 1 and Team 2) of 8 plus one coach
- Each team is split into an A and B group
 - Team 1 groups: 1A and 1B
 - Team 2 groups: 2A and 2B
 - Group 1A and 2A will play quarters 1 and 3
 - Will sit on the bench side of the court
 - Group 1B and 2B will play quarters 2 and 4
 - Will sit on the bleachers side of the court
- A team must have a minimum of 6 players available for the game to be valid.
 - If one (or both) team(s) only has 7 players, then both coaches will re-balance their teams so that there are three players in the 1st and 3rd quarters (3x3) and 4 players for the 2nd and 4th quarters (4x4). The team with 8 players will have a sub for the 1st and 3rd quarters.
 - If one (or both) team(s) only has 6 players, then both quarters will be played in 3x3 (full-court) with one team potentially having substitutes.

Game Play

- In the 1st and 3rd quarters =Team 1A vs Team 2A
- In the 2nd and 4th quarters =Team 1B vs Team 2B
 - Effectively, 4 players from Team 1 are grouped with 4 players from Team 2 to form a pod of 8 players playing 4x4 against each other
- Game is one single game of four quarters with all FIBA rules for a 5x5 game in place (league specific modifications below)
- Quarters will be 10 minutes (running clock except for free throws and timeouts) with a 2 minute warm up before the 1st and 2nd quarters.
 - Stop clock on all whistles will occur in the final minute of the 3rd quarter, and the last 2 minutes of the 4th quarter.
- If an injury occurs, then the groups in that quarter will be reduced to a full-court 3x3 game. If further injuries occur, then the team without injury can decide to play full court 2x2 or play the remainder of the game only with the other (non-injured) group.

- Players fouling out will not necessitate a reduction in player numbers, but will create a numerical advantage as per normal 5x5 rules when an extra substitute is not available
- Overtime rules
 - Overtime periods will be 5 minutes (stop clock only in the last 2 minutes), with subsequent periods added at the end of the game as required; no draws will be recorded.
 - The first overtime period will be played by Group B, who played the 4th quarter. Subsequent overtime periods will alternate groups (i.e. Group A would play the second overtime).

League Specific Rule Modifications

- Half-court Defence (on an inbounds) for all 10&U Divisions and 12&U Divisions except for Division 1.
- Shortened Free Throw line for all 10&U and 12&U Divisions.
- Zone Defence only allowed in 16&U and 18&U Divisions.

Phase 3 Logistic Requirements

- One coach can coach both groups of four, and will not be counted as a member of either group as long as they remain masked at all times and remain a minimum distance of 2 meters from the players during any quarter.
 - They must remain stationary during the quarter, sitting on the side of the court of the “active” group.
 - They can only move from one side of the court to the other at the end of a quarter.
- The two groups from one team cannot mix at anytime, including upon their arrival at the venue. They must remain separate throughout the entire time they are at the venue, from the entrance to the game, and upon egress. This should include if the team is travelling together (i.e. One group could sit at the front of a bus, the other group at the rear).
 - Separate doors for entry to the court will be provided for each group
- At any time when a team is not on court (when they sit during time outs or in a quarter when the other group is playing) the players will remain 2 meters apart from each other and will wear masks at all times.
- Referees will be stationed in a static space at each end of the court and will not transition past the half court line.
 - Referees will not touch the ball at any time after the initial tip, but players will hold the ball (on an inbounds) until the referee whistles the start of play
- Two balls will be used, one for Group A and one for Group B