

Rules And Codes

- A. **Time:** There will be two 20-minute halves with a running clock. The only exceptions will be for timeouts, injuries, and the last **TWO** minutes of the second half if the score is within 10 points.
- B. **Free Throws:** Bonus (1 and 1) occurs when a team gets 7 team fouls. Double bonus (2 shots and the ball) occurs when a team gets 10 team fouls. If a team gets to the 16th team foul in a single half the opposing team will be rewarded 2 points for each additional foul committed that half. The ball will change possessions after the foul has occurred.
- C. **Halftime:** Halftime will be approximately 2 minutes long.
- D. **Team Rosters:** Team rosters must be signed by the team members prior to the first game! Changes, additions, subtractions, etc. to the team roster must be made by the 3rd game of the season. The only exception to this rule will be for teams who have sustained injuries and no longer possess substitutions (i.e., only 5 players remain) and must be made prior to the last game of the season. It is the responsibility of the team captain to make sure everyone has signed the roster. Those who have not signed the roster will not be allowed to play as this is a liability risk. Player must be 18 and out of high school in order to participate in the league.
- E. **Forfeits:** In addition to forfeits resulting from letter B and C (see below), Forfeits may also result from teams showing up late to their game. A 5-minute grace period will be given at the beginning of each game. The clock will start promptly at game time and run for five minutes. At the end of the five minutes, if a team is not ready, the game shall be a forfeit. NO EXCEPTIONS will be made to this rule.
- F. **Referees:** Each game will have at least one official to start and/or conduct the entire game.

League Eligibility

- All players must be 18 years or older to participate in the YMCA league.
- The league may be split into different divisions at the discretion of the league director.

YMCA Basketball League Game Rules:

- A.** In order to start the game, 4 players from the official team roster must be present.
- B.** Forfeit time is 5 minutes past game start time. The clock starts running at game time.
- C.** Any team forfeiting must notify the League Coordinator 24 hours prior to the scheduled game time.
- D.** Only players on the official team roster will be allowed to play for their team. The league coordinator and the opposing team captain should approve substitutes. This should be done prior to the tip off. Teams cannot dispute subs once the game has started regardless of the circumstances, unless once the game has started, a sub comes in the game who is not on the official team roster.
- E.** Each team is allotted 2 – 30 second timeouts per half (no rollover).
- F.** Substitutions can be made on dead ball situations only. The referee and scorer must acknowledge the substitute and buzz them in. A technical foul will be given if a substitute goes into the game without being acknowledged by both the referee and the scorekeeper. You must wait until the first free throw is shot when subbing on a two shot free throw situation.
- G.** We play on “the release” for free throws.
- H.** Overtime will be two minutes. The first minute will have a running clock and the last minute will be stop-time on dead ball situations. Triple OT is sudden victory.
- I.** NO PRESSING if your team is up by 20 or more points in the second half.
- J.** All players must address the referees and score keepers in a polite, adult manner. This league promotes good sportsmanship!
- K.** No refunds of league fees.
- L.** NO JEWELRY CAN BE WORN DURING LEAGUE PLAY!
- M.** Please wait until there is a dead ball to ask our scorekeepers questions.

League Format

The session will have a regular season and playoffs. Teams will play their seven-week schedule to determine seeding for the playoffs. Playoffs may have a championship bracket and/or a consolation bracket. Playoffs seeding will be determined by seeding from the regular season.

Roster and Players

All teams must submit a completed roster prior to their third week

- Rosters shall have a minimum of six players and a maximum of twelve players
- Each player on your roster must be at least 18 years of age.
- Teams must have at least four players on the court to play. Any team that drops to three players will forfeit. Any team that does not have four players at the start of the game will forfeit. Games will start on time. There will be about ten minutes prior to the start of every game for warm ups.

Fouls

Any participant who is assessed five personal fouls will be removed from the game (fouled out). A technical foul is considered a personal foul.

Technical Fouls

All technical fouls are two foul shots, plus the ball at mid-court

- Any players who receives two technical fouls in a game will be ejected from the game and will be suspended for a minimum of one game
- Any player who receives three technical fouls will be reviewed by league directors and are subject to suspension, this includes playoffs
- Refunds will not be given for expelled players

Flagrant Foul

- A flagrant foul may be a personal or technical foul of a violent or disrespectful nature, or a technical noncontact foul which displays unacceptable conduct. It may or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking, or an attempt to injure.
- Any player who receives a flagrant foul shall be ejected from the game and will serve a minimum of a one game suspension. A flagrant foul will also count as a technical foul

Player Conduct

The YMCA Adult Basketball league is a recreation program who aims to create a welcoming environment for all players. Additionally, its basketball leagues are conducted in public facilities. As such, the following conduct expectations are in place for all adult basketball games.

The following actions may result in a technical foul

- Use of profanity
- Complaining about or questioning an official's call
- Persistent complaint about judgment calls by any player (including captains)
- Abusive or profane language by a spectator (team technical shall be assessed).

The following actions shall result in a technical foul, double technical (ejection) or flagrant foul.

- Use of profanity toward an official or an opposing player
- Making a comment that is personal in nature to or about an official, score keeper or opposing player
- Any attempt to "bait," taunt or otherwise instigate an opponent
- An attempt to physically intimidate an opponent or official
- Any physical contact with an official will result in ejection from the league and notification of authorities

Alcohol, tobacco and drugs are not permitted to be on-site.

Fighting

Any player who is found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season.

YMCA will use a strict definition of fighting, and shall impose a penalty for any of the following action

- Throwing a punch (regardless of whether or not it is landed)
- Slapping or pushing a players face or head area
- Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team)
- Any violent, physical act on another player outside of the actions allowed in basketball
 - Example: throwing a player to the court