



We build strong kids, strong families, strong communities.

# YMCA MEN'S ADULT BASKETBALL LEAGUE RULES

## Game Rules:

- A. **Time:** There will be four 10-minute quarters 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 20 points.
- B. **Timeout:** Each team will have two timeouts per half. Timeouts do not carry over. Each team will have one timeout in overtime. Timeouts are approximately 45 seconds long, but are at the discretion of the referees.
- C. **Overtime:** Overtime will be 3 minutes long with a running clock for the first 2 minutes. The clock will stop on dead balls during the last minute of the overtime period if the score remains within 12 points.
- D. **Free Throws:** Free throws will be shot only during the last 2 minutes of the fourth quarter. Free throws will also be shot during the last minute of the overtime period.
- E. **Halftime:** Halftime will be approximately 3 minutes long, but the time is at the discretion of the referees.
- F. **Players:** A team may play an entire game with 4 players.
- G. **Players Fouled Out:** A player will be disqualified from a game after committing his 5<sup>th</sup> personal foul.
- H. **Technical Fouls:** Technical fouls are considered personal fouls. If a player commits two technical fouls in one game, he shall be disqualified from the game. If the technical fouls are of the flagrant nature (as determined by the referees and the program director), the player will need to vacate the gymnasium immediately and may be disqualified from following games (again, as determined by the referees and the program director). If a team commits three flagrant fouls, the team shall forfeit the game. All technical fouls are at the discretion of the program director and call result in forfeit, suspensions and/or expulsion from the league.
- I. **Bonus Points:** Common fouls will be penalized by awarding the offended team the ball out-of-bounds. Once a team reaches 7 team fouls, the opposing team will be awarded one point for the 7<sup>th</sup> foul, and every foul thereafter. Shooting fouls will be penalized by awarding the offended team one point for a two-point shot and two points for a three-point shot plus the ball out-of-bounds. Technical fouls

- will be penalized by awarding the opposing team two points and the ball-out of bounds. Intentional fouls will be penalized by awarding the opposing team one point and the ball out-of-bounds.
- J. 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 5<sup>th</sup> 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.
- K. Playoff Rosters:** Players must play in at least 4 regular season games to be eligible to play in the playoffs. The only exception to this rule will be for a late addition do to a serious injury. This player must play in at least 1 game prior to playoffs. Scoresheets during the regular season will determine whether or not a player is eligible for the playoffs.
- L. Player Conduct:** No player shall threaten an opposing player, spectator, official, or scorekeeper in any manner. Threatening conduct will result in disqualification from the game and suspension from the following game. Threatening conduct may result in removal from the league altogether and is at the discretion of the program director.
- M. Forfeits:** In addition to forfeits resulting from letter F and H (see above), 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.
- N. Jerseys:** Each player shall have a jersey consisting of one color worn by the entire teams with a permanent number on the jersey. Players with no numbers or numbers made with tape, permanent marker, etc. shall not be allowed to play. If a player is on the court without a number or a non-permanent number as mentioned above, they shall receive a technical foul and will not be allowed to re-enter the game.
- O. Language:** Inappropriate and foul language will not be tolerated in the league. No warning is needed from the referees about players' language. Technical fouls will be given in response to foul language in any form. Remember, the YMCA operates on the four core values – Honesty, Respect, Responsibility and Caring.

- P.** **Speed-Ball:** Speed-ball is an international rule that allows players to bypass checking the ball with the referee(s) before in-bounding the ball. This rule will **NOT** be in effect for this league. Before the ball re-enters play it must be checked with a referee.

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Captain Signature

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Date