



## ADULT BASKETBALL RULES

<b>Open League</b>	
<b>RULES</b>	National Federation of High School Associates (NFHS) rules in effect unless noted. *College 3-point line will be used*
<b>BALL SIZE</b>	29.5 - Official Mens
<b>COURT SIZE</b>	Full Length Court
<b>BASKET HEIGHT</b>	10 Feet
<b>GAME TIME</b>	Two 20 minute halves, running clock except last one minute of first half and two minutes of second half (game within 15 points). Clock will stop on made baskets last one minute of game Shot clock is 26 seconds reset on change of possession or ball hitting the rim of hoop. *Failure to have a Y jersey will result in technical foul to start the game (2 shots + ball for opposing team)*
<b>SUBSTITUTION</b>	Substitutions may be made at a dead-ball.
<b>OVERTIME</b>	Yes, 3 minutes (1 timeout) (clock stops last minute) any overtime after is 2 minutes (clock stops last minute). Second OT is 2 minutes (1 timeout) clock stops last 1 minute.
<b>TIME OUTS</b>	2 per half. Ball can be advanced in last two minutes only on dead-ball timeout or with no dribbling prior to timeout called. 1 timeout in overtime for each team.
<b>BONUS</b>	A team's seventh (7 <sup>th</sup> ) foul per half - Bonus rule (1+1). A team's tenth (10 <sup>th</sup> ) foul per half -Two (2) free throws.
<b>PERSONAL FOULS</b>	On the players 6th foul, he/she is disqualified. Technical fouls count as a personal foul.
<b>CODE OF CONDUCT</b>	If a player is not in the game, they are to be seated on the benches. Taunting players and referees is an automatic technical foul. Respect YMCA code of conduct and facility rules at all times, after a 3rd technical foul, a 1 game suspension is required, 5th technical foul during the season, player is expelled from current season. <b>2 technicals in the same game require ejection from that game and a 1 game suspension.</b>
<b>LATE POLICY</b>	-It is <b>imperative</b> for games to start on time. Nevertheless, there is a 10 minute grace period for the start of the game if a team does not have at least 4 players. Teams can start game with 4 players and finish the game with 4 players otherwise game will be a forfeit or double forfeit.