



Adult Basketball Rules

YMCA FACILITY POLICIES

- All YMCA facilities and game locations are smoke tobacco, alcohol, and pet free zones. Furthermore, swearing and/or offensive language, fighting, poor sportsmanship, among other things is not allowed within YMCA leagues/events.

SPORTSMANSHIP

- If a referee/scorekeeper/supervisor witnesses any acts of cheap shots, fighting, or any unsportsmanlike act, the game may be stopped and the player may be ejected. Any trash talking or taunting which is intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. First offense is a warning; the second offense is ejection from the game.
- Foul language will also not be tolerated. Officials/scorekeepers/supervisors have the right to determine offensive language. This includes talk that may be offensive (or meant to incite) to officials, scorekeepers, opposing players, teams, or spectators. If foul language occurs, the referee/scorekeeper will give one warning. If it continues, the player or players may be ejected from the game.
- **FOUL PLAY WILL NOT BE TOLERATED.**

FORFEITS

- If a team will not have enough players to play in a game, the forfeit must be communicated to the Sports Director well in advance to find another team to substitute. Failure to communicate forfeits may result in warnings and/or suspensions. **Players from opposing teams may sub on teams ONLY during the regular season and ONLY to meet the playing number of players on the court, 4v4 or 5v5.**

EQUIPMENT

- Teams are recommended to wear matching shirts/uniforms (numbers are not required).

ROSTERS

- Players must sign the team roster to participate in any game. A player may sub on opposing teams ONLY to make the 4 or 5 players on the court. Subbing for other teams is only allowed if a team needs a 4th or 5th player. Should teams have 5 players, subs from other teams are not allowed. This rule will not be applied to tournament games.
- All rosters will be locked for tournament games. Team additions must be made by the last scheduled game of the regular season. No player is eligible for the tournament unless the roster has been signed. A player must in a regular-season game (except the final regular-season game) to be eligible for tournament.
- Captains are directly responsible for team members' actions.

GAME TIME/TIMEOUTS/OT

- Games will consist of two 20-minute halves (running clock) with a 5 minute halftime. Clock will stop the last minute of each half and OT on dead balls.
- Overtime will consist of 5 minutes.
- Each team has two 60 second timeouts per half, no carryover. 1 timeout for OT.

PRE-GAME MEETING

- Prior to the beginning of every game, a captain's meeting with the scorekeeper/official/supervisor will be held with captains from both teams at midcourt.
- The meeting will consist of reminders for the team to sign the roster, how the game will be played, and ZERO acts of unsportsmanlike conduct will be tolerated.
- The pre-game meeting is intended for all parties to be on the same page and encourage healthy competition.

GENERAL RULES

- A division will be played 5v5 and B division will be played 4v4.
- The minimum number of players for A is 4 and the minimum for B is 3. There will be a 10 minute grace period to field the minimum number of players. See subs from other teams rule above.
- A coin toss by the referee/scorekeeper at the beginning of the game will be used to determine first possession.
- Substitutions can only be made on dead balls.
- Referees will not officiate games, BUT scorekeepers have the authority to make a call if controversial (i.e. out of bounds, fouls, sportsmanship, substitutions, charge/block, etc).
- Teams are expected to call their own fouls (typically called by the offense but the defense may call), determine who the ball was last out by, inbound the ball, administer free throws, etc. Teams may NOT “catch the opposing team sleeping” at any point.
- On fouls and violations, teams may check the ball to the defense at the top of the key to begin play. This is in place of an in-bounds pass. The offense will pass the ball to the defense and once the defense is ready, will check the ball back to begin play. The offensive player checking the ball may only pass.
- Shooting fouls will be a checked ball, unless under a minute/OT.
- Only team fouls will be counted.
- Free throws will only be shot under the last minute of each half/OT and will be 1 & 1, including shooting fouls.
- During the last minute of each half, the ball may be advanced to midcourt only when a timeout is called by the team wishing to advance the ball. The offensive team must call a timeout to advance the ball, even if the defending team has already called a timeout.