

YMCA Adult Basketball Rules

PLAYERS REGISTRATION

All players must have completed online registration with fees paid and waivers acknowledged. The player must be on the team roster. If a team is caught using an illegal or unregistered player the team may forfeit that game by losing the points.

All rosters will be frozen. NO Adding or Dropping players without YMCA approval. Players may be added onto rosters up to the 4th week of the season.

EQUIPMENT

10 foot hoop height

29.5 – Regulation Size Ball

ALL GAME BALLS WILL BE PROVIDED BY THE YMCA.

NUMBER OF PLAYERS

Five (5) players – (5 vs 5) IN ORDER FOR THE GAME TO START BOTH TEAMS MUST HAVE MINIMUM OF FOUR (4) PLAYERS ON THE COURT.

Substitutions must be done on a dead ball and by checking in with the score table.

BORROWING PLAYERS

Borrowing players is **NOT** permitted unless the opposite team manager and/or captain agrees.

FORFEITS

Team Managers are responsible to email the Sports Coordinator, Cassidy Morse kmorse@ymcaoc.org with a 24+ hour notice if they need to forfeit.

A team that forfeits with less than 24 hours notice will be charged \$66 for both teams ref fees.

A forfeit will be declared if a team does not bring the ref fee.

GAME LENGTH

2 – 20-minute halves. 2 minute half time.

Each team will have two 60-second timeouts per half. Timeouts do not carry over.

Clock will stop only for time-outs, injuries or official's time, except for the last 2 minutes of the 4th quarter. The clock will stop on any dead ball in the last 2 minutes. If the score has a difference greater than 10 points the clock will stop during the last 2 minutes.

PLAYER EQUIPMENT

Footwear: Basketball shoes, sneakers, any close-toed shoe

Dangerous Jewelry is not permitted/Apple Watch & Fitbits must be covered with sweatband.

Hard Casts are not permitted.

Safety eyewear or glasses are permitted.

A player shall not wear anything that is dangerous to another player. It is at the referee's discretion on decisions regarding anything that could be considered dangerous.

TEAM EQUIPMENT

1. All teams must have team uniforms that are the same in color.
2. All teams must bring an alternate color shirt. In the event of a color clash, the designated home team must change. **YMCA will have bibs, but a team could have worn them before your game.**
3. Usual equipment of a player is: Jersey or T-shirt, Shorts, and footwear.

TEAM/PLAYER/COACH RULES & VIOLATIONS

1. Only two (2) rostered managers are permitted behind player bench, and **ABSOLUTELY no one except participating rostered players and managers are permitted behind bench during games.** Suspended players or managers are not permitted on the bench. The game can be stopped and/or forfeited if the team has unauthorized managers, players or spectators on their bench during the game.
2. Players or managers using profanity against the officials, timekeepers, employees, or management will be suspended from the facility.
4. Any PLAYER or MANAGER ejected MUST LEAVE THE PLAYER BENCH AREA before the game can restart and might be asked to leave the facility if he/she continues to misbehave.
5. Any team playing suspended players will forfeit game, and such players shall be suspended for the REMAINDER of the season.
6. Fighting or instigating a fight will NOT BE TOLERATED. **Games may be terminated due to both teams fighting and an investigation will follow after the referee report has been tendered.**
7. Sportsmanlike behavior is required at all times ON and OFF the court. The YMCA reserves the right to dismiss any disruptive people from the facility.
8. Managers are responsible for their players/spectators of the team. Spectators entering the field of play during a game for any reason shall result in a game forfeiture for that team and possible dismissal from the league.

LEAGUE PLAY STANDINGS TIEBREAKERS

Teams in all leagues will receive 3 points for a win, 0 points for a loss, and 1 point for a Tie. In the event of a tie at the end of the regular season, final standings will be determined by the following succession of tiebreakers.

1. Head to Head of the tied teams
2. Point Difference of the tied teams
3. Points for of the tied teams
4. Coin toss if necessary

If, any playoff matches, the game is tied at the end of regulation. Teams will go to overtime play. Each overtime will be 2 minutes. Each team will receive 1 time-out per overtime. Clock will stop for all dead balls.

LATE TEAMS

Time clock will start at designated game time and ONE (1) point will be awarded to the opposing team for every FIVE (5) minutes thereafter that team is late or has less than minimum number of players.

ONE (1) additional point will be awarded up until FIFTEEN (15) minutes have elapsed from the time clock. In the case of the latter, the game would then become a forfeit and a friendly game may be played. The final score in the event of a forfeit will be 3-0.

TIME CLOCK

1. All games are played with a continuous running time clock.
2. The clock is stopped for any dead ball in the last 2 minutes of the 4th quarter is the score differential is less than 10 points.
3. Only REFEREES, TIMEKEEPER, or EMPLOYEES are permitted to operate time clock.
4. UNAUTHORIZED STOPPAGE of the time clock by managers or players will result in a time penalty for that team.
5. The clock may be stopped for an INJURY or TIMEOUT by referee.

REFEREES

1. The referees on the court is responsible for the control of the game and has authority from the moment he/she is in the vicinity of the court until he/she leaves the area.
2. Referee's decisions regarding play are FINAL. The front office has No Authority.
3. Dissension and/or abusive language directed towards referees will not be tolerated. Violators will be penalized. Zero Tolerance.
4. All other inquiries will be attended to in the proper manner in writing. Please address to the League Coordinator at the facility address.

FOULS & MISCONDUCTS

1. A player is fouled out of the game when they commit 6 fouls.
2. For each personal foul, the team receives a team foul. When the team reaches 7 team fouls in either the first or second half, the officials must be notified that there is a bonus free throw (1-1)

TECHNICAL/FLAGRANT FOULS/EJECTIONS

1. Two technical fouls on an individual player in 1 game will result in an ejection and a 1 game suspension.
2. Excessive verbal abuse, profanity, yelling, taunting or provoking will result in a Technical Foul.
3. Approaching a referee is an ejection; if done in a threatening manner there may be a league suspension.
4. If a player is ejected for unsportsmanlike conduct, that player must exit the gym. If not done in a timely manner, they may be suspended for the remainder of the season and the team may forfeit the game.
5. Players not able to control their behavior will be ejected from the facility and may face further suspension from the league.
6. Verbal threats will not be tolerated; any player, manager, or person connected to a team who verbally threatens an official, player, scorekeeper, or spectator before, during, or after a game, will be ejected from the game and suspended from the league indefinitely.
7. A team fight is a league suspension with no refund. Players are responsible for controlling and/or restraining their teammates
8. Spectators are a privilege and are not covered in the team fees. They must abide by the same standards as the players.
9. The Flagrant 1 is defined as follows: (an intentional foul can be called either an "intentional" or "flagrant 1")
 - a. An excessive hard foul
 - b. A dangerous hard play or dangerous foul
 - c. Swing of the elbows illegally (It is legal for your elbows to move with the torso. If the elbows move independently of the torso, it will be considered "swinging" and this will be called a Flagrant 1)

A Flagrant 1 will yield two free throws, possession and will be noted on the infracting player's record

10. Flagrant 2: Any foul meeting the Flagrant 1 definition **and combined with intent.** Hard fouls, dangerous play, swinging elbows can all be done accidentally, but if done intentionally, this is a Flagrant 2
"Intentionally" is further defined as not accidental or part of the game.
Flagrant 2 penalty is an ejection from the game and will be noted on the infracting player's record.

ALCOHOL

If any player/spectator/manager that is drinking or have alcohol on the premise during the game will be ejected from the game and the game will be ended and forfeited and that person will be suspended from the league.

FINAL THOUGHT

Basketball is a game of skill, technique, physical endurance, competition, sportsmanship, fun and fair-play, but nevertheless it is a contact sport. If for any reason you feel you may get hurt on the court, then it is advisable that you do not participate.

The YMCA has the right to change and adjust the rules at any time with a proper notice.