

ADULT BASKETBALL

RULE BOOK

Ages 18yrs & Up | Greater Wichita YMCA



UPDATED 1/2026

QUESTIONS?

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GENERAL LEAGUE RULES

1. League Format

- a. Each team will play eight (8) season games.
- b. Playoffs will include top 6 teams per division.
- c. Score and league standings will be kept. Each captain is encouraged to review final scoresheet to ensure scores are input correctly.
- d. Game Schedule
 - i. Once the season schedule is released, no revisions or reschedules will take place. Captains must submit all potential schedule conflicts for review with their team registration by the season's registration deadline. Teams will forfeit any scheduled games they are unable to attend. NO EXCEPTIONS.
- e. Forfeit Policy
 - i. Teams will be given five (5) minutes after the scheduled game time to arrive. Once that time expires the game will be forfeited. If the team arrives after 5 minutes they can play but only until the next scheduled game time. **Only YMCA Staff may determine a game to be forfeited.**
 - ii. Team captains must notify the League Director/Coordinator (Tyson) by 12pm the Thursday before the scheduled game. Failure to do so will result in a team fine of \$50. The fine will need to be paid to the Adult Sports Director/Coordinator (Tyson) by the Wednesday before their next game at 12pm. Failure to pay your fine will result in a forfeit of your next scheduled game and the game may be reassigned to another team.

2. Team Rosters

- a. All players must be paid and registered with the Greater Wichita YMCA. Players CANNOT be registered on the day of the game.
- b. A minimum of 5 players must be registered for each team.
- c. All players **MUST** show photo I.D. each game. If a players photo I.D. is not shown the player is not permitted to play.
- d. All players **MUST** sign the participation waiver prior to the first game.
- e. All team rosters will be verified and maintained through Team Sideline. It is the captains responsibility to ensure their team roster is showing the correct players listed.

- f. A player may play for more than one team pending the following requirements have been met:
 - i. Registration fee is paid for each team they wish to play on
 - ii. Teams are not in the same division
- g. If a team would like to question a player from another roster this must be done by the team captain prior to the end of halftime. Any roster questions that take place after half time will not be valid for that game.
- h. Players injured during the season (and removed) may be replaced.
- i. All players must have the same color jersey/shirt with a number marked on the front/back in order to play. Any players not following this policy will NOT be allowed to play.
- j. The HOME team should be in a lighter color, and the AWAY team should be a darker color. If there are color conflicts, ALL teams are expected to have see-through pennies/bibs.
- k. Teams must have minimum of 4 players that meet the above jersey requirements. Failure to do so will result in a forfeit.
- l. Non – marking athletic shoes should be worn.

3. Game Day Operations

- a. **Players**
 - i. A team must have the minimum of four (4) team players to start the game but can finish with less if team players are fouled out. Forfeit policy will be in effect if the minimum number of players are not met at the start of the game. (See #1, e)
- b. **Clock**
 - i. Two (2) 20 minute halves running clock.
 - ii. The clock will stop on every whistle during the last 1 minute of the second half only. If there is a 20+ point difference the clock will continue to run during the last minute. The clock will stop once the 20+ point difference is broken.
 - iii. Halftime will be three (3) minutes in length.
 - iv. Overtime will be a two (2) minute stopped clock period and one (1) minute stopped clock period for each overtime after that period. Timeouts will not carry over for each overtime period. One timeout for each overtime period.
- c. **Timeouts**
 - i. Teams will be given four (4) time outs per game. Timeouts will be one (1) minute in length and can be used at any time. Timeouts will not carry into overtime. Teams will be given one (1) time out per over time.
- d. **Substitutions**
 - i. Free substitutions on all dead ball situations.
 - ii. Players must check in with the scorer's table and wait to be called in by the official.
- e. **Team Captains**
 - i. The team captain is responsible for the actions of his/her team. Any fighting, taunting and/or threats may result in the removal from this league without a refund.
 - ii. Only the team captain will be allowed to address the official before, during and after the game.
 - iii. If any other team member addresses the official it is up to the official to distribute a technical.
- f. **Technical Fouls and/or Ejections**
 - i. If a player receives two technical fouls in a game, they will be ejected from the game and suspended from the next game. This player will also be required to leave the facility.

- ii. If at any time a player engages in a physical altercation, they will be subject for league removal.

4. Fan and Bench Behavior

- a. Each team is responsible for the actions of their fans and their players. A team can receive a technical foul for fan behavior during a game if the officials feel the fans behavior is inappropriate. Fans will be asked to leave for improper behavior.
- b. Only the rostered coach & players are allowed to be on the player bench and in the technical area.
- c. Teams are allowed to roster ONE (1) designated coach, and this must be communicated to the league director/coordinator prior to the games to ensure they are on the roster.

5. Playoff Format

- a. Number of teams advancing to playoffs
 - i. The top 6 teams from each division will advance to the playoffs. If there are 6 or less teams, all teams will advance.
- b. Tiebreakers
 - i. Head to head matchup (IF tie includes more than 2 teams, all teams must have played each other an equal amount of time or we skip to the next tiebreaker)
 - ii. Strength of record (combined record of your opponents)
 - iii. Point Differential

Technical Fouls/Ejections

Unsportsmanlike conduct

- Disrespectfully addressing, threatening, and/or gesturing an official, player or coach.
- **Using Profanity towards a player, coach, official or spectator (automatic ejection)**
- Baiting or taunting a player, coach, official or spectator
- Any act towards an official, player, coach or spectator that is perceived as unsportsmanlike

Any non-administrative technical fouls by the head or assistant coach will go against the head coach. Technical fouls will be accumulative each session. Results are as follows:

- **Player**
 - **2 Technical Fouls in the same game = immediately ejected from the facility and will serve a one (1) game day suspension. Any Flagrant fouls will serve the same penalty as receiving two (2) technical fouls in one game.**
 - **4 Technical Fouls in the season = 2 game day suspension**
 - **5 Technical Fouls in the season = removal from the league with no refund**
 - **If you receive 2 technical fouls in a game and that results in your season total hitting 4, you will receive the 1 game day suspension PLUS the 2 game day suspension.**