



**GLENDALE
SPORTS CENTER**
AT INFINITY PARK®

2024-25

BASKETBALL MENS LEAGUE RULES (RECREATIONAL)

Facility Rules

- Only Glendale Sports members are allowed in the fitness area and weight area. Non-members are allowed on the basketball court no more than 30 minutes prior to game time.
- Only water allowed in basketball gym; no food.

Game Play

- **Team fees are due by the first game or games will be forfeit.** Each player must sign a waiver, and no new players are allowed to play in playoffs or championship games. 10 man roster.
- Each game will consist of 2, 20-minute halves with a running clock. Clock will stop during the last two minutes of game, unless there is a 10+ point difference.
- Games in which one team is winning by 30+ points with less than 10 minutes to the game, will end in a mercy rule. (30 after 30 mercy rule)
- Two 30-second timeouts per half for each team.
- Overtime will consist of one 2-minute stop clock period. If teams are tied at the end of the first OT, a sudden death (first point wins) round will be played. 1 timeout per team.
- Any player with 5 fouls is out for the game.
- Any player that receives 2 technical fouls or is ejected from the game, will be suspended from the next game. Any player arguing with a referee can be ejected.
- Games can start with four players on a team. If a team does not have four players within 10 minutes, they forfeit. Teams forfeiting 2 games will be taken off the game schedule and no refund will be given.
- **Dunking is permitted, but do NOT hang on the rim.** Hanging on the rim during a deadball or dunking will result in a technical foul and given two points to opposing team.

Player/Team Conduct

- Fighting will NOT be tolerated and can result in ejection from the league.
- Excessive arguing, disputes, profanity or abusive language will NOT be tolerated. The referee or league director can give a technical foul. Excessiveness can result in ejection from the league.

Equipment Rules

- No jewelry.
- Basketball shoes that leave marks on the court are not permitted.
- Teams must all wear the same color shirt with non-duplicating numbers. If teams show both wearing dark colors, the Away team will wear jerseys provided by facility.

This league will follow the YMCA philosophy of good sportsmanship, adhering to all rules and playing for the enjoyment of the game. Together, we can make this a successful and enjoyable league.