



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

“To put Christian principles into practices through programs that build a healthy spirit, mind, and body for all.”

Adult Basketball Rules

National Federation of State High School Associations (NFHS) rules apply, considering the following exceptions and clarifications:

League Format

- League consists of an 8-week regular season, followed by a single elimination tournament. All teams will make the playoffs.
- A \$100 deposit will be required at the time of registration. League fees must be paid in full prior to the second game.
 - No refunds will be issued.
- Tournament seed will be determined by overall record. In the event of a tie, tournament seeding will be determined as follows:
 - Head-to-Head results
 - Head-to-Head point differential
 - Overall point differential
 - Least amount of forfeits
 - Least amount of technical fouls
 - Coin Toss

Player Eligibility

- Team rosters must be submitted prior to the first game of the season.
- Rosters are limited to 15 players per team.
- Fill-in players may be used during the season. Players may not play on more than one team.
- Players must have played in 2 regular season games in order to qualify to play in the playoffs.
- All players must be 18 or older to play. Players turning 18 during the session are eligible.

Pre-Game

- Captains must submit their team roster to the scorekeeper prior to the start of each game, including player names and numbers.
 - Each player must have a unique number. One player may use the number 0 if there is no number on the shirt.
 - Teams must have jerseys of like color for each player. Like color will be determined at the referee's discretion.
- Each team must have a minimum of 4 players to start a game. A 5-minute grace period from the *scheduled start time* will be allowed for teams with fewer than 4 players. A 2-0 forfeit will occur after the grace period.
- Any team that will not have enough players for a game must notify the Sports Director 48 hours prior to the scheduled game. The Director will attempt to reschedule the game with the other captain. If the game cannot be rescheduled, it will be a 2-0 forfeit.
 - If notice is not given 48 hours in advance, the game will be a 2-0 forfeit.
 - Any team that forfeits two games in a season will be removed from the league without refund.

Game Time

- Each game will consist of two 20-minute halves.
- The clock will run continuously, with the exception of the last minute of each half. The clock will also stop for team time outs, official's time outs and injuries.
- If a team is ahead by twenty points or more in the *second half*, the clock will not stop on dead balls, except for team time outs, official's time outs and injuries.
- **Mercy Rule** – If a team is ahead by thirty points or more with 5 minutes or less in the game, the game will be ended.
- Half-time will consist of three minutes.
- Each team will receive two 30-second timeouts per half with no carryovers.

Fouls

- Each player is allowed five fouls per game.

Technical Fouls

- Technical fouls will be called for threatening language, excessive/loud profanity, fighting, hanging on the rim, excessive taunting/intimidation of officials or other players, and at the discretion of the officials.
 - Any player or coach that starts a fight will be removed from the session and required to meet with the Sports Director before being allowed to play in any future session. Reinstatement is not guaranteed.
- Individuals and teams will be removed from games, suspended or removed from the session without refund, based on the following limits:

Technical Foul Limits

Penalty	Individual	Team
Sit for two game minutes	Each Time	
Removal from game	2/Game	
1-Game suspension	2/Session	
Removal from session w/o refund	4/Session	8/Session

Dunking

- Dunking is allowed only **during** a game. Any player that hangs on the rim, as deemed by the officials, will receive a technical foul.
- Dunking is **not allowed** before the game, during any dead balls, or after the game. Players doing so will receive a technical foul.

Overtime

- If the game is tied at the end of regulation, a two minute overtime will be played. The clock will run continuously, with the exception of the last minute. Each team will receive one 30-second timeout.
- If the first overtime ends in a tie, there will be a sudden-death overtime. The first team to score will win. Each team will receive one 30-second timeout.

Game Ball

- The game ball will be provided by the YMCA. An alternate ball may be used if both teams agree.

Conduct and Sportsmanship

- Team captains are responsible for the conduct of themselves, their fans and their players.
- Sportsmanlike behavior is expected from all coaches, players and spectators at all times. Warnings will be given, except in extreme cases, to any individual that is not acting in an appropriate manner. Technical fouls will be assessed if unsportsmanlike behavior continues.
- Examples include, but are not limited to, intimidating officials, players, and coaches, persistent arguing, taunting, swearing, pushing and fighting.
- Fans that are asked to leave the gym will not be allowed back for future games. Captains must provide the individual's name to YMCA staff or the game may be suspended.

Uniform

- All participants must be wearing athletic clothing and non-marking gym shoes to participate. Teams must wear like colors with numbers on the back of the uniforms.
- No jewelry except for smooth wedding bands may be worn during the game. If a player has stud earrings that cannot be removed, they must be covered up.