



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT BASKETBALL LEAGUE RULEBOOK

BEHAVIOR POLICY

- The YMCA will enforce a ZERO TOLERANCE policy pertaining to profanity, fighting, or any other unsportsmanlike conduct.
- Unacceptable behavior may result in EJECTION from the game and/or facility for players and/or SUSPENSION for any and all future league games.
- Spectators may also be asked to leave the court and/or facility for inappropriate conduct. Decisions made are at the discretion of game officials and/or other YMCA employees.

LEAGUE FORMAT

- Each team will play six games during the season followed by a single elimination tournament.
- Games will be held each Monday at 5:30, 6:30, or 7:30 PM.
- Additional nights may be scheduled for make-up games in the case of cancellations.
- Teams will be seeded based on their records prior to the start of the tournament.
- In the event of a win/loss record tie, the team with the highest point total throughout the regular season will take the higher seed.
- Teams may have no more than 10 players listed on their roster.
- Roster changes will be allowed only until Week 3; by Week 4, the roster will be set and no players can be added.

LATE ARRIVALS AND FORFEITS

- A team may start a game with four players.
- Late arrivals must first check in, and then are eligible to play at the first dead ball.
- A team is allowed a 5-minute grace period after the official start time of the game to field a team.
- The game will be forfeited if the minimum number of players for a team is not met after the 5-minute grace period.
- Please notify cwilliams@fayetteymca.com by 4 PM on game day should you have to forfeit due to shortage of players.
- If a team fails to notify the YMCA that they will forfeit prior to 4 PM that team will lose a total of 15 points from their total on the season for each occurrence.
- In the event of a forfeit, the team with a full team present will receive the average of their offensive output as their score for that game so they are not at a disadvantage for receiving a forfeit.

GAME RULES

- All games will consist of two 20-minute halves with a continuous clock. The clock will be stopped during the last two minutes of the second half for any dead ball.
- Each team will have three timeouts per game and one timeout during each 3-minute overtime period. Remaining timeouts will not carry over into overtime.
- During overtime periods, the clock will stop during the last minute for all dead ball situations.
- The clock will not be stopped in the last 2 minutes of the second half if the point difference between the teams is 20 or greater.
- Substitutions may be made on dead ball situations, after the first shot during a two-shot foul, and before the first shot on a one-and-one.
- Dunking is not permitted. It is an automatic technical foul and the basket will not count.
- Teams will shoot one-and-one on the 7th team foul of each half.
- Beginning with the 10th team foul of each half, teams will be awarded two shots on each foul.
- A player is disqualified upon obtaining their 5th foul.

TECHNICAL FOULS AND FIGHTING

- Any player who receives two technical fouls in one game will be ejected from the game and shall leave the premises for the remainder of the day and must sit out the following game as well.
- Any player, who receives a total of three technical fouls for the season, including the tournament, will be disqualified for the remainder of the season, including the tournament.
- Technical fouls will be called at the discretion of the officials. Berating the officials will lead to ejection of the game.
- Any player involved in a fight with any player or spectator will be ejected from the game and disqualified for the remainder of the season, including the postseason tournament.

REQUIRED OF ALL PARTICIPANTS

- All teams must furnish their own shirts/uniforms if they so choose.
- Tennis shoes or basketball shoes must be worn by all participants meaning open toed shoes are prohibited.
- Jewelry is prohibited during the game.

QUESTIONS

- Any questions regarding rules, referees, and game scheduling please contact cwilliams@fayetteymca.com