



YMCA ADULT BASKETBALL RECREATIONAL LEAGUE RULES

<REVISED: December 1, 2009>

**Ohio High School Basketball Rules will be enforced unless altered below*

ROSTERS

- > Limited to 10 players
- > No changes may be made to a roster following a team's *third* regular season game

UNIFORMS

- > All teams must provide their own *numbered* game jerseys of uniform color. If teams are wearing like colors, it is the responsibility of the Home Team to change their jerseys.

FOULS / VIOLATIONS

- > All games are call your own fouls and violations. The offensive player is responsible for calling fouls until the last minute of the game when either team may call a foul. Other violations (traveling, double-dribble, etc.) may be called by the defensive team. There are *no* 3-second lane violations. Any foul or violation that occurs (*other than the last minute of the game*) will result in a check-ball.

- > Any player fouled in the *last minute of the game* will be awarded one foul shot. If a player is fouled in the attempt to make a two-pointer, two foul shots will be awarded.

- > Nobody fouls out in regular season play.

- > The following violations will result in a *Technical Foul* with the opposing team being awarded one foul shot and possession of the ball:

- 1) Slamming or throwing the ball.
- 2) Slamming the backboard or hanging on the rim/net.
- 3) Intentional violent fouls.
- 4) Profanity or abusive language.

A second Technical Foul against the same player will result in a suspension from the game.

- > Arguing or fighting will *NOT* be tolerated. Any participant *INVOLVED* (no matter who "started it") in a fight will be banned from the league for the remainder of the season and no refunds will be issued

SCORING

- > Baskets will be worth one-point unless made from beyond the "three-point" arc, then two-points will be awarded.

START OF PLAY

- > Games will begin at the scheduled time (no grace period).
- > Games can be played with three players, but less than three players is a forfeit
- > The game starts with the "Guest" team getting the ball and checking it at the top of the key and the second half begins with the "Home" team getting the ball. A checked ball must be passed into play (cannot dribble after checking).
- > Jump balls go to the defense
- > Teams may only substitute during dead ball situations

GAME DURATION

- > All games will be (2) 20-minute halves. Clock will only stop on dead balls in the last minute of the first and second halves. Half time: 5 minutes.
- > Each team will receive (1) 90-second timeout per half. Unused timeouts do not carry over.
- > If there is a tie at the end of regulation time, a 5-minute overtime period will be played to determine the winner. A coin flip will determine who receives the first possession. Each



team will receive one timeout during the overtime period.

- > If there is still a tie at the end of the first overtime period, teams will play a second 5-minute overtime period. A coin flip will determine who receives the first possession. Each team will receive one timeout during the second overtime period.
- > If there is still a tie at the end of the second overtime period, teams will participate in a "Foul-Line Shoot-Off". This will be a "sudden death" shoot-off, meaning if the first player misses and the opposing player makes their shot, then the second team would be declared the winner. If both shooters make or miss their shot, the shoot-off will be continued with a different shooter until a winner is determined. A coin flip will determine who will shoot first.

LEAGUE TOURNAMENTS

- > Players must participate in *one* regular season game to be eligible for the league tournament
- > Referees will be used for League Tournament play only.
- > Fouls will be recorded and five fouls will result in a "foul out" of the player responsible.
- > League Tournament will be Single-Elimination and will follow the regular season games
- > Tournament Seeds will be based on regular season records
- > Tie-breakers will be: 1) Head-to-head results; 2) Points against; 3) Point differential
- > If there is a tie at the end of regulation time, a 5-minute overtime period will be played to determine the winner. A coin flip will determine who receives the first possession. Each team will receive one timeout during the overtime period.
- > If there is still a tie at the end of the first overtime period, teams will play a second 5-minute overtime period. A coin flip will determine who receives the first possession. Each team will receive one timeout during the second overtime period.
- > If there is still a tie at the end of the second overtime period, teams will participate in a "Foul-Line Shoot-Off". This will be a "sudden death" shoot-off, meaning if the first player misses and the opposing player makes their shot, then the second team would be declared the winner. If both shooters make or miss their shot, the shoot-off will be continued with a different shooter until a winner is determined. A coin flip will determine who will shoot first.

***You are expected to treat your opponents, teammates, YMCA employees and anyone involved in the league with the utmost respect. This will be a friendly, recreational league and any negative activities will not be welcomed.
Remember, we are here to have fun!***

Any questions need to be addressed with the Program Director:



BRIAN ROSEBERRY
740-947-8862
broseberry@pikecountyyymca.org