

YMCA ADULT BASKETBALL RECREATIONAL LEAGUE RULES

<REVISED: April 6, 2011>



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.

SUBSTITUTIONS

Teams may only substitute during DEAD BALL situations. Please note that a made basket is NOT considered a dead ball. Players must report to the scorer's table before subbing in.

SCORING

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

GAME DURATION

- All games will be (2) 20-minute halves. Clock will only stop on dead balls in the last 2 minutes 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. 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. Each team will receive one timeout during the second overtime period.
- We will continue with the 5-minute overtime periods until a winner is declared. As well as a timeout will be received by each team per overtime period.

LEAGUE TOURNAMENTS

- Players must participate in *one* regular season game to be eligible for the league tournament
- 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

LEAGUE RULES

- Rules and regulations for league play will follow that of Ohio high school basketball rules.
- Fouls will be recorded and five fouls will result in a "foul out" of the player responsible.
 - o Fouls that occur during a 2-point field goal attempt will be awarded two free throws
 - o Fouls that occur during a 3-point field goal attempt will be awarded three free throws
 - o Occurrence of seven team fouls will award one and the bonus free throws.
 - o Occurrence of ten plus team fouls will award "double bonus" of two free throws

- 10-second backcourt violation. 5-second count on ball handler and inbounds. 3-second violation in the key.
- No “check ins” at the top of the key following dead balls. All plays following dead ball situations will be in bounds on either of the baselines or sidelines at the referee’s discretion.
- Start of each game will be initiated by a “jump ball” at mid-court conducted by the referee.
- “Jump balls” or “tie ups” will be maintained by possession arrows

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

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 activity 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:



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