



Please read all rules so that you understand and follow them in the games. Team captains are responsible for making sure their players have read the rules.

ADULT BASKETBALL RULES AND REGULATIONS

GENERAL ELIGIBILITY AND REGISTRATION

- A. Team fee is due when turning in the registration form. All current player fees and signatures must be received prior to the start of the first game.
- B. No player is allowed on the playing surface prior to signing the waiver release form and paying the annual Player's Package/Membership Fee. Violation of this rule will result in a forfeit for every game in which the ineligible player has participated.
- C. Participants should have adequate health and accident insurance coverage to cover any injury that may occur.
- D. A player cannot be registered with more than one team playing in the same league.
- E. A player must be 17 years of age or older to play in the league.
- F. Basketball at the YMCA Sports Center is intended to be enjoyable for all. Please display good sportsmanship at all times. Rough play or bad language will not be tolerated and may result in facility dismissal.
- G. Failure to abide by all league and facility rules will result in your team being dropped from the league.

TEAMS

- A. A full team consists of 5 players. Teams must field a minimum of four (4) players at all times.
- B. Make sure you have adequate substitutes and compensate for players who may have conflicts. The maximum number of players on any given roster is 12 players.
- C. Teams must only use players on their roster. Players may be added to the roster during regular season play. Absolutely no additions or substitutions may be made for playoff games. A player is eligible when their team fee and player's package are paid in full and they have signed the league waiver.
- D. If a team (at least 4 players) fails to arrive within 5 minutes of the designated start time, the game will result in an automatic forfeit. If a team captain knows the team will be late or cannot show, they are responsible for contacting YMCA Sports Center in advance. Any neglect will result in the team being dropped from the league.
- E. Team members are expected to sit in the chairs provided for their team. No players may be standing on the sideline or in front of those chairs.

ATTIRE

- A. Only regular indoor athletic shoes may be worn.
- B. All team members must wear jersey tops of the SAME color and each jersey must have a number on it without a team duplicate. Please bring a light and dark shirt for each game unless your team has a designated matching shirt color.
- C. A player shall not wear anything that is dangerous to themselves or others. Jewelry, earrings, and other accessories are prohibited.

GENERAL RULES

- A. Games consist of two 20-minute halves with continuous clock.
- B. Clock will stop for the final 2 minutes of only the second half, for dead ball situations (unless a team is winning by 25 points or more). The clock will also stop for:

1. Timeouts
 2. Technical Fouls
 3. At official's discretion
- C. There will be a 5-minute break between halves.
- D. Each team is allotted two (30 second) timeouts per half. Timeouts cannot be carried over to the second half or overtime.
- E. Substitutions may be made on any dead ball.

OVERTIME

- A. Overtime will consist of 3 minutes. A second overtime will consist of another 3 minutes.
- B. Clock will be stopped at all dead balls.
- C. Each team will receive one timeout per overtime.

FOULS

- A. Each player is allowed up to 5 fouls per game. After 5 fouls are committed, the player will not be allowed to continue play.
- B. The bonus rule goes into effect on the seventh (7) team foul of each half.
- C. At 10 team fouls, double-bonus free throws are awarded.
- D. Free throws will be played once the ball is released from the shooter's hand.
- E. Technical fouls will result in an automatic 2 points for the opposing team and possession of the ball.

OFFICIALS/SPORTSMANSHIP

- A. If the referee witnesses any cheap shots, overtly physical contact or any un-sportsmanlike act, the referee may stop the game, and a warning or personal foul will be issued. Any additional misbehavior will result in ejection from the game and possibly a game suspension or league ejection. Officials have the authority to elevate the penalty at any time due to the degree of misconduct.
- B. Any person ejected from a game may serve an additional game suspension or be dropped from the league under the discretion of the Sports Director.
- C. Games are designated two officials but in the event of an emergency, the game will be played if only one official is present.
- D. Officials have full control. Captains may respectfully address concerns with the officials during timeouts, halftime or after the game. Captains are not only expected, but also instructed to assist the officials in controlling their players at all times.**

League tie-breakers are as follows:

- **Head-to-head competition**
- **Point differential**
- **Points against**
- **Points for**

ALL OTHER WIAA RULES WILL APPLY!