



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

**GREENWOOD FAMILY YMCA  
ADULT BASKETBALL RULES  
(January 2011)**

ALL YMCA LEAGUES ARE ORGANIZED FOR THE SOLE PURPOSE OF PROVIDING FRIENDLY, HEALTHY COMPETITION BETWEEN PARTICIPANTS INTERESTED IN SPORTS. ARGUMENTS, VERBAL OR PHYSICAL ABUSE OF OTHERS AND OTHER SUCH DISRUPTIVE BEHAVIOR HAS NO PLACE IN OUR LEAGUES AND WILL NOT BE TOLERATED.

We ask that every participant accept the following guidelines for play to help assure an enjoyable basketball season. This league is for 18 years of age and older.

**GENERAL LEAGUE GUIDELINES**

1. No food, drink, alcohol, or tobacco products (smoking or chewing) will be allowed in the YMCA or on its premises.
2. Anyone caught with alcohol or intoxicated will be banned from the league. Spectators will have to leave the gym.
3. At the first coaches meeting, each team will need to send a coach, have a roster and pay the fee.
4. Jersey colors will be picked at the coaches meeting. If a color is already chosen and another team still chooses that color, then the team that chose the color second must have an alternate color (with number) when playing that team. THE YMCA STRONGLY RECOMMENDS REVERSIBLE JERSEYS WITH NUMBERS ON BOTH SIDES. THE YMCA WILL NOT PROVIDE PENNIES.
5. **Everyone must be wearing their team MATCHING jersey. All jerseys must have numbers on the front and back. No jersey-no play. No numbers-no play. No taped numbers.**

**OFFICIALS AND PLAYER CONDUCT**

1. Official high school rules govern the league with a few modifications to follow. The league director has the right to make the final decision on any rule.
2. ***Free throws – you are allowed to enter the lane after the ball has been released. You do not have to wait for it to hit the rim.***
3. Officials may not always be right, but more often than not they make accurate decisions. Either way, the officials' decisions are final. No verbal or physical abuse of officials or other players will be tolerated.
3. Every effort will be made to have certified referees at all games.
4. All players are expected to conduct themselves in a mature manner. Foul and abusive language is not in keeping with the principles and philosophy of the YMCA. Any actions deemed unnecessary can possibly lead to expulsion from the league.
5. If a player receives one flagrant technical foul, ***he/she owes the YMCA \$25.00*** and will be ejected for the remainder of the game. The player will not be allowed to play again until the next game and only IF they have paid their \$25.00. If a player receives two flagrant technical fouls in the season, he/she and will be ejected from the league for the season.
6. Each game will begin with a team prayer with both teams meeting at mid-court. Verbal team prayer is led by the home team.
7. Only the coach may approach the scorer's table and that can occur only when the clock is stopped.



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**ROSTER**

1. Each team must submit a roster no less than three days before the first game.
2. Rosters must be turned in on the YMCA roster form.
3. Rosters are limited to 15 players. If the coach intends to play, he must be included in the 15.
4. Rosters are frozen at the beginning of the second game.
5. Rosters will be checked and cleared for eligible players by the YMCA. If a player is not an employee (per the Human Resources Director) OR church member/regular attendee (per the Pastor), they will not be allowed to participate in the league.
6. Once the rosters have been locked, no names can be added.
7. ID's will be collected at all games. **BE SURE TO BRING A DRIVERS LICENSE OR WORK ID TO ALL GAMES.** If you forget your ID and are checked, you WILL NOT be allowed to play in that game. If someone is found to play under another player's name, both players will be suspended from the league. **ID's must be put on scorers table prior to the game, this will be used to verify who is playing in that game.**
8. **IDENTIFICATION IS REQUIRED** – Every player is required to have a photo ID, either driver's license or company ID, with them at ALL games. We will spot check every team at each game. If a player is checked and does not have his/her ID, they will not be allowed to play.
9. **PLAYER FALSIFICATION** – If a player is found to be playing under another player's name, the team will receive a technical and that player will be dismissed from the league for the remainder of the year. The team will then be required to pay the \$6 technical fee before that team will be allowed to play their next game.
10. **GAME CHECK-IN** – Each coach must check-in his/her team at the scorers table at least 10 minutes before each game. Please check that all player numbers are correct and who is in attendance at that night's game. If the coach does not check-in his/her team, a team technical foul will be called at the beginning of the game and a fine must be paid.

**SPECIFIC GAME MODIFICATIONS**

1. **NO DUNKING.** All dunks will result in a technical foul.
2. All games will start at the posted game time. However, a five minute grace period will be given after the schedule time of the start of the game.
3. A team must begin play with five players.
4. No back court press with a thirty point or more lead. When the lead falls below thirty points, teams can press again.
5. We will play two 20 minute halves with a continuous clock. The clock will stop during all dead balls within the last two (2) minutes of the second half.
6. Each team is entitled to 5 timeouts per game, consisting of 3 full (60) second and 2 (30) second timeouts.
7. An overtime period will last 3 minutes.
8. One and one free throw situations will occur on the 7<sup>th</sup> team foul each half. Double bonus will occur on the 10<sup>th</sup> team foul each half.
9. All substitutes must report to the scorer's table during the game.
10. If your team forfeits two scheduled games during the season, your team will not be eligible for the tournament.
11. All protests must be submitted in writing to the Sports department within 24 hours of the game in question. [screglow@greenwoodymca.org](mailto:screglow@greenwoodymca.org)