



YMCA Adult Basketball League

Official Rules and Regulations

League Mission

The YMCA Adult Basketball League is designed to promote physical fitness, healthy competition, and a positive environment where participants can stay active, build community, and enjoy the game of basketball.

Our league emphasizes sportsmanship, community, and a commitment to fair play. Whether you are looking to stay in shape, reconnect with the game, or compete at a high level, the YMCA provides a welcoming and organized setting for adults of all skill levels.

League Structure

- Game- only program. 7 week season; 5 regular season games, 2 weeks of playoffs.
- Each team is guaranteed a minimum 6 games, maximum of 9.
- All games will take place on Wednesday evenings starting at 5pm. Game times will be 5pm, 6pm, and 7pm.

Registration Process

- *See website for important dates and registration windows.*
- **Team Registration:** A two-week registration window will be open for teams to register.
 - All players on the team **MUST** register and pay their registration fee in full within the two-week registration window to secure their spot on that team.
- **Free Agent Registration:** Following the 2-week Team registration window, Free Agent registration will be open for 2 weeks or until capacity is reached (60)
 - Free agents will be placed on teams based on roster availability and overall balance, on a first come, first served basis.
- **Late Registration:** If space remains after the initial registration periods, late registration will be available at an increased price.

Behavior Code of Conduct

- All participants and spectators are expected to uphold the YMCAs core values of Caring, Honesty, Respect, and Responsibility at all times. Failure to meet these expectations may result in disciplinary action.
- All participants and spectators in attendance are expected to uphold the YMCAs mission and core values of Caring, Honesty, Respect, and Responsibility at all times.. In order to maintain a safe and positive environment, those who fail to follow these guidelines may

be asked to leave the facility and could be subject to further disciplinary action at the sole discretion of the YMCA.

- Unsportsmanlike aggression, arguing, foul language, or taunting is not permitted.
- All players, coaches, and spectators are expected to display positive behavior and good sportsmanship at all times. Failure to comply will result in disciplinary action.
- There will be a ZERO tolerance for fighting. Any fighting (verbal or physical) is grounds for immediate removal of the ENTIRE team at the discretion of the YMCA.
- Profanity, swearing or aggressive trash talking will be an unsportsmanlike-technical foul up to the discretion of the referee. Second offense will be an ejection from the game. Players ejected during a game will automatically be suspended from the next game also.
- Officials' decisions are final; questioning judgment calls will not be tolerated.

Team Rosters

- Each participant must register through the YMCA and pay the full registration fee before they can participate in the league.
- Rosters must be a minimum of 5 players and a maximum of 12.
- Rosters will be final a week prior to the start of the league, with no additions without approval from the YMCA Director's approval.
- Based on overall program registration numbers, free agents (individuals who register without a team) will be placed on rosters with available openings. This helps provide opportunity for all participants while maintaining balanced roster numbers across teams.
- Uniforms will not be supplied. Team shirts or jerseys are encouraged.
- Uniforms must be appropriate and in accordance with YMCA dress-code policies.

Subs/Alternates Players Policy

- Substitute players may only be used if a team has five (5) or fewer players present at game time.
- A substitute may participate in one (1) game at no cost. If the player chooses to continue playing beyond that game, they must complete registration and pay the prorated fee for the remainder of the season.
 - In unique circumstances or other unforeseen situations, additional substitutes or alternates may be approved at the discretion of the YMCA Director.
- There will be NO sub players allowed during playoffs unless they have previously played and paid the registration fee prior to playoffs.

Gameplay

- Two 20 minute halves, running clock.

- In the final two minutes of the 2nd half; clock will stop for fouls, violations, free throws, and out of bounds, unless the winning team is up by 15 or more.
- Clock will be operated by YMCA staff or a non-active program participant.
- Substitutions can be made only during a dead ball.
- 2 time outs per half. Each timeout will last 30 seconds. One additional timeout will be allowed to each team in the occurrence of overtime taking place. Timeouts will not carry over into overtime.
- 2 minute overtime period with possession of the ball at the start of the period determined by coin flip or Rock/paper/scissors.
- Successive one minute periods until the tie is broken.

Dunking Policy

- **NO DUNKING.** Dunking is not permitted. A dunk is defined as any play in which a player grabs the rim and/or hangs on the rim during or after attempting to score.
- A dunk or dunk attempt—as defined above—will automatically result in a technical foul.
- A second dunk or dunk attempt, the player will be ejected from the game and may face additional consequences at the discretion of the YMCA.

Scoring

- All field goals made inside the three-point line will count as two (2) points.
- Field goals made from beyond the three-point line will count as three (3) points.
- Each successful free throw will count as one (1) point.
- Games will start with a jump ball, after which alternating possessions will apply during a tie up.
- Game clock, score-keeping, and fouls will be operated and tracked by YMCA staff or a non-active program participant.

Fouls and Officiating

- - Two officials will be present for each game.
- - A foul committed in the act of shooting will result in free throws being awarded.
- - A non-shooting foul will result in the offended team being awarded or maintaining possession of the ball.
- - 5 foul limit. A player is fouled out once they have reached 5 fouls against them. If a player fouls out, he is no longer allowed to participate in the remainder of the game.
- - After a team commits 7 fouls in a half, the opposing team will enter the bonus.
 - - The offended player will shoot a one-and-one free throw opportunity (must make the first to attempt the second).
- After a team commits 10 fouls in a half, the opposing team will enter the double bonus.

- The offended player will shoot two free throws for each additional non-shooting foul for the remainder of the half.
- Team foul counts reset at halftime.
- Bonus and double bonus situations apply separately to each half.
- A technical foul results in 2 free throws and possession to the free throw shooting team. Two technical fouls on a player in the same game results in disqualification for the remainder of the game and will be reviewed by the YMCA Director before player can return. Flagrant Fouls are automatic ejection and will also be reviewed before player can return.
- Profanity, swearing or aggressive trash talking will be an unsportsmanlike-technical foul up to the discretion of the referee. Second offense will be an ejection from the game. Players ejected during a game will automatically be suspended from the next game also.
- Officials' decisions are final; questioning judgment calls will not be tolerated.

Closing Statement

We look forward to a great season of competition and community! By participating in the YMCA Adult Basketball League, you are committing to a positive environment centered on physical fitness, sportsmanship, and fair play. Thank you for your cooperation and for helping us uphold the values and integrity of the YMCA and to ensure a safe and enjoyable experience for all players and spectators.