

ADULT BASKETBALL LEAGUE RULES AND PROCEDURES

Updated 03/19/2019

National Federation of High School Associates (NFHS) and AIA Rules in effect unless noted.

I. YMCA

a. MISSION STATEMENT:

The YMCA of Southern Arizona is dedicated to improving the quality of human life and to helping all people realize their fullest potential through the development of spirit, mind, and body.

b. LEAGUE INTENT:

Ott YMCA Family YMCA Adult Basketball League was created to provide athletic opportunities to adults in our community.

II. REGISTRATION

a. AGE GUIDELINES:

The YMCA Adult Basketball League will be open to all participants over 18. No one under the age of 18 is allowed to participate. NO EXCEPTIONS

b. TEAM REGISTRATION AND ROSTER:

Each individual on the team roster must have a waiver signed (on back of team form or we have extras). This information will be collected by the team captain and turned in as a team. Team cost is \$450.00 Per Team (12 player maximum) however only 10 players may be put in the scorebook to participate in each game. Roster freeze is in effect after tip off of the team's third game of the season. To be considered on the roster a registration player must sign for their spot or it must be approved by the Program Director before the deadline. Adding players must be done prior to the start of team's 3rd game of season. Teams may apply for the director's exception to this rule.

Once a player is listed and signs on the roster they reserve a spot and cannot be removed. You have 12 roster spots total.

Players are eligible to play on up to 2 teams in each League. They must be listed on the roster and have a signature by the team's 3rd game. The player must select which team they will play on come playoff time by 1st game. If they do not identify their choice they will place on the team based off a coin toss. If the player receives a technical foul they will not be eligible to continue playing with the both teams. They will be limited to playing with the team they were playing for at the time of the technical foul.

III. LEAGUE DESIGN

a. GAME SCHEDULE:

Non-Competitive(Recreational)

Each season will be a minimum of 6 regular season scheduled games.

THERE IS A POST SEASON TOURNAMENT. Teams will only qualify for tournament if they have received no more than 2 unsportsmanlike technical fouls in a season. There will be no rescheduling of games. Teams that cannot make their game will forfeit.

Playoffs will be made up of two brackets, Gold and Silver. Placement of teams will be determined by results and staff feedback. Brackets may be split in anyway and not all team may qualify for playoffs. Team that qualify for play offs will play a minimum of 1 playoff game.

Elite League

Each season will be a minimum of 6 regular season scheduled games.

THERE IS A POST SEASON TOURNAMENT. Teams will only qualify for tournament if they have received no more than 4 unsportsmanlike technical fouls in a season.

Single elimination tournament to determine a league champions will be played by all participating teams of the league. There will be no rescheduling of games. Teams that cannot make their game will forfeit.

Team that qualify for play offs will play a minimum of 1 playoff game.

Top 8 teams make the single elimination playoffs.

b. FACILITY USAGE:

Usage of the facility is essential to our program. All coaches, players and spectators are required to abide by the following policies:

1. No food or drinks, except water allowed in the gym.
2. Areas other than the gymnasium are off limits to all participants, spectators and players.

c. TOURNAMENT SEEDING:

The win-loss record for each team will determine seeding for the tournament. In the case of a tie, two criteria will be used to determine the tiebreaker. In the event that each team does not play an even amount of games Win % will determine seeding and in the event of a tie we will use the below criteria. Balance or strength of schedule will not be a determining factor at all.

1. Team that received the lower number of unsportsmanlike technical fouls during the season, these are the tech that carry a \$20 fine.
2. Head to head competition results (if 3 teams are tied and have each lost to one of the other teams. We move to #3)
3. Total points scored in the season
4. Coin flip

d. EQUIPMENT:

1. The YMCA will furnish game clocks and score sheets. The YMCA will be responsible for supplying a Full Size (29.5') game ball.
2. Players are required to wear jerseys/shirts, of matching colors, which allow for home or guest designation.
3. Players are required to wear athletic shoes that do not leave marks on the gym floor.
4. No Jewelry, necklaces, bracelets or other objects that can be pulled on are allowed.

e. JERSEY SPECIFICATIONS:

Each team is responsible for selecting and providing matching colored uniforms for their players. Jerseys must be of similar color. Black= Navy and Royal Blue. If a jersey is not of similar color the player may play but the team will be assessed a technical foul once that player enters the game.

Uniforms must be jerseys or the tank or cap sleeve style. Any other style must be approved by Sports Director. T-shirts with numbers are not allowed.

Reversible jerseys are recommended, but separate home-and-away jerseys will also be acceptable.

Home color must be white (any other color must be approve by director). Away color shall be left up to the discretion of the team.

All jerseys must have a number on one side of the jersey (front or back). If the jersey has no number they are not eligible to play. All numbers must be screened onto the uniforms. Tape or markers will not be acceptable forms of presenting numbers on uniforms.

Double 00 and single 0 is allowed, but not both on the same team. **If a team has two of the same number they will be assessed a technical foul upon the players entrance into the game.**

Player must wear athletic shorts. No cloth/belt loops/denim allowed.

f. FORFEITURE:

There will be no rescheduling of games.

Teams may begin play with four participants on the floor. Play will begin no later than 5 minutes after the official game time. If a team does not have 4 players to start at 5 minutes after that team will receive a forfeit loss.

Forfeiture means that no game will be played therefore referees will not be provided for a "scrimmage."

All Player should be listed in scorebook

IF A TEAM FORFEITS MORE THEN 2 GAMES THE TEAM WILL AUTOMATICALLY BE REMOVED FROM THE SCHEDULE WITHOUT REFUND. SEE PLAYOFF ELIGIBILITY FOR FORFEIT ADDITIONAL FORFEIT RULES.

SINCE SCORING IS A TIE BREAKER A SCORE OF 60-0 WILL BE GRANTED TO THE WINNING TEAM SO THAT THEY ARE NOT PUNISHED.

g. FAN CONDUCT AND SPORTSMANSHIP:

All coaches, parents, and spectators shall remain outside the basketball court.

Fans should remember that only positive comments are appropriate in the Basketball setting. In situations where a coach, player, or a spectator disagrees with an officials call please keep in mind that officials control the game and the decisions of the officials are final. Team Captains are responsible for the conduct of their coaching staff, players and fans. Since all Captains are required to be YMCA facility members you can loss your membership as a result of any negative actions caused by your team.

**Fans are there to support you cheer on your team. There should never be a time they portray negativity towards the officials or other participant in the league.

THESE RULES WILL BE ENFORCED:

1. Fans, coaches, and players will be warned and counseled about their inappropriate behavior.
2. If the behavior continues the person will be asked to leave the facility immediately and the responsible team may be assessed a technical foul. (Technical fouls result in an automatic two free throws and possession of the ball for the opposing team)
3. If the individual refuses to leave, the game will be stopped with the responsible team forfeiting of the game.
4. Whenever an individual is removed from a game and removed from facility they will no longer be able to attend any of the games for the rest of the season. If there is a violent act committed the individual and/or team will be dismissed from the league permanently. The responsible team(s) will not be allowed to participate in this league and will not receive a refund.
5. Following a suspension, the individual may receive a suspension from all YMCA activities permanently.

h. PROTESTS:

1. Protests will only be considered when submitted in writing, including a description of the events, and given to the adult sports director. The Sports Director will review the protest. If it is determined that the protest invalid, the team will receive a one seed drop for the season-ending tournament.
2. Technical fouls are not eligible for protest as official's decisions are final.
3. Ejections are not eligible for protest, as the official's decisions are final.

IV. PLAYING RULES

The Ott Family YMCA Adult Basketball league will use, in general,

a. GAME CLOCK:

(2) 20 minute halves – First half will be a running clock. Second half time will only stop during the last two minutes, but only if the score is **15** points or less. Game Clock will start no later than 5 minutes after posted game time.

b. TIMEOUTS

Each team will be given 4 (Four) 60 second timeouts per game.

Ball will be brought in at half court when a timeout is called in the last minute of the game.

c. OVERTIME (1st and 2nd overtime)

-Three minute overtime will be played. Each team will be allowed one, 60-second timeout during the overtime period. Timeouts do not carry over. The clock will stop only under 1 minute for all whistles during the overtime period.

- The clock will stop only under 1 minute for all whistles during the overtime period.

-A jump ball will start all overtime periods.

OVERTIME (3rd)

-One (1) minute overtime will be played. Teams do not receive any timeouts in these overtime period. The clock will stop only under 1 minute for all whistles during the overtime period.

-A jump ball will start all overtime periods.

OVERTIME (4th OT or above)

-One (1) minute overtime will be played. Teams do not receive any timeouts in these overtime period. The clock will stop only under 1 minute for all whistles during the overtime period.

-TEAM THAT SCORES THE FIRST POINT WINS

-A jump ball will start all overtime periods

d. SUBSTITUTIONS:

Substituting players will only be recognized after they have reported to the scorekeepers table and check in. After checking in they must have a seat on the floor in front of the table until the officials call them into the game.

e. FOULS:

- 5 Personal Fouls you will be out of the game

- 7 Team Fouls – 1 and 1

- 10 Team Fouls – Double Bonus

Players may enter the key on a foul shot at the release of the ball from the shooters hand.

Technical Fouls:

All technical fouls will result in 2 shots and the ball for the opposing team.

Technical fouls are issued to players that have grossly violating either a rule of basketball or a policy of the YMCA. Technical fouls will not be tolerated and thus will carry a heavy penalty. Fines do not apply for administrative technical fouls like 6 men on court or scorebook issues.

A player that receives one technical (non-violent or non-language) foul will need to come out for at least one dead ball and will remain ineligible (they can not play at all) until a penalty fee of \$20 is paid and receipted with the staff. Once that fee is paid the player is eligible for play. So if a player receives a technical foul they can not re-enter that game or play in another game until the penalty fee is paid.

If the player receives a 2nd technical foul in the same game they will be ejected and can be removed from the league without refund at the discretion of the sports director. If a player receives one technical foul due to a violent act or foul language that player is suspended that game and will serve a one game suspension or possible removal from league. Violence, aggression and bad language have no place at the YMCA and thus will not be tolerated. If a player receives more than 2 technical fouls in a season they will be removed from the league without refund. In addition the team may be dropped from the league. We have a “Zero Tolerance Rule” for violence on the court.

f. **BENCH MANAGEMENT/SEATBELT RULE**

Players on the bench are asked to be seated the entire time. If players need to stand they can stand behind the chairs. At no time is the bench allowed to leave the chair to criticize the officials or a decision on the court. Other than the actual players on the roster, no other individuals can be on a team bench or seated on the scorekeepers side of the sideline at any given time. Only the captain is permitted to ask for clarification of a call and it must be during a time out or at halftime. Any captain/coach that receives a technical foul will be asked to remain seated for the remainder of the game and will not be eligible to play the rest of the game.

g. **ZERO TOLERANCE RULE:**

If any violent acts occur during any given game, that player will be removed and the entire team may be taken out of the league with NO REFUND. This is a ZERO TOLERANCE POLICY; there are no exceptions to violence within the YMCA or this league.

IF AT ANY TIME DURING THE SEASON, LEAGUE PARTICIPANTS DO NOT FOLLOW THE YMCA VALUES (HONESTY, CARING, RESPONSIBILITY, AND RESPECT) OR CODE OF CONDUCT. THE PROGRAM DIRECTOR WILL CANCEL ALL TEAMS GAMES FOR THE REMAINING WEEK OF THAT SEASON.

h. In order to qualify to be in the post season tournament teams must meet certain expectations:

- No more than one (1) ejection of people associated with the team in a given season. (coaches, players, parents, etc)
- No more than one (1) forfeit.
- *Competitive League Only* Team accumulates Four (4) or more **BEHAVIOR TECHNICAL FOULS IN A SEASON**
- All participants have been registered through the YMCA.
- Identified as having good sportsmanship by YMCA staff and volunteers.
- Exhibiting the Character Values of Caring, Honesty, Respect, and Responsibility.
- If you are not eligible for playoffs you will not have any scheduled games the last three weeks of season.
- *(Recreational League only Teams will only qualify for tournament if they have received no more than 1 technical fouls in a season.

i. **PRE-GAME RESPONSIBILITIES**

It is the Captains responsibility to fill out the scorebook and include everyone's name and number that will be playing in that evening game. After the game starts any player added to the book will result in a technical foul. This technical foul is not a 1-game suspension type.

Teams are responsible for bring your **OWN** basketball to warm up with. The YMCA will not supply warm up balls to teams and the Game Ball must stay with the officials and/or score table.