

Adult Basketball Rulebook



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rev. 3/20/08

All rules not specifically covered in this rulebook will be governed by the NCAA rules

ROSTERS

- **Rosters are due at the first game of the season.**
 - A new roster must be turned in at the start of each new basketball season.
- A YMCA score keeper will approach each team to collect rosters at the 1st game.
- A maximum of 8 players are allowed on each roster for modified court 4 v 4 games.
- A Maximum of 10 players are allowed on each roster for full court 5 v 5 games.
- Changes to the roster can be made up to the 3rd game of the season.
- After the 3rd game of the season, all rosters are final. Only under special circumstances will late roster additions be allowed. Late roster additions must be cleared through the Athletics Director.
- Individual players may play for only one team per league.
 - No switching of teams during the season.
 - If a team asks another player to sub for them, this **MUST** be approved by the opposing team prior to the game starting **AND** will be an official game.

PAYMENTS

- **Payment is due before teams enter the Gymnasium the second played game of the season.** If a team was scheduled with a bye week one, that team's payment
- If payment is not received before the second week of the season, the team will forfeit its games until payment is made.
- Payments will only be accepted at the front desk by a registration employee or through the telephone registration line at (760)635-3050.

UNIFORMS

- It is extremely helpful AND beneficial to have uniforms for your team. They do not have to be fancy and expensive.
- **After the 2nd played game any team attempting to play with unnumbered jerseys will be PENALIZED 5 points. The game will start 0 - 5**
- **Basketball jerseys are required by each member of the team.**
 - **EACH JERSEY MUST HAVE SOME NUMBER ON IT TO DIFFERENTIATE BETWEEN PLAYERS**
- **ALWAYS bring a white shirt in case your team needs to change out due to similar colors. White shirts MUST also be numbered.**
- Shoes with a non-marking sole are required by each member of the team.

SCHEDULES

- Schedules are issued to the team manager before the season begins.
- Schedules are created in a manner attempting complete fairness to all teams.
- The YMCA **does not** promise an equal distribution of game times amongst the teams participating in the league.
- If a team is not able to make a scheduled game, the game will be recorded as a forfeit loss for that team. However, if a team is unable to make a game due to a change made by the YMCA, the league director will re-schedule the game.
 - Reschedules MAY occur on off nights
- Phone numbers have been provided on each schedule so that managers are able to contact each other in the event of a forfeit.

CODE OF CONDUCT

- The league director will work to maintain an organized basketball league.
- The league director will make the best effort to accommodate all teams with respect to the league guidelines. The league guidelines were created to allow the basketball league to grow in a productive manner.
- The members of each team are subject to the guidelines of the YMCAs of San Diego County.
- Abuse directed to the referees, the staff, and the participants of the league is not tolerated. This type of behavior will result in a suspension from the league – **Minimum suspension 3 games**
- Profane language of any kind will not be tolerated (specifically F-Bombs). Be aware that your voices carry out into the hallways. We are at a family environment and need to act accordingly. **Suspensions will occur with such language.** Phone messages/e-mails sent to the league director must be respectful. Any phone messages/e-mails that are taken as offensive will not be tolerated. Teams may be removed from the league due to the content of their emails.
- **Two Technical Fouls** result in ejection from the game AND gymnasium. Minimum suspension 1 game.

START TIMES

- Games will begin at the scheduled time.
- A **10 minute grace period** will be given to allow for late arriving players.
- Any team that does not have at least 3 players after the 10 minute grace period will forfeit the game.

GAME DURATION

- Games will consist of two 20 minute halves
- **Clock will ONLY stop during the following occurrence:**
 - Games with a scoring margin of 15pts or less in the last 2:00 minutes of the second half.

TIMEOUTS

- Each team will receive two timeouts per half
- Each team will receive one timeout per overtime period
- ONLY team managers may speak with the officials during timeout.

OVERTIME

- Each overtime will consist of a 3-minute period
 - There will **ONLY** be 1 overtime period during regular season games
 - There will be a minimum of 1 overtime period during playoffs until a game winner is determined.

FOULS

- All fouls will carry over AND players who fouled out in regulation MAY NOT return for any overtime period(s)
- A player receiving 6 fouls will foul out of the game
 - **For 4 v 4:** If you have **ONLY** 4 players and someone fouls out, that player may continue to play, but every foul he/she commits after the 6th will be considered a technical foul. **THE OFFICIALS MUST BE NOTIFIED THAT THE PLAYER IS REMAINING IN THE GAME.**
 - **For 5 v 5:** If you have **ONLY** 5 players and someone fouls out, that player may continue to play, but every foul he/she commits after the 6th will be considered a technical foul. **THE OFFICIALS MUST BE NOTIFIED THAT THE PLAYER IS REMAINING IN THE GAME.**
- A technical foul **WILL** count as a personal AND team foul
- A player receiving 2 technical fouls in a game WILL be ejected from the game, must leave the gym, and will be subject to disciplinary review by the Athletics Director.
- Any player and/or coach ejected from the game must leave the premises AND will be subject to further suspension time by the Athletics Director.
- Any player and/or coach ejected from the game due to fighting must leave the premises AND will automatically be dismissed from the league for the remainder of the season. This individual also risks further suspension time beyond a season.
- Any player and/or coach who threatens/intimidates staff or officials will be ejected from the game, must leave the gym AND will automatically be dismissed from the league for the remainder of the season. This individual also risks further suspension time beyond a season.

PROTESTS

- Protests **MUST** be emailed to the Athletics Director within 48 hours of the incident. Emails will be the only form of protests that will be accepted.
- The protest will be reviewed by the Athletics Director and the incident will be investigated.
- A protest **DOES NOT** guarantee any type of over ruling in any situation.