

Men's Basketball League Rules & Guidelines

Guidelines

Scorekeeper is provided, please respect that individual.

Shirts are **not required to be numbered** but **matching team jerseys are required**.

Unsportsmanlike conduct will result in a suspension from play. The site supervisor that is present will report the incident to the league Director and a decision will be made from there.

Each team member is responsible to know the league rules.

Please carry your gym shoes into the YMCA to prevent sand, salt, water, dirt, etc. from being carried onto the gym floor. Players are **required** to use the lockers outside the gym area to store outside shoes, coats, bags, etc.

Due to limited space in the gym and the fact that unsupervised children in the YMCA are a concern; I request that children should not accompany adults to the YMCA during league games. Shower facilities will not be available for use after games.

ONE HOUR TIME LIMIT ~ Please be on time ~ Game Time is Play Time.

Please treat the YMCA with RESPECT

Your cooperation and adherence to rules and regulations is greatly appreciated

League Rules

Each team gets 2 timeouts per game.

Players are responsible for calling their own fouls. Please be mature about it and fess up to any fouls that you commit. This goes for everyone and will make the playing experience better for all.

Free Throws will be shot. If a player is fouled while in the act of shooting, 2 free throws will be awarded. A 1 and 1 bonus will be shot at 7 team fouls and double bonus will be shot at 10 team fouls. Players may not go for a rebound off a foul shot until the ball hits the rim.

When a player commits and calls his own foul, please immediately report it to the scorekeeper. Once an individual commits his 5th foul, that person has fouled out of the game.

Two 20 minute halves will be played.

5 minute halftime but this can be shorted if teams are late to their game. This would be done to stay on schedule and to adhere with the 1 hour time limit.

Clock only stops on timeouts and every dead ball of the last 2 minutes of the 2nd half, as long as the game is within 15 points.

Must have a minimum of 4 players to play, if less than 4 players, result is automatic forfeit.

Individuals must be 18 years or older to play and may not be in High School.

Roster maximum of 12 players.

Overtime will consist of an extra 5 minute period; every overtime period after that will consist of 2 minute periods

All buzzer shots will be determined good (if questionable) by the scorekeeper.

General NCAA basketball rules apply