



YMCA FACILITY POLICIES

- All YMCA facilities and game locations are smoke tobacco, alcohol, and pet free zones. Furthermore, swearing and/or offensive language, fighting, poor sportsmanship, among other things is not allowed within YMCA leagues/events.

SPORTSMANSHIP

- If a referee/scorekeeper/supervisor witnesses any acts of cheap shots, fighting, or any unsportsmanlike act, the game may be stopped and the player may be ejected. Any trash talking or taunting which is intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. The first offense per team is a warning; the second offense is ejection from the game and suspension from the following game.
- Foul language will also not be tolerated. Officials/scorekeepers/supervisors have the right to determine offensive language. This includes talk that may be offensive (or meant to incite) to officials, scorekeepers, opposing players, teams, or spectators. If foul language occurs, the referee/scorekeeper will give one warning per team. If it continues, the player or players may be ejected from the game and suspended from the following game.
- Captains are directly responsible for team members' actions.
- **FOUL PLAY WILL NOT BE TOLERATED.**

EQUIPMENT

- Teams are recommended to wear matching shirts/uniforms (numbers are not required).
- No jewelry is allowed.
- A game ball will be provided.

ROSTERS

- The team captain must sign the roster before the start of the game.
- A player may sub on opposing teams **ONLY** to make the 4th or 5th players on the court. Should teams have 5 players, subs from other teams are not allowed. This rule will not be applied to tournament games.
- All rosters will be locked for tournament games. Team additions must be made before the last scheduled game of the regular season. A player must play in a regular-season game (except the final regular-season game) to be eligible for the tournament.

GAME TIME/ TIMEOUTS/ OT

- Games will consist of two 25-minute halves with a 5 minute half time. Running clock until the last 2 minutes of the 2nd half. The clock will stop on all whistles during the last 2 minutes of the 2nd half. If the leading team has at least a 20 point lead with 2 minutes left in the game the clock will keep running.
- 1st overtime is 2 minutes with the clock stopping on all whistles. 2nd overtime is sudden death (first team to score).

- Each team has two 60 second timeouts per half, no carryover. One 60 second timeout per team in OT. Timeouts can only be called by the team on offense.

PRE-GAME MEETING

- Prior to the beginning of every game, a captain's meeting with the scorekeeper/official/supervisor will be held with captains from both teams at midcourt.
- The meeting will consist of reminders to sign the roster, how the game will be played, and ZERO acts of unsportsmanlike conduct will be tolerated.
- The pre-game meeting is intended for all parties to be on the same page and encourage healthy competition.

GENERAL RULES

- The minimum number of players allowed for the game to start is 4. There will be a 5 minute grace period to field the minimum number of players. See subs from other teams rule above.
- A coin toss by the referee/scorekeeper at the beginning of the game will be used to determine first possession. If no coin is available captains will play a best of 1, rock:paper:scissors.
- Substitutions can only be made on dead balls.
- On fouls and violations, teams may check the ball to the defense at the top of the key to begin play. This is in place of an in-bounds pass. The offense will pass the ball to the defense and once the defense is ready, will check the ball back to begin play. The offensive player checking the ball may only pass.
- Once a team reaches its 7th team foul per half, 1 and 1 free throws will be implemented.
- Only team fouls will be counted.
- During the last 2 minutes of the 2nd half, the ball may be advanced to midcourt only when a timeout is called by the offensive team.