

West St. Tammany YMCA

Adult Basketball League Rules and Regulations

Roster Restrictions and Guidelines

1. The league will consist of 6 teams. The season will run 6 weeks total with a seeded single elimination tournament during the 6th week.
2. Each team may not exceed twelve (10) players on their roster unless approved by the League Director.
3. All team rosters due prior to Game 1. There will be no roster changes allowed after the **2nd game** unless approved by the League Director.
4. Players must be on their team's roster to participate in playoff games, unless approved by the League Director.
5. All players must be 21 years of age to participate in an Adult Basketball League game.

Timing and Scoring

1. Each game consists of two (2) 18 minute running halves.
2. The clock will run continuously except on the following conditions.
 - a. Injuries (must substitute the player injured)
 - b. Timeouts: (1) minute each (3 per game)
 - c. Any dead ball under (1) minute to play in 2nd half and overtime.
 - d. The clock will run continuously if a team is leading by more than 20 points at any time in the second half. Only time outs and injuries will stop the clock.
3. Overtime periods will be (3) minutes in length with only (1) timeout. No timeouts will carryover from regulation play.
4. Games will start at the designated scheduled times, teams must have at least 3 players ready when the ball is put in play.
5. If less than (3) players are present at designated start time, a forfeit will be declared after (5) minutes.

League Fees

1. League fees must be paid prior to the start of the season.
2. YMCA team member may charge the league to their account.
3. **All Game Fees MUST be paid prior the start of the game of Week 1.**
The YMCA can suspend any game where a team has not paid their fees.
4. Only certified basketball officials will work YMCA Adult League games.

Uniform Rules

1. Each team must have the same color of t-shirts or jersey.
2. Each member of the team must have a visible number, each team member that does not comply will result in a 2 point penalty for the opposing team and officials have the right to disallow a player to play.
3. Jean shorts, jeans, slacks, are not permitted. Any offensive clothing will not be permitted. Basketball or tennis shoes must be worn on the floor.
4. No jewelry is permitted. Players must be responsible for their own equipment. Neither officials nor the West St. Tammany YMCA directors will be liable for players injured while wearing any type of jewelry.

Additional Rules and Regulations

1. Officials and scorekeepers do not decide protests. Protests are to be reported to the YMCA staff or to an official during the contest. The League Director will decide the outcome.
2. Fighting or unsportsmanlike conduct will not be tolerated. These actions can and will result in a non-refundable expulsion from league play and banishment in future YMCA leagues. Any player harassing a scorekeeper or official will be issued a technical foul. Ejections from a game will result in a minimum 1 game suspension.
3. The basketball rules will be that of the NCAA Rules in the current season except for timing situations. Dunking is permitted but hanging on the rim will be a technical foul.
4. Any player to bend or damage equipment in the facility will be fiscally responsible.

5. Bonus one and one free throws will occur on the 7th team foul. Bonus two-shot free throws will occur on the 10th team foul. A foul on a made shot will be one free-throw, aka "continuation".
6. All games and overtime periods will start with a coin toss.
7. Technical fouls will be two shots and the ball.
8. Players who accumulate 3 technical fouls in a season will be suspended for at least the current season and up to 1 year.
9. Basketball league players may invite guest, however, the YMCA guest policy will be in place to help ensure the safety of all members and visitors in the facility. **YMCA Guest fee \$10 per visitor.**