

Frankfort YMCA

Men's Basketball Rules

Just a friendly reminder:

UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED. Excessive swearing, fighting, arguing with the referee, and excessive or repeated personal fouls will be treated as unsportsmanlike conduct. For each instance of unsportsmanlike conduct, the team will be penalized one player for 5 minutes. At the referee's discretion an individual cited for unsportsmanlike conduct can be ejected from the game. At the league's discretion, a player may be further suspended or removed from the league for any unsportsmanlike conduct. No refunds will be provided.

Waiver of Liability

All participants must complete a waiver of liability form prior to the first game. These will be available to the captains to distribute and turn in as a team.

Teams

SUBMITTING A ROSTER: Each team must submit a roster with a maximum of 12 players. No player may register for more than 1 team. Rosters must be submitted and a waiver form must be signed before any player may take the court. Rosters must be finalized and **no changes are allowed after the 2nd week of play**. A player must be on the roster and have signed a waiver form to play in the league.

Maximum players/team on the court: 5

Minimum players/team on the court: 4

SHORTAGE OF PLAYERS: Teams may pick up a maximum of 2 players from other YMCA basketball teams in order to field the minimum 4 players and avoid forfeit.

Games

Official NCAA rules will be used with the following additions, exceptions, and clarifications.

1. Length of Periods - Playing time will be two 20-minute halves, with a 3-minute half time. Time will run continuously except in the following cases:

- a. Team time-outs
- b. Injuries
- c. The official's discretion

The clock will stop in the last minute of the half and during the last 2 minutes of the game for all whistles.

2. Start of Game - The game will be started with a jump ball. All games will start at their scheduled time. If after five minutes any team is not ready to play, a forfeit will be called.

3. Overtime - If a game ends in a tie score, then a two-minute overtime will be

used. A jump ball will be used to begin the overtime. Each team is allowed one time-out per overtime.

4. Timeouts - Each team may take two timeouts per half. Timeouts may not last longer than 1 minute.

5. Substitutions - A team may substitute only on deadball situations (after a free throw is made, a whistle is blown, or a timeout). The substituting player must inform the score keeper that they will be entering the game and then wait for the official to motion them onto the court. Repeated failure to wait for this signal will result in a team technical foul.

6. Three-point shots - The three-point shot will be in effect. A player's feet must be behind the line as the shot is attempted to be considered a 3 point shot. If a player is fouled in the act of shooting and misses the shot, three foul shots will be awarded. If the player makes the shot he/she will be awarded one free throw (chance for a 4-point play).

7. Hanging on rims or nets - This situation will result in a technical foul, and may result in immediate ejection from the game, pending discretion of the official.

8. Foul Shots - Players around the lane may leave their positions when the ball leaves the shooter's hand. The shooter and players beyond the 3-point line must hold their positions until the ball hits the rim.

9. Free throw shooting – The clock will stop on free throw shots only in the last minute of the first half and in the last two minutes of the second half, per rule #1. The 1-and-1 bonus situation will be in effect on the 7th team foul per half. The two-point bonus situation will be in effect on the 10th team foul per half. All fouls (including double and technical fouls) will be counted into the player and team foul tallies. The number of team fouls accumulated at the end of regulation will be carried over in the event of overtime. A player is disqualified from the game on their 5th foul. Any player fouling out of a game may not return to the game under any conditions.

10. Intentional Fouls and Technical Fouls - These calls are at the discretion of the official, and result in 2 shots plus possession of the ball. These fouls count as personal fouls for the offending player. A player shall not use unsportsmanlike tactics, such as:

- (a) disrespectfully addressing or contacting an official
- (b) climbing on a teammate to secure greater height to handle the ball
- (c) failure to replace a disqualified player in 30 seconds when a substitute is available.

Two technical fouls on any one person will result in ejection from the game.

Three technical fouls on one team will result in a forfeit.

11. Fighting – Fighting will result in the offending player(s) being prohibited from participating in basketball for the remainder of the season. A repeat violation will result in suspension from all YMCA sports for one year.

12. Mercy rule – If a team is winning by 20 or more points, then the last minute of the first half and/or the last two minutes of the game will be on a running clock.

Frankfort YMCA Adult Basketball Waiver

I hereby certify that I support the YMCA philosophy based on fun, participation, skill development, teamwork, fair play, family involvement, and volunteer leadership, and I agree to act in a sportsmanlike manner at all times toward all participants, coaches, and referees. I further understand that any acts of unsportsmanlike behavior on my part or my child may result in dismissal from the league without refund. I certify that this child is in normal health and capable of participating in the YMCA youth athletics. I do acknowledge the risk of injury is possible. I grant permission for my child to play and in doing so I hereby release any and all rights and claims for injuries and damages I may have against the Frankfort YMCA, their Board of Managers, Employees, Officials, Volunteers and Coaches. If medical attention is required, I give my permission for such medical care when either the emergency contact person or I cannot be notified. I understand that the Frankfort YMCA does not carry accident insurance on league participants. I agree that the Frankfort YMCA may photo or videotape me and use it for their promotion.

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