

Cortland County Family YMCA

Men's Basketball League Official Rules

I. PLAYER ELIGIBILITY AND CONDUCT

- A. All players must be listed on the team roster before being eligible to participate. Rosters will be frozen by the second week of games. Participation of a non-roster player will mean forfeit of any games in which the player played.
- B. While players may be listed on more than one roster, whichever team they play for first will be their primary team for the season.
- C. To be eligible for the Master's Division a player must be 35 years of age. Players who are turning 35 during the course of the season must be on the roster before they are frozen. If questionable, please be prepared to provide proof. Adults over 35 may play both the Master's and Open Divisions.
- D. To be eligible for play-offs, a player must have competed on or attended half of his team's games. A player's name must be entered in the scorebook and be acknowledged by the scorekeeper. Players whose names are entered in the book, but are NOT present at the game will not be credited with participation.
- E. All team members must have similar colored shirts numbered between 0 and 55. Teams without proper shirts and numbers will be assessed one technical foul (2 shots and possession) for each player in violation. Free throws will be shot at the start of the game.
- F. All technical fouls are all two shots and ball possession. Any player committing two technical fouls will be ejected from the game and asked to leave the YMCA. This player will also be suspended from the next game.
 - 1) **If a team commits three technical fouls in one game, they will forfeit that game and be charged a penalty of \$20.**
 - 2) **Any player committing three (3) technical fouls in a single season will be suspended for the remainder of that particular season, with review for the seasons thereafter.**
- G. **Pushing or fighting with an official, scorekeeper, program supervisor, or YMCA staff will result in immediate suspension for the remainder of the season with review for seasons thereafter.**
- H. **Flagrant misconduct or foul during the game may mean immediate ejection and suspension. Ejection for fighting may carry up to a three game suspension. This will include playoffs and may be carried over to the next season. The scorekeeper and the league director will review the offense to determine the appropriate punishment. This decision will be final.**
- I. Alcoholic beverages are not permitted on the YMCA property.
- J. Any spectator who is asked to leave the gym due to inappropriate behavior will not be allowed to return before meeting with the league director and/or YMCA staff.

- K. Vulgar language is not prohibited at the YMCA due to our safe, family atmosphere. Failure to follow this rule will result in a technical foul. Technical fouls rules apply.

II. PLAYING RULES

- A. The team captain or designee is responsible for writing names and number in the scorebook before the game. A player that arrives after the start of the game who is not entered in the scorebook may be added, but the team will be assessed a technical foul upon entering the game.
- B. Playing time will be two halves of twenty-minute running time. The last two minutes of each half will be stoppage time. Halftime will be three minutes.
- C. The first overtime period will be three minutes long (2 minutes running time, 60 seconds stoppage time). Possession will be determined by a jump ball. Any subsequent overtime period will be 1 minute of stoppage time.
- D. Each team will have two 60-second time-outs per half. They do not carry over between halves
- E. **Teams can start & play a game with 4 players. Any number of players less than that constitutes a forfeit. A 5th player may enter the game after it has started, but if the 5th player was not in the scorebook before the game started a Technical Foul will be assessed upon that players entrance in to the game.**
- F. Each player is allowed 5 personal fouls. A 1-and-1 will be shot after 7 team fouls and 2 shots after the 10th team foul.
- G. Dunking or grasping/snapping the rim during practice constitutes 1 technical foul per incident. Dunking is only permitted during game situations.
- H. For player's safety, no jewelry watches or hats will be allowed.
- I. **Team captains are the only individuals allowed to approach referees on rule interpretation (not judgement calls) or the scorekeeper regarding the score.** Other players may check on foul situations or number of time-outs during dead ball time. **Talking with the referee or scorekeeper at any other time will constitute a technical foul.**
- J. Substitutes must check in at the scorer's table before entering the game.
- K. Each team may be asked to have one individual at the score table to keep score.
- L. Referee fees must be paid in full before by both teams playing before game is to start. If not, non paying team risks a forfeit.

III. FORFEIT RULES

- A. **In the event of a team failing to show for a game, a forfeit will be called and that team must pay the referee fees for both teams on or before the next scheduled game. If the fees are not paid, that team will not be allowed to play in future games until fees are paid in full. Each game missed due to non-payment will also be considered a forfeit, and all fees and penalties will be applied as such. Teams will have until 10 minutes after game time to have enough eligible players before a forfeit is declared.**
- B. Each team is allowed only 2 forfeits. A third forfeit will result in removal from the league.

IV. PROTESTS

- A. Protests must be submitted in writing at the time of the incident. Written protests must include reference to a specific rule in question. Protests will require a \$25 fee. If you win your protest, your \$25 will be returned. League Director and YMCA staff will rule on the protest.

V. YMCA USE

- A. Players who willingly damage YMCA property will be suspended indefinitely and will be financially responsible for repairs. Legal action will be taken.
- B. The YMCA strongly recommends use of personal locks on lockers. Unless checked at the front desk, the YMCA is NOT responsible for personal property, which is lost, damaged, or stolen.
- C. The YMCA does NOT carry accident insurance. Injuries sustained during the normal course of game play are the responsibility of the individual player.
- D. Unless the player is a YMCA Health Facility Member, he is permitted only in the main floor locker room. Players may not use the health facility, even if brought in by a member.
- E. A player that is not a YMCA member may only participate in the basketball game. If a player wants to use other areas of the YMCA, a full day fee must be paid.
- F. The YMCA recognizes that parking is a problem. Cars parked in handicapped spots, cars parked in front of the emergency door, or along the side of the driveway will be subject to tickets or towing at the owner's expense.

VI. DIVISION PLAY AND PLAY OFFS

- A. **League standings will be based on percentages. In the event of a tie between teams, head-to-head record will determine the higher position. In the event of a tie in this category, the greater point spread will be the tiebreaker; total points second; and coin flip third.**
- B. As much as possible, divisional play by team skill is preferable. Teams, which were competitive in a certain division the previous year and did not have any major roster changes, should remain in the division.
- C. Teams that finished last in the division may be asked to move down, while teams that finished first may be asked to move up.
- D. Playoffs: the top 4 teams compete...1 vs. 4 and 2 vs. 3. Winners will play for championship.