



## TORIGIAN FAMILY YMCA

259 Lynnfield St. Peabody, MA 01960 (978) 977-9622 ext. 434  
**LEAGUE RULES AND CODE OF CONDUCT**

### **League Organization**

The purpose of the League is to foster good sportsmanship and fellowship in the spirit and form of competitive basketball. The League is open to men, members and non-members of the YMCA over the age of 28.

**II. Equipment** Upon entering the league a jersey will be provided to each player at no cost, if a player wishes to replace their jersey there will a replacement fee.

An official League ball will be used for all League play games.

Team and Player Stats will be kept and posted on our website and YMCA bulletin boards.

**III. Registration** Team registration fees are payable to the "TORIGIAN FAMILY YMCA"

All players must be registered and paid in full by the start of the second game of the season. Any player who has not registered or with an outstanding balance will not be eligible to play.

Rosters with any outstanding balances may be disqualified from the playoffs.

**IV. Players / Rosters** Each team should designate one representative (captain) to fulfill the leadership and communicative role with both his own team, the officials, and YMCA Staff. A second contact must be designated in case of the absence of the "captain."

Each team may carry a roster of up to 12 players.

All players must be 28 years of age or older.

No player may register for more than one team in the same league.

At the end of the 3rd game of the season all rosters will be frozen.

No non-roster players will be allowed to participate in regular season or playoff games, except by special approval of the League Director in case of injury or approved nonattendance.

If non-roster players do participate in a game the game will be forfeited.

The League Director may allow changes to a team roster if that team would otherwise not be able to field enough players each week due to injury, illness, players moving, or other special circumstances. The commissioner may also choose to deny a team's request if the addition of a replacement player would significantly improve a team's level of play

### **V. Play**

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

Play will begin promptly at scheduled time.

The ready team will be awarded one point for each minute that elapses after game time while the opposing team does not have 4 players ready to begin the game.

The game is a forfeit after 20 minutes if four players are not present.

Two officials maximum will referee each game.

Score will be kept on the electronic game scoreboard.

Statistics will be logged in the official scoring book.

Each game will consist of two 20-minute halves.

Clock will run, with stop time during the last 2 minutes of each half. Time does not stop after a basket, only on a blown whistle.

#### **VI. Overtime**

In the event of a tie, a 3 minute overtime period will be used.

A jump ball will be used to begin the overtime.

Each team is allowed one time-out per overtime.

Stop time is used only in the last one minute of play.

Time does not stop after a basket, on whistles only.

#### **VII. Time Outs**

Each team will be allotted 3 timeouts for use at any point during the game.

In the event of an overtime period, each team will be given one timeout.

Timeouts not utilized during regulation play cannot be carried to the overtime period.

Teams may call additional timeouts, and be awarded a time out.

Teams will be penalized 1 technical foul and lose possession of the ball for each time out called in excess of allotment.

#### **VIII. Fouls**

Players are allowed 5 personal fouls, the fifth foul results in elimination from the game.

(There is only one league that allows 6 fouls, and that league is called the NBA.)

The 1-and-1-bonus situation will be in effect on the 7th team foul per half.

The two shot 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 statistics.

The number of team fouls accumulated at the end of regulation will be carried over in the event of overtime.

Any player fouling out of a game may not return to the game under any conditions.

During a foul shot, players can move on the release of the ball from the shooter.

#### **IX. Substitutions**

A team may substitute only on dead ball situations (after a free throw is made, a whistle is blown, or a time-out).

When substituting, the substituting player must inform the score keeper that they will be entering the game and then wait for the horn and official to motion them onto the court.

Repeated failure to wait for this signal (illegal substitution) will result in a team technical foul.

#### **X. Forfeits**

Please contact Y Staff prior to 4:00 pm on game day if you know you will forfeit a game, a \$25 forfeit fee will be assessed to the captain for NO CALL, NO SHOW FORFEITS (fee must be paid prior to next game).

A team may compete with a minimum of 4 players to start the game. In order to start the second half and avoid forfeiting a team must have 5 players on the court, or be within 10 points.

A referee may call a game before time is up to insure safety and to avoid altercations between teams.

Forfeits will affect a team's seeding for the playoffs. See Playoffs.

#### **XI. Mercy Rule**

In the result of a blowout (20+ point lead in the 1st or 2nd half), game clock will continue to run until score is below 20-point margin, including during timeouts. This includes the last 2-minute period.

A referee may call game at any time during a blowout to insure start time for next game will be met.

#### **XII. Conduct**

All players recognize that the purpose of this league is to combine the interest of basketball, the spirit of the community, adult recreation and sportsmanship.

Two technical fouls in a single game will result in expulsion from the game, gymnasium and Y facilities.

Profanity and/or physical abuse of an official, league officials, opposing team players, and spectators will not be tolerated. Excessive amount of profanity towards any party may lead to one of the following:

- Game ejection
- suspension (at the League Directors discretion)
- league expulsion (NO REFUND)
- Physical altercations of any kind will result in an immediate, LIFETIME expulsion from the league, and potentially criminal penalties.

If a player, manager, or spectator refuses to leave, the game will be declared a forfeit.

If the player, manager, or spectator still refuses to leave after the game has been declared a forfeit, the police department will be called to escort the person from the premises. This will result in a LIFETIME expulsion from the league.

Alcoholic beverages and illegal substances are not permitted.

Any player found in violation will be ejected immediately from the game and could be expelled from the league by the League Director.

Game officials will enforce all rules as it relates to matters on the court.

The league director will enforce all rules on and off the court. The league director has the final say on all matters as it pertains to the YMCA Men's Basketball League.

The team captain is responsible for informing all team members of the rules within this handbook.

Captains must report any injuries immediately to a YMCA employee.

### **XIII. Playoffs**

Teams with 3 or more forfeits may not be eligible.

In order to be eligible for the playoffs:

- a player must play in 4 regular season games
- have paid dues in full
- not have been issued 6 technical fouls in a single season

Seeding for the Playoffs will be determined first by a team's W/L record percentage.

If teams are tied at the end of the regular season, the following tiebreaker rules apply (in order):

1. Head to Head
2. Head to Head Point Differential
3. Season Point Differential
4. Total Points Scored
5. Total Points Against
6. Rock, Paper, Scissors