

# 2010 Haverhill YMCA Adult Basketball League Rules, Guidelines and Player Expectations

## YMCA and Team Responsibilities

- Games will be played on Monday (18+) or Tuesday (30+) afternoons, beginning Monday May 17<sup>th</sup> and Tuesday, May 18<sup>th</sup>
- The times for the games will be 6pm (if needed), 7pm, 8pm, and 9pm.
- There will be 1 season running for 8 games (Final week of regular season will end the week of July 19<sup>th</sup>)
- Each team is guaranteed at least one playoff game at the end of the season (TBA). Playoffs are single elimination.
- The YMCA will provide 2 certified officials, and 1 scorekeeper for each game.
- The YMCA will provide team t-shirts for the season.
- The cost to play in the league will be \$520\* for a team of 8 and \$65 for each additional player. Teams will not be allowed to play and will forfeit the games until each member has paid the fee.
- \* Teams that register all players and pay in full on or before May 10<sup>th</sup> save \$10 per player.
- All team registrations should take place at the front desk of the Haverhill YMCA. Please register your team under the captain's name. Team rosters are due one week prior to the start date of the league so a t-shirt order may be placed in time for the start of the season. Any rosters turned in after this date may not receive t-shirts for the start of the season.
- No roster changes will be allowed after the 4th game of the season. Rosters must be finalized at this point, with no roster additions made throughout the season regardless of the reason.
- Team captains will be responsible for turning in a complete team roster as well as registration forms for each player.

## Rules and Guidelines for the Games

- **All participants must follow and demonstrate sportsmanship and the YMCA values of Caring, Honestly, Respect, and Responsibility at all times.**
- Games will consist of two 20 minute halves in which the clock will run continuously.
- The clock will stop at every whistle during the last two minutes of each half and the last minute of overtime (s).
- A game can begin, and be played with only four players.

- Games will begin at 10 minutes past the hour based on the official's clock. If a team is later than that then time will be deducted from both halves to keep on schedule.
- If a team does not have at least four players by 10 minutes past the hour, then that team will forfeit the game.
- If an individual receives five fouls in one game, they are out for the rest of the game.
- If a team gets 7 or more fouls, the other team gets a 1-1 foul shot.
- If a team gets 10 or more fouls, the other team gets 2 foul shots.
- On foul shots, players may not move until release.
- A player who receives a technical foul must be substituted for immediately. They must sit out of the game for 5 minutes of clock time before re-entering the game.
- If a player receives a technical foul, it will result in stoppage of the clock.
- **A technical foul will be assessed for any profane language, regardless of whether it is directed at another player, official or YMCA staff.**
- A player, who receives **two technical fouls in one game**, will be ejected from the game and will be suspended from the following game. **A player, who receives four (4) technical fouls in one season, will be suspended for the season.**
- A team that receives five technical fouls in one game will forfeit the game.
- A team that accumulates a total of 14 technical fouls during the season (an individual technical foul is a team technical), will forfeit the remaining games of the season, **including playoffs.**
- **Refunds will not be provided to any player or team suspended from the league.**
- Technical fouls will be assessed for: A) an intentional or excessive fouls, B) any profane or foul language, regardless of whether it is directed at another player, officials, or YMCA staff member, C) physical or verbal abuse of another player, officials, or YMCA staff members or D) unsportsmanlike conduct.
- **There is zero tolerance in regards to behavior.**
- Any player that initiates a fight will be automatically suspended from the league for the remainder of the season and must apply for re-instatement for any subsequent league(s).
- Each team gets 4 time-outs per game, with one additional timeout per overtime period. This allows for 2 time outs during the first half and 2 in the second half. There is no carry over of time outs.
- Overtime is a 3 minute period. Overtime periods will continue until one team wins.
- All players must wear the game t-shirt provided by the YMCA for the current season, without exception. Players will be given a technical foul the first time they do not wear the proper shirt and will miss 5 minutes of the game. Every time after that they will not be allowed to play.

- For additional team shirts players must pay \$10 per shirt.
- Only team members will be allowed to sit on the bench. **NO FANS & NO COACHES!**
- **ALL PLAYERS MUST BRING PROOF OF AGE TO THE FIRST GAME OR THEY WILL NOT BE ALLOWED TO PARTICIPATE. (i.e. Picture ID)**
- Any questions refer back to YMCA guidelines.

As the captain of this basketball team, I understand the guidelines, rules, and expectations of my teams' behavior in the YMCA Adult basketball league. I will communicate these rules and expectations to my teammates before the first game of the season.

Please Print Name \_\_\_\_\_

Please Sign Name \_\_\_\_\_

Team Name \_\_\_\_\_

Date \_\_\_\_\_