

YBASKETBALL™

We build strong kids, strong families, strong communities.

<p style="text-align: center;">Daily Family YMCA of Bixby Men's 4v4 Basketball Rules Last Updated September 2010</p>

I. League Classification

- A. Players must be at least 16 years old.
- B. 10 game season plus single elimination playoff for top 4 teams.

II. Team/Player Requirements

- A. Number of players – Minimum of 3 players to start play. Maximum of 10 different players throughout the season may be on the roster. Additional players must be approved by the Sports Director. Only those players who played in at least 3 season games will be allowed to play in the playoffs.
- B. Multiple teams – Players are not allowed to play on more than one team.
- C. Rosters – Team captains must report any roster changes to the Sports Director.

III. Play

- A. All games will be played at the Daily Family YMCA.
- B. Jerseys or shirts, of the same color, with different numbers are required.
- C. Unlimited substitutions are allowed; during dead-ball situations only.
- D. Teams will be given a 15-minute grace period after a scheduled game time to get at least 3 players. If a team is unable to start at that time, the game will be called a forfeit.
- E. Forfeits incur a **\$20 fine** and must be paid prior to the next game.
- F. Teams must give at least a 24-hour notice prior to their scheduled game time, if they are not going to be able to play, in order to avoid a forfeiture fine. Games will be rescheduled if possible, but are not guaranteed. If a game is not able to be rescheduled, the team requesting the reschedule will be recorded as the loser and the other team the winner.

IV. Time

- A. Games will consist of two **20 minute halves with a running clock**. The clock will only stop during time-outs and for all dead ball situations in the last two minutes of the **second half**.
- B. Teams are allowed two 30sec. timeouts per half.
- C. Halftime will be 3-minutes.
- D. A 2-minute overtime period will be played if a game is tied after regulation. The clock will stop for all dead balls. Teams are allowed one 30sec. time-out per overtime period. Additional overtime periods will be played until a winner is decided.
- E. NO SHOT CLOCK

V. Fouls

- A. Players foul out on the 5th foul.
- B. Teams will shoot one-and-one after the 7th team foul and 2 shots after the 10th team foul per half.

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- C. During free-throws, players may enter the lane upon being released from the shooter's hands.
- D. **Dunking and/or hanging on the rim will result in a technical foul** (A player may grasp the rim if, in the judgment of an official, the player is trying to prevent an obvious injury to himself or another player).
- E. All technical fouls result in two shots plus possession of the ball.

VI. Player Conduct. Very Important!!! No Tolerance!!!

- A. Vulgar or abusive language, FOR ANY REASON, will not be tolerated! Inappropriate language will result in a technical foul and possible ejection.
- B. Cursing at, verbally abusing, or threatening an official, opponent, teammate, or spectator will result in an automatic ejection, if during a game, and a one game suspension. Depending on the severity of the offense, the player may be expelled from the league and/or future leagues.
- C. Thrown punches and/or flagrant elbows will result in an automatic ejection. Depending on the severity of the offense, the player may be expelled from the league and/or future leagues.
- D. ANY prolonged fighting will result in expulsion from the league. NO EXCEPTIONS!!!
- E. **All technical fouls will result in a \$20 fine. All ejections or suspensions will result in a \$30 fine.**
- F. Fines must be paid before the team will be eligible to continue playing games.

VII. Playoffs

- A. Playoffs are single-elimination.
- B. Ranking is by point system: 3 points for a win, 0 points for a loss, -1 point for each technical foul, -1 point for each forfeit.
- C. Tie breaks are decided in the following order: head-to-head record, total points for, total points against, least number of technical fouls. If additional tie break is needed it will be determined by the Sports Director.
- D. Championship shirts will be awarded to the winning team.

VIII. Miscellaneous

- A. The YMCA is a not-for-profit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.
- B. Players should be mindful of and thrive to display our four core values of caring, honesty, respect, and responsibility.
- C. Food/Drink – Will not be permitted on the courts. The YMCA is a drug, alcohol, tobacco, and profanity free facility. Players or spectators who appear to have been drinking alcoholic beverages will be asked to leave.
- D. Children – Must be supervised at all times.

The Sports Director will handle any disputes. Please direct any questions to Ben Seifried @ (918) 369-9622 or bseifried@dailymca.org.