



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Adult Basketball League

Leagues: Competitive League, 5-on-5, 18 and up

Season: Winter '11 – December 18 – February 16

Cost: \$425 per team or
\$45 per Free Agent
(Free Agents will be placed on a team depending upon availability.)

Location: Cooper Street YMCA

Game Days and Times: Competitive League: Thursday nights 6:30-9:30pm.
All teams will play an 8 game season finishing with a single elimination post season play-off.

Registration: You may only register at the Cooper St. YMCA. Teams wanting to participate in the Competitive league must get approval from me prior to registering. To register you will need to have the Adult Basketball Registration Form filled out by the Captain or Free Agent and payment in full (the roster is necessary.)

Registration Deadline: Deadline is December 1 at the Cooper Street YMCA. Team registrations are contingent upon space availability (once the league has 9 teams registered, no more teams will be accepted). Registration payments and rosters not turned in by the deadline will not be accepted. Please make all checks payable to the YMCA of Arlington and all major credit cards are accepted.

Jerseys: Each team will be responsible for providing their own jerseys/shirts. Jersey/shirts must be of the same color and are required to have a number on the back (different numbers). All team jersey/shirt colors must be approved by the League Director to avoid duplication (unless they are reversible).

Captains Meeting: I will send out an email to all captains detailing information about the league instead of having a captains meeting.

Awards: T-Shirts to the League Champion and a discount to register another season.

Jeremy Thomas
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Men's 5-on-5 Basketball Rules

1. Eligibility

- All players must be at least 18 years old
- Although this is considered a men's league, women are eligible to play.
- Maximum of 12 players on the roster. (Minimum of 8)
- You must fill out the roster completely before submission.
- **Rosters are final after 2 games.** You **MAY NOT** add players to your team after your 2nd game. All roster changes must be approved by the League Manager prior to your team's next game.
- Injury waivers must be turned in to the Arlington YMCA prior to the first game. You will not be allowed to play unless this form is submitted with the proper signatures.
- The maximum number of teams for each league is nine (9), so space is limited!

2. Players Conduct

- Rough play will not be tolerated! Any physical or verbal confrontation directed towards officials or other players will result in an ejection from the remainder of the game. Players who are ejected from a game will serve a one game suspension and pay a fine of \$20.00 before being allowed to participate in any remaining games.
- Thrown punches and/or prolonged fighting will result in an automatic ejection plus removal from the league without a refund. **NO EXCEPTIONS!!!**
- **Vulgar or abusive language, regardless of intent, will not be tolerated! Inappropriate language will result in a technical and possible ejection from the game.**
- No food or drinks are allowed in the gym. Only bottles with spill proof caps will be permitted for players, otherwise, there is a drinking fountain in the hall.

3. Playing Rules

- **NCAA rules** <http://www.ncaapublications.com/productdownloads/BR11.pdf>
- Each team must provide their own jerseys. Jerseys and shirts of the same color; are required to have numbers on the back. **(All colors must be approved with the league director to prevent duplication)**
- There is no "NBA continuation" in this league.
- Players foul out with the 5th foul.
- There will be **two officials** scheduled per game however you are only **guaranteed one**.
- You must have 4 players at the scheduled game time to start play. A 5 minute grace period will be given and after 5 minutes the game will be forfeited.
- Teams are allowed **2 time-outs per half**. Time outs **do not** carry over.
- Games will consist of two 20-minute halves with a running clock. **The clock will stop for all dead ball situations in the last 2 minutes of each half.**
- **Hanging on the rim will result in a technical.** (Dunking is allowed.)
- All technical fouls result in **two shots** and the team with possession will retain the ball.
- There will be a 3-minute overtime if a game is tied after regulation. Teams are given only ONE time-out in overtime. There is no carry-over from regulation. In the regular season, a maximum of 2 overtime periods may be played. Overtime periods will be 3 minutes long with the clock stopping the last minute and for all dead balls. If a game is tied after the second overtime period, the game will be called a tie. In the playoffs, games will continue until there is a winner.
- Unlimited substitutions are allowed during dead-ball situations only. On a 2-shot foul, subs must wait until after the first free throw to enter the game. **All substitutions must come from the half court line, NOT the bench.**
- 7 team fouls = 1 and 1 bonus; 10 team fouls = 2 shot bonus.

4. Playoffs

- The regular season consists of 8 games. You will play each of the other 8 teams in your division once. Every team makes the playoff tournament!
- At the end of the season, teams will be seeded 1 – 9 based on their regular season records and head-to-head results.
- Playoffs are **single elimination**.
- The winners of the Championship Game will receive a T-Shirt and a discount on an upcoming season.