

YMCA of Arlington

Adult Basketball Rules

All games will be played in accordance with the current NCAA rules, with the addition of the following:

Roster

1. All players must be high school graduates or 19 years of age (open league); 40 years of age by first game of the season (40 and over league). **All players must carry a current picture ID with them at all times during all league games. You may be asked to show your picture ID before your game.**
2. All players must sign team roster to become eligible for play. No new roster additions after the second game. **If rosters are not turned in prior to the start of the second game, the result will be a forfeit of the current game and any future games until a roster is submitted.**
3. Each team will provide their own uniforms (same colors) with numbers. The YMCA of Arlington reserves the right to approve/disapprove any team name, logo, language or uniform deemed lewd, vulgar, obscene or suggestive in order to maintain a wholesome environment conducive to providing quality leisure opportunities. **If a player isn't wearing a uniform that follows league rules, the player will be assessed a technical foul. (see Conduct and Disciplinary Policy below)**

Time

1. There will be two 20-minute halves with a running clock except for time-outs, injuries and any other lengthy delays. The last minute of **each half** will be a regular stop clock. Clock will run the last minute of the game if one team is up by 15 or more points.
2. Overtime will be a 3-minute period with stop clock in the last minute.
3. Two time-outs per half. One additional time-out for the overtime period.
4. **Game Time is Forfeit Time.** You must have five players wearing official league uniforms on the court at game time or the game will be declared a forfeit. Players in the bleachers, parking lot or outside the gym are not eligible to count as one of the five. Teams may not use a time out to delay the start of a game. You can play the game out after that but the game will still be a forfeit.
5. If a team forfeits three (3) league games due to lack of players at the start of a regularly scheduled game, the team will be dropped from the league with no refund of entry fee and all teams scheduled to play the offending team for the remainder of the season will receive a win by forfeit. Make-up games scheduled on days other than the original night will not apply.

Conduct/Discipline Policy

1. Any player assessed a technical foul for flagrant action, foul language or abusive behavior will be fined **\$10.00** payable to the YMCA of Arlington.
2. Any player ejected from a league game will be suspended for the rest of the current season. Any further suspension from the YMCA of Arlington Adult Basketball League will be left up to the discretion of the Sports Director.
3. Players, coaches or managers who have been ejected/suspended must leave the facility and grounds immediately or the team will forfeit the game and must not return until the completion of the suspension.
4. The officials have the authority to assess a technical foul and/or remove a player, coach, manager or spectator from a game and/or forfeit the game due to unsportsmanlike conduct. This shall include, but is not limited to, profanity, threats of any kind toward the officials or scorekeeper, fighting (before, during or after the game) or any flagrant foul as determined by the officials.