



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Family Y Adult Basketball Rules 2024

RULES:	High school rules
DRESS CODE:	All players must wear the same color jersey as the rest of their team and no two teams can wear the same color jersey during a game. Jerseys/shirts must be tucked in during game. <u>Players will not change into or out of uniform in the basketball facility.</u>
SEASON LENGTH:	The season will consist of 7 games and a single elimination tournament at the end of the season.
GAME LENGTH:	(25+) 2, 20 minute halves with running clock except for the last 2 minutes in the 2 nd half. If a team is up by 20+ points, the clock will not stop at the last 2 minutes of that 2nd half. If overtime is necessary, overtime period will consist of 2 minutes. (35+) 2, 20 minute halves with running clock except for the last 2 minutes in the 2 nd half. If a team is up by 20+ points, the clock will not stop at the last 2 minutes of the 2nd half. If overtime is necessary, overtime period will consist of 2 minutes.
HALF-TIME:	3 minutes will be allotted for half-time
TIME-OUTS:	Each team has two (2) timeouts per half, which are one minute in duration. Over-time each team gets one (1) time-out.
OFFICIATION:	There will be no arguing with officials during the game. Any comments or questions for the referee will be made on a dead ball and/or during a timeout. Officials have the right to have any player/coach removed from the building and the league for bad conduct. <u>*Appointed Team Captains/Coaches are the only players that can approach and talk to the referee(s)*</u>
PLAYER FOULS:	6 Fouls per player. The sixth foul will disqualify a player for the rest of the game. A flagrant foul will result in a technical foul. Two technical fouls to a player will result in their disqualification from the current game and the next game they attend. Once a player has been ejected from two games that player will be disqualified for the remainder of the season and no refund will be issued. A technical foul will count as a personal foul.
TEAM FOULS:	On the seventh foul, the opposing team will shoot one-n-one. On the tenth foul, the opposing team is in double- bonus
PLAYER CONDUCT:	There will be no foul language or fighting in The Family Y league. Foul language or misconduct will result in a technical foul and 2 technical fouls will result in disqualification of player from current and next game. If the player must be escorted from The Family Y facility, the player will be disqualified from the remaining part of the season, without the option of a refund. Player must sit the bench of the next scheduled game in order to re-gain eligibility. Suspension will carry over until the player has sat on the bench for the entirety of a game. Any player involved in fighting will be disqualified from the remaining part of the season and possibly the next season. Player that removes jersey in bench area during the game will result in technical foul.
OVERTIME:	The overtime period will last 2 minutes. Each team will be allotted one timeout during the overtime period. The first team to reach 5 points or the team with the highest score at the end of the 2-minute period will be declared the winner. Overtime will be running clock and fouls will carry over from second half.
ROSTERS:	All coaches/team captains must check/complete their team score sheet at the scorer's table before each game. Team roster must have first and last name of each player, NO NICKNAMES. Team must have AT LEAST 5 paid players on the roster by the first scheduled game. Teams will be removed from the schedule if they don't have AT LEAST 5 paid players by the scheduled game. Additional players may be placed on the roster by the 3 rd game of season as long as the player has paid in full. All players must PAY FULL AMOUNT before walking on the court. <u>Once you are placed on a team's roster you may NOT switch to any other team. **NO EXCEPTIONS**</u> **ALL PLAYERS AND COACHES MUST BRING VALID ID TO EVERY GAME FOR ENTRY INTO GYM**

SPECTATORS:

Any spectators under 18 years of age must have parent/guardian supervision of a person who is 18 years of age or older. Any players that are not members are allowed to bring in two guests during basketball games to be a spectator. All guests will be required to bring a photo ID and sign-in at the front desk before being allowed access to the basketball court only. No spectators will be allowed at the scorer's table or on either team's bench. Only coaches and players will be allowed to sit on the bench.

START OF GAME:

Each team will have a 5 minute grace period from the official start time of their game. After the 5 minute grace period, the late team will be issued a technical foul. The on-time team will be awarded two (2) free throws and possession of the ball at the beginning of the game. Time will be deducted from the game according to the arrival of the late team. At the point that a team is 10 minutes late to a game, the late team will officially forfeit the game. A team must start, play, and finish with at least 4 legal players on the court.