



Decatur-DeKalb YMCA

*Adult Men's Basketball  
League Rules*





## Decatur-DeKalb YMCA

### Adult Men's Basketball League Rules

#### Team Information

1. **Rosters** - Each team is allowed to have 12 players on their roster. Only players listed on the roster are allowed to play. Roster changes/updates will be allowed **prior to the third game of the season**, after which no changes will be accepted under any circumstances.
2. **Uniforms** - Each team is required to have the same color jerseys with printed numbers (6 or 8 inches) on the front, back, or both front and back of the shirt to be able to play. All teams will have until the beginning of the third (3) game to be in complete uniform. If a person is going to play, and does not have the proper uniform with the numbers on it, then it will result in a technical foul issued to the team.
3. **Number of Players Starting a Game** - A team can start and complete a game with four players. If a team only has three players at the start of the game, they may pick up a player from another team participating in the league, only if allowed by the opposing team's coach or captain. If one of the original team's player(s) shows up, the player that was picked-up must stop playing **immediately**.

#### Game Information

1. National Federation High School Basketball rules apply. (NFHS)
2. **Game Length** - Games consist of two 20-minute halves with running clock. If the score is within 20 points the clock will run continuously except in the following cases:
  - a. Team time-outs
  - b. Injuries
  - c. The official's discretion
3. **Stop Clock** - The clock will stop during all dead balls for the last one (1) last minute of the first half and for the last two (2) minutes of the second half.
4. **Team Fouls** - After 7 team fouls, the person fouled will be rewarded a 1 and 1 situation. After 10 team fouls, the person fouled will receive two free throws. All fouls (including double and technical fouls) will be counted into the player and team foul tallies. The number of team fouls accumulated at the end of regulation will be carried over in the event of overtime.
5. **Substituting** - When substituting, please come to the scorer's table first to check in.
6. **Time-Outs** - Two (2) timeouts allowed per half for each team. Timeouts left over from the first half does not carry over to the second half. One timeout will be added for the first over time period.
7. **Over Time** - If the game is tied at the end of the 2nd half, a three-minute overtime period will be played, with the clock stopping on every whistle at

the 1-minute mark. Each team will be given one additional timeout. Remaining time-outs will carry-over to the over-time period. After the first overtime, each subsequent overtime period will be 2-minutes in length and no timeouts will be awarded or carried over. The clock will stop on every whistle at the 1-minute mark.

- 8. Substitutions** - A team may substitute only on dead ball situations (**after a free throw is made, a whistle is blown, or a time-out**). The substituting player must inform the score keeper that they will be entering the game and then wait for the official to motion them onto the court. Repeated failure to wait for this signal will result in a team technical foul at the discretion of the officials.
- 9. Hanging on Rims or Nets** - This situation will result in a technical foul, and may result in immediate ejection from the game, pending discretion of the official.
- 10. Foul Shots** - Players around the lane may leave their positions when the ball leaves the shooter's hand. The shooter and players beyond the 3-point line must hold their positions until the ball hits the rim.
- 11. Cursing** - This is a **TECHNICAL FOUL**. Once a team has received a total of THREE (3) technical fouls in one game, that team will forfeit that game. Once a player has received TWO (2) technical fouls, he will be ejected from the game and must leave the gymnasium immediately, resulting in a one game suspension. All suspensions are subject to disqualification from the league and will be handled by a case by case basis. If suspended from league play, player must first meet with the Decatur-DeKalb Sports Director in order to return into the league.
- 12. FIGHTING** - Persons fighting will receive an automatic ejection from the game with suspension of following game and possible suspension for the entire season.
- 13. Grace Period** - The first scheduled game will have a ten minute grace period. The 8 p.m. & 9 p.m. games will receive a 5 minute grace period if allowed by the opponent's captain. If so, then the 1st half will be 15 minutes and the second half will be 20 minutes long. There will be a 1-minute half time. The Sports Director will be the only person who will make decision on all forfeits.
- 14. League Standings** - League Standings are determined by win-loss record, head to head, and total points.
- 15.** General rules of the Decatur-DeKalb YMCA apply at all times.

### **Tournament Information**

Each team will participate in the post season tournament regardless of record. The league will host a single elimination tournament at the end of the regular season. The tournament pairings will be determined by best to worst league records.

### **Protests and Appeals**

At the completion of each game, the league assistants will ask each coach or captain to sign a scorebook with the results of the game. By signing the scorebook, the team agrees to the outcome of the game and they may not

protest the game once they have signed. Should the team wish to protest the game, the coach or captain must inform the league assistants. The league assistant will write **Protest** in the scorebook, and then ask for the coaches or captain's signature confirming the decision to protest. (Note: If the coach or captain forgets to sign the scorecard, the game may not be protested at a later date.)

**Process:**

The coach or captain must submit a written letter to the Sports Director within 24 hours of the game. This letter may be emailed, faxed or dropped off at the front desk at the YMCA. It is the responsibility of the coach or captain to ensure the letter has been received during the 24-hour period. The letter must include the following:

- Team Name
- Sport
- Coach or Captain's name
- Rule Protested
- Reason for Protest
- Desired Outcome
- Who did you protest to? (League assistant name)

**Decision:**

The Sports Director will notify the team before the next scheduled game as to what decision has been made. This decision will be emailed to the coach or captain registering the protest and any other team affected.

**All decisions of the Sports Director are final.**

**Contact Information**

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