

Dover Foundation YMCA

Adult Church / Open Basketball Rules

I. The League

1. The Dover Foundation YMCA (henceforth known as the “YMCA”) is the official governing body for the Adult Church / Open Basketball League. All players participating in the league must follow all YMCA rules and regulations and is subject to termination from any game and /or expulsion from the league if these rules and regulations are not followed.
2. The YMCA is a Christian organization that instills the values of caring, honesty, respect, responsibility and faith in all programs. The YMCA will not tolerate any physical or verbal abuse that may come from any players or coaches that participate in this program. Any abuse to opposing players, officials, scorekeepers or YMCA representatives will not be tolerated and could result in an expulsion from the league.
3. The judgement by officials or any YMCA representative is final.

II. Teams

1. A “team” will consist of no more than fifteen (15) players. Your entry fee, final roster, waiver forms **and a picture id (with physical address on it) of each player** must be turned into the YMCA by **February 23, 2010**. No player can be added to the roster after the first game. If any team has a player that is not on his final roster and plays in a game, then that game will be a forfeit.
2. A team must have four (4) players to start the game, but can finish a game with three (3). A grace period of 5 minutes will be awarded if a team does not have five players to start the game. After such time the game will be considered a forfeit.
3. **Forfeits are not good for the league. Two forfeits will result in removal from the league and no refund will be given.**
4. A team must have matching uniforms in color w/ a number. If any member of a team does not have a matching uniform then he will **not** be allowed to play.
5. Each team will have a captain and is the sole entity to speak for that team. When a ruling needs to be made on or off the court, the team’s captain will be the one notified. If the team’s captain is not present or cannot be reached, one representative from that team will be acknowledged and notified.
6. A player is not allowed to play for two different churches during the season.
7. All players on a team’s roster must be 16 or older to play.

III. League Rules

1. A prayer will precede all games. The home team says the prayer.
2. A game will consist of two 20-minute halves with a running clock that stops only on time-outs, injuries, the last minute of the first half and the last two minutes of the second half. There will be a five-minute intermission between halves. **(Mercy Rule: If a team is leading by 20 points the clock will continue to run)**

YMCA Mission: Helping all people reach their God given potential in spirit, mind and body.

3. If both teams are tied after regulation, then a two-minute overtime period will be played. If both teams are tied after the overtime period, the game will end in a tie.
4. Teams will be allowed two (2) timeouts per half. Timeouts do not carry over to second half. One (1) additional time out for overtime
5. A player receiving five (5) personal fouls during the game (including overtime) will be fouled out of the game and not allowed to return.
6. A team that commits seven (7) team fouls will then award the opposing team a one-in-one opportunity. After the tenth (10) team foul, then two (2) shots will be awarded.
7. ***If any player receives an “unsportsmanlike” technical foul during the game, that player will be immediately ejected from the game and removed from the facility. This player must also sit out the next available game. If any player received two (2) technical fouls during the season, then that player will be suspended from the league.***
8. *NEW RULE: If a team receives three (3) “unsportsmanlike” fouls in one game then the game will be terminated and the other team will win the game.
9. Backcourt violation will be called.
10. Any technical foul or intentional foul will result in a two shot foul and possession of the ball. Intentional fouls are not automatic technical fouls but do count as personal fouls.
11. **There will be NO DUNKING!!!** Dunking and attempted dunks will result in a technical foul and expulsion from the game.
12. Jewelry is not allowed to be worn during games. (Wedding bands are acceptable)
13. Profanity will not be tolerated! If a player uses profanity, a technical foul will be called and that player will be removed from the game.
14. The scorebook will settle any disputes regarding the score, not the score clock. The scorebook is the official score.
15. If a team has any grievance with an incident that happened during the game, the team’s captain must call the sport’s director within 24 hours after the incident occurred. The YMCA has the final word on all grievances.
16. The NC High School Basketball Rule Book will be the rules that the league follows, unless specified in this sheet.

-Revised 1/07/2010