Men's Basketball League

IMPORTANT LEAGUE NOTES

Thank you for choosing to play in the YMCA Men's 40+ Basketball League. This is a Recreational League and the YMCA values Good Sportsmanship. **Poor Sportsmanship will not be tolerated!**

- THIS LEAGUE will follow Ohio High school rules with the noted exceptions in the league rules and this sheet. We will reserve the right to modify, delete or add rules at any time during the season, with notice.
- All games will be played at the Wadsworth YMCA,623 School Dr, Wadsworth, OH 44281.
- ABOUT THE GAMES: Games are played in two 20-minute halves. No full court pressing. Once the ball possession has changed, the defending team may not press the ball until it comes across the half court line. Exception: **The last 5 minutes of each half-full court pressing is permitted.** Teams will be warned one time in a game, then technical fouls are called for violation of the half court press rule. Each team will have two timeouts per half. The clock will run continuously except for timeouts during the entire game until the last minute of the first half and the last 2 minutes of the game.
- Because we play two twenty minute halves, not quarters we will use the NCAAM Basketball Bonus rules: 7th team foul (Single Bonus): Fouled player shoots a "one and one", 10th team foul (double bonus): fouled player shoots two free throws. Fouls reset at halftime.
- If a technical foul is assessed, the opposing team will automatically be awarded two points and the ball. This rule is to keep the game moving since the clock does not stop and to limit technical fouls. Technical fouls will be called for swearing, continual arguing with the referees, slamming the ball and any other reason deemed worthy of a technical by the officials remember the score table are officials and can assess technical fouls.
- **Substitution Policy:** Team captains are required to complete and display the substitution sheet on the bench to ensure visibility for all players. Official stoppages for substitutions will occur at the 15, 10, and 5-minute marks of each half. The final 5 minutes of play (10 minutes for 6-player teams) will operate under open substitution rules, during this time the team captain retains full discretion over the lineup, though all bench players remain eligible to enter the game as required. Players wishing to sub into the game must first come to the scoring table and wait for the scoreboard operator to horn them in on a dead ball situation. You will substitute on free throws after the first free throw if it is a 2 shot foul.
- Half-time is 3 minutes long.
- Also, if a team is winning in the 4th quarter by more than 15 pts. with 2 minutes to go, the clock will not stop.
- Overtimes will be played as a 2-minute period with one additional time out awarded with the clock stopping on all whistles and during the timeout. Overtimes will continue until there is a winner.

- If you are ejected on technical fouls, you will automatically be out for your next game. You will not be permitted back in the building until your 2nd game. If you are ejected a second time, you are ejected for the year. The YMCA reserves the right to dismiss a player from the league immediately for what it deems egregious behavior.
- Subs are only allowed if a team has 5 or less players and teams can only have 6 players with subs, i.e.,5 regular players 1 sub, 4 regular players 2 subs, and so on. No sub can play the first 5 minutes of the first half and the last 5 minutes of the second half. Subs will be recruited randomly from the league rosters. NO OTHER SUBS ARE PERMITTED. So that we can keep 5 players on the court and games competitive: If a team has 4 or less roster players at their game then they will be permitted to have enough subs to continue to have 5 players on the floor even during the final 5 minutes of game. However, every time a sub is assessed a foul it will be scored like a technical foul: automatic 2 points for the other team and the other team is awarded possession of the ball. Similarly, if a team has its players but due to a player(s) fouling out now could not field a full team of five then the most recent person who had fouled out could continue to play so that the team would have 5 players but again every time that player who fouled out commits another foul it is scored like a technical foul. No subs during the playoffs. Each team must be fielded from its own roster. If a team cannot field its own five-person team, then the game (even if played with subs) will be considered a forfeit.
- A team Captain will be assigned to each team, and he will be the contact for the referees and score table. No other player will be permitted to talk to referees or scorers table during the game.
- Playoff seeding will be based on head-to-head record of all teams involved, head-to-head point differential and then total point differential.