



Men's & Women's Basketball Rules/Regulations

03-16-05

Rules of Play

- A roster must be handed in at the time of registration, finalized at the start of your first scheduled game and handed to the scheduled scorekeeper. Roster changes made during the season must be approved by the recreation coordinator. **All players must play at least 2 Regular Season Games in order to play in any or all Playoff Games.**
- All players must wear their Cambridge Family YMCA issued basketball shirt. Every player that does not wear their shirt will result in the opposing team being allowed one (1) technical foul, which incurs two (2) foul shots. One "0" is allowed per team. All shirts must be the same color.
- NCAA Basketball Rules apply.
- No high school players allowed.
- Teams are allowed three (3) time-outs per game and one (1) time-out per overtime. Time outs do not carry over.
- Five (5) fouls per player per game.
- A team may begin the game with a minimum of four (4) players, but can finish the game with two (2). No more than five (5) players per team are allowed on the court. The clock will start when enough players are present to play. Time outs may be used to delay the start time. A team must forfeit the game if it is not ready to play within ten (10) minutes of the scheduled start time.
- Games will consist of two (2) twenty (20) minute halves with running clock time. The last ten (10) seconds of the first half and the two (2) minutes of the second half will be stop time.
- A one-on-one situation will occur after the seventh (7th) foul of each half.
- Two (2) shots are awarded on and after the tenth (10th) foul.
- Any conduct deemed "un-sportsmanlike" by the official(s) will result in a technical foul. This includes trash-talking, taunting, pushing, etc. This will not be tolerated in any league at the Cambridge Family YMCA.
- Slaughter Rule – Refs make the determination if a game can be called early due to roughness, horseplay and game blowouts. If there is less than two minutes of play and a blowout is determined by officials, stop-clock play will not apply.
- Technical fouls are considered team fouls as well as personal fouls.
- A technical foul will result in two (2) shots and possession of the ball.
- Two flagrant or technical fouls (this can and will include one of each) will result in an ejection from the game and gymnasium. The team captain is responsible for escorting the player out of the building. The player will also be suspended from at least one (1) following scheduled game.
- Any combination of three (3) technical fouls in any session will result in permanent expulsion from that session for that player.
- A forfeit of three or more games by one team will result in the team not being scheduled into the playoffs.
- Players must sign the waiver to be added to the roster.
- **Overtime** will be played if a game ends in a tie. Overtime play will be three (3) minutes in length with the last minute only played at stop-clock. Each team will be given one (1) time-out only; time-outs from the game will not be carried over. All fouls from the game, including personal and team, will carry over into overtime play.

Rules of Pay

- The registration fee is due at the time of registration. No fee, no registration.
- The full amount of money must be paid prior to the second scheduled game.

- Teams not paid in full by their second scheduled game will be allowed to play with the following consequence: the opposing team will be allowed one foul shot for every \$25 unpaid by the delinquent team, i.e. $\$325/25 = 13$ foul shots.
- Teams not paid in full by their third scheduled game will be allowed to play with the following consequence: the opposing team will be allowed one foul shot for every \$10 unpaid by the delinquent team, i.e. $\$325/10 = 32$ foul shots.
- Teams not paid in full by their fourth scheduled game must forfeit this and every game following until their balance is paid and written permission to record scores is submitted by the recreation coordinator.
- Please maintain your own records by collecting and keeping receipts. This will assist in the settling of disputes.
- The team captain is responsible for all payments; individual players will not be confronted regarding delinquent or any other payments.
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Rules of Registration

Adult Program Participant forms (APP)

- When a team sends in a roster the team captain will receive 12 APP forms for all members to complete before the first game.
- Every team member must turn in an APP form to the front desk (and receive a receipt before playing in the league and receiving a t-shirt)
 - When turning in an APP form, with or without a payment, player will receive a receipt with his or her name on it. A copy of that receipt must be shown to the scorekeeper before playing or receiving a t-shirt.
 - All individual payment will be documented by the computer system (via the APP) under the individual's name. However, it is always a good idea to keep your receipt.
 - All Corporate payments will be documented by the computer system (via the APP) under the team captain's name. However, it is always a good idea to keep your receipt.
- All players and coaches on the team must provide their names and contact information for the roster before play begins. They also must sign the team waiver. Players who have not registered on the roster **and** signed the waiver will not be given game jerseys. Scorekeepers will maintain final rosters; temporary rosters for registration purposes will not be honored.

The Recreation Coordinator (or Acting Commissioner) retains the right to amend to these rules at any time.

I, acting as the team captain, have read and do understand these rules as they are written. I will act as the sole spokesperson for my team in all disputes regarding rules and will work hand-in-hand with all referees and scorekeepers to maintain the organization and integrity of the league.

PRINT NAME _____

SIGNATURE _____

DATE _____

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