

QUINCY FAMILY YMCA WOMEN'S ADULT BASKETBALL LEAGUE RULES

The current National Federation of High School rules will govern this league unless otherwise indicated:

1. Games will consist of two (2) 20 minute halves. The clock will run continuously except for the last two minutes of each half. The clock will stop for timeouts, free throws, injuries and a 5 minute half-time break. The clock will be stopped for any dead ball situations during the last 2 minutes of each half.
2. Each team will be allowed two (2), 1 minute timeouts per half. Timeouts are not cumulative. An additional timeout will be added for each overtime period played.
3. A tie game at the end of two halves will be decided by a 3 minute overtime period. A flip will determine which team has first possession. The clock will be stopped for any dead ball during the last one minute of the overtime period. If still tied at the end of the overtime period, the first team to score two points will win the game. (Note: Except in playoffs where as many 3 minute overtime periods will be played as needed to determine the winner.
4. Substitutions may be made only during dead ball situations—wait for officials to beckon you in.
5. All rosters are final at the conclusion of the second week of the season. Players will NOT be added after that without the permission of the league director. Any player participating in a game who is not on the roster will result in the offending team forfeiting that game.
6. Game time is tip off time. No exceptions, no excuses. There is no grace period. Teams must submit a written line-up prior to the game time. Teams will be provided line-up cards on site. It is the team's responsibility to arrive on time, fill out line-up cards and be prepared to play at game time. This does not mean warm up at game time. If there are a few minutes provided before game time your team may shoot around but if not the next game must start immediately. Teams must be on the floor with four (4) players by the starting time of the game or the game will be declared a forfeit.
7. If a player gets injured, fouls out or is ejected from the game a team may play with a minimum of three (3) players provided there is a reasonable chance to win the game (official's discretion).
8. To aid the officials in controlling the adult league, we will enforce three technical foul rule:
 - A. Any player receiving a flagrant technical foul during a game may be ejected from that game and be suspended for the next game, depending on the severity of the technical. Any player receiving two technical fouls will be automatically suspended from that game plus the next game.

- B. Any team receiving three flagrant technical fouls (not including administrative technical fouls-i.e. six players on the court or jersey violation) during a game will forfeit the game.
 - C. Any unsportsmanlike tactics, unnecessary roughness, profanity or derogatory remarks by a player may result in ejection from the game and facility and /or suspension from league play.
 - D. The building supervisor, scorekeeper and officials are representatives of the Quincy Family YMCA and are not expected to tolerate abuse.
 - E. Teams or players not abiding by these rules or other policies and regulations established by the Quincy Family YMCA will be dropped from the league. No refunds.
9. On free throws, we will play “on the release”.
10. Game Cancellations are sometimes necessary due to inclement weather. If in doubt, please call our **Games Cancellation Number at 257-8260**.
11. Water Only is allowed in the gym. No food is allowed in the gym. Please deposit any plastic water bottles into the trash and clean up your area after your team has finished playing.
12. Team T-Shirts: The captain of your team will be contacted, by the league coordinator, to be assigned a team color. Your team must wear t-shirts in that assigned color each night of league play. You are welcome to get your own uniforms with numbers, but to cut down on expenses for your team the YMCA is not requiring your team to have jerseys with numbers on them. Your team captain is responsible for each player on your team wearing the assigned team color at every game. Any team failing to comply with uniform standards will be issued one warning and given one week to make the necessary corrections. After an issued warning, all violations will be considered as an administrative technical foul on the offending player. It will be recorded as a player and team foul. The opposing team will also be given 2 points, at the start of the game, for each illegal t-shirt. Team captains: it would probably be a good idea to bring extra t-shirts, in your team’s assigned color, in case a teammate forgets their shirt.
13. If you have any other questions please contact Debbie Bruce at debbieb@quincymca.net or call the YMCA at 222-9622. Any other clarifications will be answered on the first night of league play by the league coordinator or officials.

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