

YMCA of Callaway County

Men's Basketball League Handbook



Rules and Code of Conduct

The YMCA of Callaway County is an association comprised of persons of all ages, ethnic groups and religious affiliations dedicated to putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

YOCC Men's Basketball League

League Organization

The governing body of this league is the Callaway County YMCA.

The purpose of this league is to help build healthy mind, body and spirit for all through recreational activity.

The Sports & Recreation Director has the final authority to make decisions pertaining to all Adult Basketball League rules and regulations.

League Eligibility

- A player must be 18 years of age and out of High School.
- Current Colligate athletes cannot participate in league play.
- When a player's eligibility is doubted, notice must be given to the Sports & Recreation Director prior to the start of game. The Sports & Recreation Director will take care of any eligibility issues.
- All players must be able to produce identification (driver license or membership ID card) if asked.
- Teams who lose players during the season may petition to the Sports & Recreation Director to replace the unavailable player.

Registration

Each team must register their team at the YMCA of Callaway County

To register, each team must submit the following:

- A team roster complete with first and last name, along with signature of wavier/liability
- Registration fee (Check made out to the Callaway County YMCA)
- Signed Code of Conduct

All registration fees must be paid in full at the time of registration. No refunds will be given to teams that drop out of the league. All registration fees must be paid before the first game. Failure to do so will result in removal from the league.

A player cannot play on more than one (1) team in the same league.

Roster

A roster should include a minimum of 8 players. The maximum number of players permitted on a roster is 12. No new players may be added to a team's roster after the start of the 4th game. All new players must be added to the team's roster by

emailing the Sports & Recreation Director a new roster prior to the game to be eligible. No roster may be edited after the start of the team's 4th game.

Player Conduct

All players will follow the YMCA Mission, "To put Christian principles into practice through programs that build healthy spirit, mind and body for all".

All players will demonstrate the YMCA's Four Core Values: Caring, Honesty, Respect, and Social Responsibility.

Profanity and/or physical abuse of league officials, opposing team players, and spectators will not be tolerated. Profanity towards any party may lead to one of the following: Game ejection, suspension, or league removal. Physical altercations of any kind will result in an immediate, expulsion from the league until further notice.

- If a player, manager, or spectator refuses to leave, the game will be declared a forfeit.
- If the player, coach, or spectator still refuses to leave after the game has been declared a forfeit, the police department will be called to escort the person from the premises. This will result in a LIFETIME expulsion from the league, and other recreational adult sports.

Smoking and alcoholic beverages are not permitted. Any player found drinking or smoking will be ejected immediately from the game and could be expelled from the league by the Sports & Recreation Director.

Game officials will enforce all rules as it relates to matters on the court.

The Sports & Recreation Director will enforce all rules on and off the court. The Sports & Recreation Director has the final say on all matters as it pertains to YMCA of Callaway County Men's Basketball League.

The team coach is responsible for informing all team members of the rules within this handbook.

Referees

Officials will enforce all rules on the court.

Any issues regarding questionable eligibility need to be brought to the official's attention **PRIOR** to the beginning of the game.

Profanity and/or physical abuse on an official by a player will not be tolerated and will be ejected from the game and suspended from the league indefinitely.

Every game will have two officials. The Championship game of the tournament will have three officials.

A game may start with one official.

Court and Equipment

Games will be played on Sunday Afternoons starting at 1:00 pm.

All players must wear athletic shoes. Street shoes are not permitted in the gymnasium. Sandals may be worn only to preserve game shoes when traveling to and from the gym.

Players may only bring water into the gymnasium. Foods, beverages, are not permitted in the gymnasium.

All teams are required to provide their own jerseys with numbers on them. Like colors are necessary but not required.

The following equipment is legal: ace bandages, head bands, soft pliable knee pads or ankle pads and mouth pieces.

The following equipment is illegal: all jewelry except smooth wedding bands, bracelets that are detached from the wrist.

Game Rules

- The game will be played with a running clock of two (2) twenty (20) minute halves.
- The last two (2) minutes of each half will have a regular stop clock unless a team is winning by twenty (20) points or more.
- The clock stops for time outs, half time and injuries.
- Half time will have a 5-minute maximum.
- Each team is given Two (2) one, (1) minute time-out per half.

MSHAA rules apply.

Line-ups with last names and numbers must be submitted to the scorekeeper AT LEAST five (5) minutes prior to the start of the game.

Overtime will consist of a 2-minute regular clock. Each team is awarded one time out. If there is still a tie after 2 minutes, then the second overtime period will be sudden death, first basket scored wins. **Certain situations/rules may trump first to score rule**

Players must check in at the scores table. Failure to do so will result in a technical foul.

Each player is allowed five personal fouls before leaving the game. Technical fouls count toward this number.

Technical fouls:

- A player is permitted 1 technical foul per game. If a player receives a second technical foul, that player will be removed from the game.
- Disqualification for technical fouls will result in a 3-game suspension.
- If a player receives an "unsportsmanlike" technical foul, He is done for that game.
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Fighting will result in a ban from the league and possibly the loss of your YMCA privileges.

Dunking or attempting to dunk the ball in the gym is not allowed at any time before, during or after the games. A dunked basket does not count, and the offending team will be penalized by a two shot unsportsmanlike technical foul. Hanging on the net or rim is also considered dunking for this rule. Dunking is not allowed during warm-ups. Penalty is a Technical Foul to start the game.

Forfeits

A team may start a game with 4 registered players (3 or less is a forfeit).

The scorekeeper will call a forfeit if the team does not have 4 roster players at the start of the game.

Forfeit time is 5 minutes after game time.

A forfeit is recorded as a loss. In the event of a double forfeit, both teams receive a loss.

Forfeited games will not be scored or officiated.

If a team forfeits two games, they become subject to being dropped from the league.

There shall be no postponement of games. A team that foresees a conflict with a game must and notify the Program Director 24 hours or more prior to the game.

No refunds are made after a team has participated in one game.

Playoffs

Tournament will be single elimination.

Only top 4 teams advance.

You may not add players.

League standings will determine the playoffs. The league standings can be found on TeamSnap Tournaments Mobile App

Playoff tie breakers:

- Head to Head record
- Points Differential (tied teams only)
- Fewest points allowed

For questions, comments, or concerns please feel free to contact the Sports & Recreation Director:

Cecilia Portillo

Email: sports@ymcaofcallaway.org

Phone: 573-642-1065

Good luck to all participating in the league, looking forward to a fun & competitive season.