



Lake YMCA Adult Women's Basketball League Rules (Revised 2/12/19)

Games will be played using modified high school rules.

Participant Registration / Participation:

- All players must be registered for the program. **This is an insurance and liability issue.** Any violations of this rule will result in a forfeit of any games the player has participated in.
- Players may only play on (1) team.
- No changes to the team roster will be allowed after the second game of the season. Team rosters may only have a maximum of (10) players at any given time.

Participant Dress Code:

- Each player must wear their designated game shirt or a shirt of the same color as their team or they will not be permitted to play. Exceptions may be made by the Director, only until the designated shirts arrive.
- Players are not permitted to wear necklaces, bracelets, earrings, or any other type of jewelry during game play.

Game Play:

- Two (2) game officials will be assigned to each game.
- A (5) minute grace period will be allotted for each game. If a team is not ready at the designated game start time, (5) minutes will be put on the clock. If the team is still not ready after the (5) minute buzzer, the game will result in a forfeit. Teams must have (5) players present who are on the team roster to begin a game. **Per insurance and liability reasons, game officials will not officiate a game that is considered a "forfeit." For the benefit of all teams involved, please be sure that your players are present and ready at their designated game start time.**
 - Two forfeits will result in a team not being eligible for the post season tournament.
- Each team will be given (2) 30-second time-outs per half. Time-outs do not carry over into the next half of play or overtime.
- Modified Clock – The game will consist of (2) twenty-minute halves with a continuous clock. The clock will be standard and stop on every whistle with **two minutes and less in the first and second half.**
- On free throws, players may enter the lane upon the ball release. Players behind three point line and the shooter must wait until the ball hits the rim before entering three point area or lane.
- If at any time the ball hits any part of the walking track, it will be considered a dead ball. If the ball bounces over the backboard, it will be considered a dead ball.
- If at the end of regulation there is a tie in score, overtime will occur. Overtime will consist of a (2)-minute period, starting with a jump ball. The clock will be standard. (1) 30-second time out given to each team. After the first overtime if the score remains tied, an extra (1)-minute period will occur.
- Ending a Game Early & "Mercy Rule" – The game may be called before time has expired. This will occur in any of the following circumstances.
 - If a physical altercation between two teams occur during gameplay. The team that will get the win will be determined by the Director and game officials after incident has been resolved.
 - If the point spread of 20 or more points with 2 minutes or less in the game.

Fouls / Conduct:

- Players will be eliminated from the game after (5) personal fouls. Technical fouls will count toward player personal fouls. Two technical fouls will result in the player being ejected from the game. Any player ejected for conduct will not be eligible to play in the team's next (2) scheduled games. No exceptions. The game the player has been ejected from, will not count towards to the (2) games. If the same player is ejected for conduct in a separate game (resulting in a total of 2 games being ejected), that player will not be able to participate in the YMCA league
- Conversations between the game officials should be limited to time-outs and other dead ball situations.
- Any negative contact/conversation with the game officials after the game may result in a (1) or (2) game suspension, or possible expulsion from league. This will be at the discretion of the Director.
- Food or drink is not permitted in the YMCA Field House. Water is the only exception.
- Please be respectful and pick-up after yourself (ie: empty water bottles, athletic tape, etc). Trash receptacles are located in the YMCA Field House.

End of the Season Tournament:

- If there is a tie in record, tournament seeding will be determined by point differential (points scored vs points allowed).

****This is a YMCA league; therefore, YMCA conduct is expected! The use of foul language will not be tolerated****