



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2021 Fall Basketball Rules

**YMCA Leagues follow the rules set forth by the National Federation of State High School Associations (NFHS), in addition to the following YMCA adaptations:**

## **I. TIME FACTORS**

**A.** A game consists of two 20-minute running halves with a running clock. A "running clock" stops only for (a) time-outs (b) injury, (c) confusion and (d) official's request. It does not stop for free throws.

**B.** Halftime: Halftime will be three minutes.

**C.** Time-outs: Two time-outs are allowed each team per half. These time-outs are not cumulative--if a team does not use them, they are lost. A time-out is 60 seconds, and the clock stops when the official notifies the timer of the request. A team may request a time-out on any dead ball, or whenever that team has possession on the ball. (If a timeout is called prior to a free throw being shot, the clock begins when the ball is touched on the rebound, or touched when in bounded after the free throw scores.)

**D.** Final two minutes of the second half will be "stop clock timing" if going into the final two minutes of the game or anytime thereafter, the teams are within eight (8) points of each other. The clock will then stop on all whistles. The game will continue to use "stop clock timing" for the rest of the game even if the score expands to more than eight points.

**E.** Overtime: Overtime periods are two minutes of "stop clock timing". Each team may use one time-out in the overtime. If a second overtime is needed "sudden victory" comes into play. (Jump ball, first team to score wins)

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## **II. DURING PLAY**

**A. Uniforms:** Teams must have T-shirts of the same color with permanent numbers on both front and back of the shirt. The officials are instructed not to call the game if either team does not meet this requirement. In this event, the team failing to comply will forfeit the contest, or the player in violation will not be allowed to play.

**B. Jewelry:** All jewelry must come off - friendship bracelets, loop earrings, watches, etc. Stud earrings that are covered with tape or a bandage that eliminates the possibility of injury is allowed.

**C. All players attending their game must play the equivalent of half the game. Failure to comply will constitute a forfeit.**

**D. Starting the game:** A team must have at least four players to start the game or it will be declared a forfeit. (An official forfeit is announced twenty minutes after the scheduled game time. If a team is 10 minutes late, the first half will be 10 minutes long. The lateness of the tardy team will be subtracted from the first half. Referees will not officiate a forfeited game (20 minutes late).

**E. Playing short-handed:** If a team is reduced to fewer than four players, it may continue playing as long as the officials judge that the short-handed team has an opportunity to win. If the short-handed team is judged not to be competitive at all, the game will be ended.

**F. Scoring:** One point is scored for each free throw, two points for each regular field goal, and three points for each extended field goal.

**G. Substitutions:** Players may substitute whenever the ball is dead. Incoming players are asked to get the attention of the scorekeeper and officials before entering the court.

**H. When an opponent is in-bounding the ball:** A player is not allowed to slap the ball out of an opponent's hands while he/she is trying to in-bound it. First offense: warning; second offense: technical foul. (If any first offense judged by the officials to be flagrant or dangerous, it can result in a technical foul or ejection.)

**I. Back court guarding limitation:** If a team is ahead by 20 points or more, no back court guarding will be allowed against the team that is losing.

**J.** National Federation rules in effect: Except for YMCA adaptations, all other National Federation rules will be used. One-and-one will be shot on the seventh team foul: a player fouls out on his/her fifth personal foul: the possession arrow will alternate after the initial jump ball to begin the game, etc.

### **III. SPORTSMANSHIP**

Coaches, players and spectators are expected to behave in a sportsmanlike manner.

**A.** Captains/coaches are responsible for the decorum of their teams. Under no circumstances will the following behavior be tolerated: profanity directed at the officials, excessive profanity in general, fighting, continually complaining about the calls, or endangering/threatening anyone on game premises. If any player receives two technical fouls in a game, he/she is ejected. If a player is ejected from two games during the same season, he/she is eliminated from the league. When ejected, a player must leave the gym area entirely (he/she may not stay in the gym or the hall and support his team). Failure of the ejected player to leave immediately shall result in forfeiture. An ejection equivalent may be issued before, during, or after the game.

**B.** Spectators are not allowed to harass the referees, dispute calls, or insult any of the players. Spectators are not allowed to verbally attack or rudely confront anyone on game premises, or walk across/on the court to insult/confront/question officials before, during, or after contests. Physical intimidation and threats are also disallowed. If a spectator has concern/complaint about an official, he/she should contact the program coordinator during regular business hours.

Officials are allowed to issue spectators technical fouls. A spectator that receives a technical foul will be asked to leave the gym area entirely. The game will not continue until the spectator leaves otherwise the game will be forfeited. A spectator technical foul counts towards Team technical fouls.

**C.** Team technical fouls: If a team receives three technical fouls for behavior unsportsmanlike during a game, that team will forfeit the contest, and the game will be stopped. If a team receives five technical fouls for poor sportsmanship during a season, that team forfeits the next scheduled game.

**D.** A coach that receives two technical fouls during a game will be asked to leave the gym and will be suspended for the next scheduled game. The head coach is charged with technical fouls that are given to him/her as well as technical fouls given to the bench as team technical fouls. Team technical fouls include those given to bench players, assistant coaches, parents, etc.

#### **IV. TEAM ROSTERS, ILLEGAL PLAYERS, ADDING/DROPPING**

**A.** A team must have eligible players (players registered through the Y and on the team roster) in order for the contest to count. Teams may not use "substitutes" to fill in on a one-time basis unless authorized by sports office. Teams may add players through the third week of the league. If a team is guilty of using an illegal player, that team will forfeit the contest upon discovery of the illegal player. Teams must have a minimum of seven on their roster.

#### **V. FORFEITS**

A team will forfeit the contest if it commits any of the following:

- A.** Failure to provide four players at the beginning of a game.  
(20 minute waiting limit)
- B.** Failure to use legal, rostered players during a contest.
- C.** Failure to comply with the sportsmanship requirements.

#### **VI. MISCELLANEOUS**

- A.** Boys leagues play with full size basketball.  
(5th/6th boys teams will play with intermediate size ball).
- B.** Girls leagues will play with an intermediate size basketball.
- C.** All leagues will shoot regulation 10 feet basket height.
- D.** All leagues will shoot regulation 15 feet free throws.
- E.** YMCA will provide a composite leather basketball at each game site.