

YMCA Men's Basketball Rules

- 1) Nebraska High School rules with the noted exceptions.
- 2) Teams must have 4 players to start. Forfeit time is 10 minutes after scheduled game time. If your team cannot play, please call the YMCA before the game at 402-463-3139.
- 3) Each team is required to have numbered jerseys. If teams do not have numbered jerseys, the Y will provide temporary mesh jerseys.
- 4) During the last minute of each half, the ball may be advanced to half court only when a timeout has been called by the team advancing the ball. The offensive team must call a timeout to advance the ball, even if the defending team has already called timeout.
- 5) 20 minute halves with running clock, except for last minute of each half and OT. 5 minute halftime.
- 6) Teams will get 2 timeout per half. No carryover. 1 extra for overtime.
- 7) Overtimes will be 5 minutes, 1 minute overtime (if needed).
- 8) A scorekeeper is provided and will make final decisions on scoring/time. Team listed first on the schedule will be home team.
- 9) Team and individual fouls will be counted. Teams will shoot 2 free throws starting at the 7 team foul mark. There will be "and-1" and shooting fouls.
- 10) Team and individual fouls will be recorded. The last minute of each half and overtime, all intentional fouls (to strictly stop the clock) will be 2 shots (whether at 7 team fouls or not).
- 11) Flagrant fouls and fighting may lead to ejection and/or suspension for remainder of season. The league director/committee has final decision on discipline situations.
- 12) Substitutions may be on dead ball situations ONLY. Teams substituting during play will result in a loss of possession on offense and player substituting on defense must sit out for the duration of the possession.**
- 13) Players must be on roster to participate in game. A **player cannot play on more than one team.**
- 14) All Rosters will be locked for tournament games. Team additions must be made by the first scheduled game of the tournament. No player is eligible for the tournament unless he has signed the roster.**
- 15) If there are rule changes, schedule changes or clarifications, scorekeepers will know and will notify team captains.
- 16) Questions and comments may be directed to Ty LeBar, Sports Director.