

Men's 4 on 4 Basketball League Rules

Games

1. Games will be played on Tuesday nights at 6:30, 7:20, 8:10, and 9:00.
2. Overflow games will be played on Wednesday nights.
3. Please have at least 4 players at the YMCA ten minutes prior to the start of your game.

Team Rosters/Player Eligibility

1. Teams have an 8-player roster limit.
2. Team rosters are due & final by the 2nd week. If they are not on the roster by then, player (s) will not play in the league.
3. No player may play on more than 1 team.

Starting the Game/Forfeits

1. A team must have 4 legal players to start a game.
2. Forfeited games may be played with 3 players or by borrowing a player from another team. However, the game still results in a loss for that team.
3. **No games are postponed or made up.**
4. If you cannot put 4 players on the court as of 10 minutes from the scheduled start time, they must forfeit.
5. **Full payment must be received by week 2, otherwise teams will be out of the league.**

General Rules which apply

1. Alternating possessions-1st possession is determined by both teams. After that all jump balls are alternate.
2. Games will consist of two 20-minute halves. The clock will only stop during the last 2 minutes of the second half or the entire overtime.
3. Overtime will consist of one 3-minute period.
4. Each team will receive 1 timeout per half, and 1 per overtime. They do not carryover.
5. After timeouts the offensive team gets the ball out top of the key on their offensive side of the court. No subbing on the fly! Subs will only be allowed for a dead ball or offense!
6. Offensive players call their own fouls.
7. There is a backcourt violation.
8. A player fouled in the act of shooting receives one point and the ball.
9. All fouls in the last 2 minutes of the game and overtime will result in two free throws, unless a player is fouled shooting a three.
10. All other rules are normal basketball rules.

Standings-Tournament Tie-breakers

1. Win/ Loss record.
2. If there is record tie, season point differential will determine ranking of the tied teams.

Player conduct and Responsibilities

1. Any player may be suspended from a game at any time for unsportsmanlike conduct. This will be decided by the Program Director. Players must remember they are in a family facility, and appropriate language and conduct is expected.

2. No drinking is allowed before or during the game. Players suspected of drinking prior to a game will be asked to leave. Second violation could result in suspension for the remainder of season.
3. Any player striking or attacking a player will be immediately ejected from the game. This goes for pushing, hitting, kicking, etc, and is decided by the Program Director's discretion. Second violation could result in suspension for the remainder of season.
4. **The Program Director may also make any decision he deems necessary for the integrity of the program.**

Adult 4 on 4 Basketball Roster

Team Name:

Team Captain:

Captain's Email:

I hereby certify that the below participants are in good health and capable of safe participation in the YMCA program. I assume all risks and hazards incidental to the conduct of this program. Where applicable, I hereby authorize the YMCA to obtain medical treatment for the below participants. I support the YMCA philosophy, which is based on participation, fun, physical fitness and health. **By signing this roster, you have agreed and understand the rules listed above of the program and failure to follow will result in suspension or termination from the league.**

	Name	Signature	Phone Number	T-shirt Size	Date
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____

Any questions please contact Jordan Polk @ the YMCA at 920-887-8811 or
jpolk@theydc.org