

FRIDAY NIGHT HOOPS @ The Y

Facility & League Regulations



YMCA CODE OF CONDUCT

The Superior Douglas County Family YMCA is committed to providing a safe and comfortable environment for all Members and Guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in the YMCA facilities or participating in YMCA Programs.

We expect all person using the YMCA to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct for Members and Guests does not permit language or any action that can hurt or intimidate another person. This includes but is not limited to:

- Angry or vulgar language including swearing, name-calling or shouting
- Physical contact with another person in any angry or threatening way
- Any demonstration of sexual activity or sexual contact with another person
- Harassment or intimidation by words, gestures and body language
- Theft or behavior that results in destruction of property
- Carrying or concealing any weapons, devices or objects that may be used as weapons
- Using, possessing or being under the influence of illegal chemicals or alcohol on YMCA property or at any Y-sponsored programs
- Any other conduct deemed inappropriate, threatening or offensive in nature

Members and guests are encouraged to be responsible for their personal comfort and safety. Any person who is feeling threatened should immediately make it known to the instigator that the behavior is unwelcome. If a member or guest feels uncomfortable in confronting said person directly, a report needs to be given to a Y staff member immediately.

YMCA staff will investigate all reported incidents. Any violation of this Code of Conduct may result in suspension or termination of participation in any Y-sponsored program.



LEAGUE REGULATIONS

**** Participants may only use gymnasium and main floor bathrooms ****

1. Participation Requirements

A minimum of FIVE (5) fully paid player registrations are required for a team to be allowed to participate. All team members must have completed the Google Registration Form AND the Participation Fee on the YMCA system. THE YMCA DOES NOT CREATE TEAMS. RATHER, EACH TEAM MUST SIGN UP USING THE SAME TEAM NAME. 8 TEAMS LEAGUE MAXIMUM.

2. Registration Deadline

No new player registrations will be allowed after the 4th week of the 10-week season.

3. Player Eligibility

All players must be enrolled and attending school on a regular basis in 9th, 10th, 11th or 12th grade. No player may participate if older than 19 years of age.

4. Number of Players Per Team

A regulation team consists of FIVE (5) players. Teams may participate with no fewer than three (4) players at any given time. Only due to injury may a team play with less. If a team is reduced to less than four available players due to ejections, the team will automatically forfeit the game regardless of score at time of ejections.

5. Timing Regulations

All games will consist of two (2) 20-minute halves (running time) with a five-minute half time. Games are scheduled to begin immediately at either 7pm or 8pm. The clock will be started at game time. The clock will only stop on team/official timeouts and halftime.

****Stopped Time will be used in the final two minutes of the second half. During this period of time the clock will stop on violations, fouls and timeouts, but not after made baskets. PLAYERS DELIBERATELY DELAYING GAME PLAY BY ANY METHOD WILL BE ASSESSED A TECHNICAL FOUl AND GAME OFFICIALS MAY ADD TIME IF NECESSARY.**

Games starting ON TIME will begin with a jump ball. Alternating possession will be used throughout the remainder of the game. Any team not ready to play at the schedule start time will be penalized TWO POINTS for each minute late. The opponent will be given the ball to start the game. If a team is still not ready to play five minutes after start time, the game will be a forfeit victory awarded to the opponent. A forfeited game will be awarded to the opponent with the score of 10-0.

6. Mercy Rule

If a team falls behind by 15 or more points at any time in the final two minutes of the 2nd half the clock will continue to run except during team or official's time-outs. Stopped time will return if the score difference becomes 14 points or less.

7. Forfeit Rules

A forfeit will be assessed when a team fails to be present with the required minimum number of players at five minutes beyond the scheduled start time. A team committing their first default must contact the League Director by the Monday following and indicate if they intend to remain in the league. A team committing a second forfeit without notifying the League Director a minimum of 24-hours before the game will be removed from the league and not allowed to play the remainder of that season.

8. Overtime

Games ending in a tie shall play a three-minute overtime to determine a winner. If no winner is determined, a subsequent two-minute double overtime will be played. Stopped time will be used in the final minute of either overtime period. Overtime periods shall begin with a jump ball. Each team will receive one additional time-out at the beginning of the first overtime period. If no winner is determined after the second overtime, a sudden death period will be played in which the first team to score will be deemed victor.

9. Substitutions

Substitutions will only be allowed during any dead-ball situation. All substitutes must report to the score table and make notice that they wish to enter at the next dead ball and will remain in near score table and not obstruct view of scorekeeper. The scorekeeper will allow entry into the game prior to game resuming play. All players will remain at their bench at all times. Entry onto the court for any reason without consent of the referee will result in a bench technical foul. Any player leaving the bench to negatively interact with an opponent will be immediately ejected and required to leave the building. Refusal to leave will result in immediate forfeiture of the game and a 10-0 victory awarded to the opponent. Ejections may result in permanent expulsion from the league on a case-by-case basis.

10. Time-Outs

Each team will begin the game with three 30-second time-outs for the entire game.

11. Technical and Intentional Fouls

Technical Fouls – No free throws will be attempted.

Two points will automatically be awarded to the opposing team plus possession of the ball at mid-court. In addition, any conduct or unsportsmanlike technical foul assessed will also count as a team foul. Any derogatory language or gesture will also be considered a technical foul.

Intentional Fouls – No free throws will be attempted.

On an unsuccessful shot attempt, intentional fouls will be awarded two points plus retention of the ball at mid-court. On a successful shot attempt, intentional fouls will be awarded FOUR POINTS and possession at mid-court.

12. Unsportsmanlike Forfeit

Should a game be stopped at any point due to a violation of league rules prohibiting fighting or displaying poor sportsmanship, or if a completed game is subsequently protested due to an ineligible player or players and declared a loss for the winning team, it shall be considered a forfeit. Three unsportsmanlike technical fouls on a team during a game will result in game stoppage. Any team that forfeits a game due to multiple unsportsmanlike fouls will also be banned from the post-season playoffs. Appeals for reinstated playoff status must be made in writing and submitted for League Director review prior to next scheduled game.

UNSPORTSMANLIKE TRASH-TALKING AND ANY PHYSICAL ALTERCATIONS ARE STRICTLY FORBIDDEN. THIS LEAGUE HAS A ZERO-TOLERANCE POLICY ON ANY TRASH TALKING DEEMED UNSPORTSMANLIKE BY THE REFEREES OR ANY OTHER YMCA OFFICIAL OBSERVING GAME PLAY. Violation of this rule will result in immediate ejection from the game and the offending individual(s) will be required to leave the building immediately.

13. Uniforms

All team members must wear the same color jersey with number clearly displayed. Jerseys or any other apparel that make up the uniform for play may not be altered in any way. For the safety of individual and others, jewelry of any type must be taken off prior to game start. This includes any items in the hair or on one's body.

14. Coaches/Team Area/Bench Personnel

Every team must have a coach present at all times during games. Coaches must also have a completed

Google Form on file to be eligible to be considered as the Coach. Coaches must be a minimum of 20 years old and is responsible for the attendance and behavior of all team members. Coaches will remain near the bench area during each game. Each team is only allowed TWO (2) coaches on the bench during each game. Only coaches and team members may sit on team bench.

15. Bleeding Player Rule

Whenever blood is present the player must leave the game and take necessary action to stop the bleeding and cover the wound before being allowed to return to action. If the jersey or other articles of clothing become stained with blood they must be removed prior to re-entry. A different shirt/jersey may be used without penalty. For the injured player to stay in the game, a timeout must be used. If the team has no timeouts the player must be removed until the next dead ball. The head official or senior-most YMCA staff will have final approval for re-entry on this and all other similar matters.

16. Suspensions and Ejections

If a player is ejected from a game, that player will be suspended for the next game as well. If a player is ejected a second time at any point in the season the offending player will no longer be allowed to participate in Friday Night Hoops @ The Y and no refund will be given.

If a coach is ejected from a game, he or she will be immediately terminated as coach of that team and will not be allowed entry during any Friday Night Hoops @ The Y events.

If a spectator gets unruly at any time here at The Y, that team's coach will be asked by the referee to remove the individual from the gym and make sure they leave the building. Only upon their removal will the game restart. If the individual refuses to leave the game will be forfeited and a victory given to the opposing team. Said individual will no longer be allowed entry to The Y during any Friday Night Hoops @ The Y function.

17. DUNKING IS PROHIBITED at all times

Dunking, grabbing or hanging on the rim or basketball net during warm-ups or game play is strictly prohibited. Any such violation will result in a technical foul which will also count as a dead ball personal foul.

18. Damage Liability

Damage to any YMCA property at any time will result in financial liability for replacement or repair costs of the damage.