

Quincy Family YMCA

20 and Older 4 on 4 Basketball

League size = 4 on 4

League Length = 9 games

Minimum roster size = 8

Rules = we will follow the High School rules for the games besides what is already listed out.

Game length = 2, 20-minute halves. Running clock except for the last 1 minute of the first half and the last 2 minutes of the second half. If a team is ahead by 16 points or more the clock will not stop in the second half. The clock will stop for timeouts, free throws, and injuries.

Tie Games = A tie game at the end of 2 halves will be decided by a 3-minute overtime period. A flip will determine which team has first possession. Clock stops in the last one minute. If still tied, the first team to score 2 points will win the game.

Jump ball = there will be a jump ball to start the game. Then alternating possession will take place for the rest of the game.

Team Spokesperson = the captain will be the spokesperson at all times whether it is on the court or if they are on the bench. He/she will be the only one that may discuss the game situation with the referee or scorekeeper.

Halftime = 5-minute half

Timeouts = each team will be given a 60 second and 30 second time out per half. Timeouts are not cumulative. An additional timeout will be added for each overtime period played.

Dunking = dunking will be allowed during the league play; however the refs will be instructed to assess technical fouls for hanging on the rim.

Player and Team Fouls = players will get 5 fouls before they foul out. Bonus will start with the 7th team foul of a half this will be 1 and 1 and at the 10th team foul it will be 2 shots for the rest of the half.

Substitutions = May only be made during dead ball situations. Official will call you in.

Ejections and Suspensions = Zero tolerance for fighting – fighting player or players will automatically be kicked out of the league! Technical fouls will be assessed by the ref and will result in the following 1 technical = 1 game suspension 2 technical = 2 games 3 technical = 3 games

4th technical out of the season.

Technical Fouls = technical fouls will be assessed for taunting, hanging on the rim, arguing with an official, break away fouls intended to do harm. For Bench players they will be assessed for any vulgar, or threatening language and any other unsportsmanlike conduct.

Referee and score table = Have 2 referees that will be on the court and have a person controlling the score board

Rosters = All rosters are final at the conclusion of the second week of the season. Players will not be added after that without the permission of the League Director. Any player participating in a game that is not on the roster will result in the offending team forfeiting the game.

League Length = 9 games could play Wednesday Thursday or Friday

Game Time = game time is tip off time. No exceptions, teams must submit a written line up prior to game time. Teams will be given line up cards before the game to fill out. It is the team's responsibility to arrive on time, fill out the card, and be prepared to play at game time. This does not mean warm up at game time. Teams must be on the floor with (4) four players by the starting time of the game or the game will be declared a forfeit.

Game Cancellations = for updates on game cancellations call the YMCA Cancellation Number at 217-257-8260.

Team T-Shirts = It is up to the team if they want to purchase team jerseys for the league.