

YMCA of McCook Adult Basketball Rules

Updated 2026

The Ed Thomas YMCA will abide by all of the N.S.A.A. rules with the following exceptions:

A. **Warning:** Any unsportsmanlike conduct, physical or verbal abuse to any participants, spectators, or employees of Ed Thomas YMCA, dependent on action, will receive a warning and be asked to leave the premises on second action. The YMCA reserves the right to cancel, postpone, forfeit on behalf of, or suspend gameplay or players that infringe upon these guidelines. Any act of unsportsmanlike conduct will be left at the discretion of the Sports Director.

I. Eligibility:

- A. Each participant must be at least 16 years of age.
- B. Initial rosters must be turned in by the first game. Players' names must appear on the roster to play. Roster maximum of 10 players. Captains may add team members to fill their 10-person roster until the conclusion of the regular season as long as an original roster spot is available. In certain cases, injuries may allow a team an addition or drop to fill their roster.
- C. Each team must designate a jersey color, first come, first serve. Shirts & skins is not allowed.
- D. If player is a current High School or Collegiate Athlete in the respective sport, they are not eligible to play until their season is complete.

VIII. Awards:

- A. Shirts will be awarded to the League Champion in each league.
- B. Season record ties will be decided by:
 1. Head-to-Head.
 2. Head-to-Head Point Differential
 3. Average Point Differential.
 4. If none of these measures breaks the tie, co-winners will be declared. *For tournament standings, a coin toss will determine the seed. A YMCA employee will administer the coin toss.*

II. The Game:

- A. Games will consist of two (2) 20-minute halves with a running clock and a five (5) minute half time. Each team will receive two (2) one-minute time outs per half.
- B. Clock will stop for injuries, time outs and in the final two (2) minutes of each half for each dead ball. The score must be within 15 points for the clock to stop in the final two minutes of the second half on a dead ball.
- C. Game time is forfeit time.
- D. Team participants must be YMCA members or have paid non-member fees prior to their first game.
- E. Teams may begin play with a minimum of four (4) players in the Men's League. Minimum of three (3) players in the Co-Ed League. There must always be a minimum of two females on the court in Co-Ed.
- F. Players are not allowed to transfer teams. Players are allowed to play on one Men's League team, and one Co-Ed League Team.
- G. In men's league, the home team will begin with the ball. The team that last possessed the possession arrow will start with the ball in the second half. In co-ed, teams will shoot free throws to determine first possession. First team to make a free throw vs the other team missing a free throw will get the ball.
- H. Out-of-bounds will be ruled in the corners below the free throw line and baseline if one foot is COMPLETELY out-of-bounds. If any part of the foot in question is in-bounds, a player is to be considered in-bounds. The ball may be dribbled on the line or outside the line in the corners or baseline. Above the free throw line, out-of-bounds will be officiated as regulation.

- I. Scorekeepers have the authority to make a call if controversial (i.e. out of bounds, fouls, sportsmanship, substitutions, charge/block, etc)
- J. During the last two minutes of men's games of each half, the ball may be advanced to midcourt only when a timeout is called by the team wishing to advance the ball. The offensive team must call a timeout to advance the ball, even if the defending team has already called a timeout.
- K. **Men's League:** Anytime the ball is to be inbounded under the basket or on the sideline, the ball must be checked with the defending team to allow substitutions to take place and to prevent the offense taking advantage of the defending team.
- L. **Co-Ed League:** There is no check after made baskets. After each made basket, the ball will be taken out underneath the hoop and must pass back over the 3-point line before being shot. This is to prevent "stalls" of the game that could happen with the "check" rule. The same applies to fouls and out of bounds. (ex. If a player is fouled, the team of that player will then inbound the ball from the baseline or sideline). If the ball is turned over but stays in bounds, the stealing team must take the ball behind the 3 point line before attempting an offensive move. No over-and-back will be called. Out-of-bounds will still be considered the far baseline. The inbounding team must allow the defense to get set before inbounding the ball as not to take advantage of them.
- M. Co-Ed will play with a 28.5" basketball. Men's league will use the standard 29.5"

III. **Fouls:**

- A. Team fouls will not result in bonus free throws.
- B. Each player will receive five (5) personal fouls. Players will foul out on their fifth foul.
- C. Free throws (1-1) will be shot on all non-shooting fouls in the final two (2) minutes of the game. Shooting fouls will result in shooting free throws accordingly.
- D. Intentional fouls result in two (2) free throws and team will retain possession.
- E. Any violations committed below the free throw line, the ball will be taken out under the basket. Violations committed above the free throw line, the ball will be taken out at mid-court.
- F. Dunking will NOT be permitted. Hanging from the rim will NOT be tolerated. Hanging from the rim (with the exception of escaping injury) is a violation and shall result in the basket not counting and a technical.
- G. **Co-Ed:** Men are not allowed to intentionally block women's shots in Co-Ed Games. Blocked/rejected/spiked shots result in automatic points. Men are able to help on shots but must go straight up.
- H. Player that commits the foul will be expected to call their foul.

IV. **Overtime:**

- A. If the score at the end of the regulation time is tied, the game will go to an overtime period.
- B. Overtime will consist of three (3) minutes. The team with the possession arrow will begin with the ball.
- C. All fouls committed, with the exception of shooting fouls, will be shot 1and 1.
- D. The clock WILL STOP for each dead ball/foul.
- E. Each team will receive one (1) 30-second time out during the overtime period.
- F. If the game remains tied after the first overtime, the game will be recorded as a tie. Additional overtime periods will be added if it is a postseason game until a winner is determined.

V. **Officials/Scorekeeping/Clock.**

- A. Scorekeepers will be provided by the YMCA for both leagues.
- B. Both leagues will be played without referees. Players committing fouls will call their own fouls. Expectation is teams will play with honest and fair intention.

The Ed Thomas YMCA is not responsible for any lost or stolen articles or injuries sustained by any player or spectator.

