YMCA of McCook Adult Basketball Rules

Updated 2027

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

Code of Conduct: Any unsportsmanlike conduct, physical or verbal abuse to any participants, spectators, or employees of the McCook 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.

Eligibility:

- Each participant must be at least 16 years of age or older to participate. High School students participating in a Winter sport are prohibited from participating in this league. The YMCA is not responsible for any violations in conflict with High School or NSAA regulations.
- Initial rosters must be turned in by the first game. Players' names must appear on the roster to play. Roster maximum of 10 players for Men's 5v5. Roster maximum of 8 players for Co-ed 4v4. Captains may add team members to fill their 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.
- Participants must be YMCA members or have paid non-member fees prior to their first game.
- Players are not allowed to transfer teams. Players are allowed to play on one Men's League team, and one Co-Ed League Team. However, the YMCA will not adjust game schedules to accommodate such instances.
- Each team must designate a jersey color, first come, first serve. Shirts & skins is not allowed.

Awards:

- Shirts will be awarded to the League Champion in each league.
- Season record ties will be decided by:
    - Head-to-Head
    - Head-to-Head Point Differential
    - Average Point Differential
    - 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.

The Game:

- 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.
- Clock will stop for injuries, time outs and in the final minute of each half for each dead ball. The score must be within 15 points for the clock to stop in the final minute of the second half on a dead ball.
- Game time is forfeit time.
- Co-Ed will play with a 28.5" basketball. Men's league will use the standard 29.5"
- 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.
- 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.
- Out-of-bounds will be ruled as normal.
- During the last minute 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.
- 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.
- **Co-Ed League Scoring:** All made baskets are worth two points. No three-point line.

Fouls:

- Team fouls will not result in bonus free throws.
- Each player will receive five (5) personal fouls. Players will foul out on their fifth foul.
- Free throws (1-1) will be shot on all non-shooting fouls in the final minute of the game. Shooting fouls will result in shooting free throws accordingly.
- Intentional fouls result in two (2) free throws and team will retain possession.
- 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.

- Dunking will 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.
- **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.
- Player that commits the foul will be expected to call their foul.

Overtime:

- If the score at the end of the regulation time is tied, the game will go to an overtime period.
- Overtime will consist of two minutes. The team with the possession arrow will begin with the ball.
- All fouls committed, with the exception of shooting fouls, will be shot 1 and 1.
- The clock WILL STOP for each dead ball/foul.
- Each team will receive one (1) 30-second time out during the overtime period.
- 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.

Officials/Scorekeeping/Clock

- Scorekeepers will not be provided by the YMCA. Each team must provide a scorekeeper. One team is responsible for operating the scoreboard and one team is responsible for the scorebook.
- Co-ed will be played with one referee. Men's will be played with two referees.

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