T. Boone Pickens YMCA

MEN’S BASKETBALL RULE BOOK

Address: 601 N. Akard Street
Dallas, Texas 75201
Phone (214) 954-0500

EFFECTIVE JULY 2021

** Read carefully before signing Captain’s Code of Conduct**

v. 01.01.19
Sports Department Staff

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**YMCA Mission Statement**

To put Christian values into practice through programs that build healthy spirit, mind and body for all.

**YMCA Adult Sports**

**WHO WE ARE...**

Since 1885, the YMCA of Metropolitan Dallas has been serving and engaging communities in many different facets. A well-known part of the Dallas area YMCAs are the great sports programs that look to bring communities closer. Each YMCA has a dedicated individual that strives to put together a fun and safe athletic environment.

**WHAT WE DO...**

At the YMCA of Metropolitan Dallas, all our sports programs follow the YMCA mission. We believe in focusing on good sportsmanship and individual progress. The YMCA focuses on caring, honesty, respect, and responsibility as our four core values to teach good sportsmanship.
Free agents/Individual registrants:
Individuals must register for the wait list at the T. Boone Pickens YMCA member services desk (DO NOT PAY UNTIL PLACED ON A TEAM). Once enough players are listed, a team will be created and payment will be due. If not enough free agents sign up, you may be placed on a team needing extra players. Please note: putting your name on the free agent list does not guarantee you a spot to play in the league.

I. League Organization
- The governing body of this league is the T. Boone Pickens YMCA, a branch of the YMCA of Metropolitan Dallas.
- The purpose of this league is to combine the interest of basketball, the spirit of the community, adult recreation, and sportsmanship.
- The Sports Coordinator has the final authority to make decisions pertaining to all adult basketball league rules and regulations.
- All games will be played under regular basketball rules unless otherwise stated within these rules.

II. League Eligibility
- A player must be 18 years old prior to first game of league session.
- Team Captains who lose players during the season may petition to the Sports Coordinator to replace the unavailable player. Any incoming player must be added to the roster in place of the outgoing player.
- New players cannot be added after the 6th game.
- All players must participate in at least two regular games to play in the playoff game.
- THIS IS A MEN’S LEAGUE – we allow women to play if they wish with no special accommodations.

III. Registration
- Each team must register their team per specified league session deadlines.
- To register, each team must submit the following:
  o A team roster (all fields required for acceptance into the league)
  o $550 Registration fee – flat rate, no discounts available (unless otherwise noted)
  o Signed Team Captain’s Contract
  o Signed Waiver Form/Release of Liability from every player on the roster
- Players listed on the roster must realize that the YMCA of Metropolitan Dallas is a non-profit organization, instituted for the benefit of the people in our community and, therefore, hereby agree to hold no party connected with the team or the YMCA responsible for injury to myself during any team activities including, but not limited to, practices and games. Furthermore, for and in consideration of the privilege of being able to participate in the YMCA of Metropolitan Dallas programs, agrees to indemnify and forever hold any party connected with the team or the YMCA harmless for any and all liability of whatever nature and whomever asserted, as a result of any injury to themselves arising from and growing out of my participation in the YMCA of Metropolitan Dallas program.
- All registration fees must be paid in full BY THE THURSDAY PRIOR TO LEAGUE START team will be removed from the schedule.
- No refunds will be given to teams that drop out of the league.
- A player cannot play on more than one (1) team in the same league.
- Each player on the roster must sign the Waiver Form and Release of Liability.
IV. Roster
- Each team must submit a roster AT REGISTRATION including a minimum of 5 players and a maximum of 12. Full name, date of birth, phone number and email address required for ALL PLAYERS.
- You may request a free agent be added to your team by contacting the Sports Coordinator.
- Rosters are final after the start of the 2nd regular season game. No new players may be added unless specifically authorized by the Sports Coordinator in which case a revised roster must be submitted prior to the game to be eligible. **Absolutely no new players can be added after the 6th regular season game.**
- A player may not change teams without authorization by the Sports Coordinator
- Any non-rostered player or un-paid team fees will result in a game forfeit. The game can be played but the score is a forfeit in the standings.

V. Player Conduct
- All players will follow the YMCA Mission, "To put Christian values into practice through programs that build healthy spirit, mind and body for all."
- All players will demonstrate the YMCA’s Four Core Values: Caring, Honesty, Respect, and Responsibility.
- Profanity and/or physical abuse of an official, YMCA staff, players, members, and/or spectators will not be tolerated. Profanity towards any party may lead to one of the following: game ejection, suspension of that player, or league expulsion. Physical altercations of any kind will result in an immediate, LIFETIME expulsion from the league.
  - If the player, captain, or spectator refuses to leave, Downtown Safety Patrol (DSP) will be called to escort the person from the premises. This will result in a LIFETIME expulsion from the league, premises, and/or termination of membership.
- If a referee issues a Technical foul to a player, the player must sit out for 3 minutes. If the same player is issued a second technical in the same game, the player is ejected. During the sit out period, the team can substitute in another of their players.
- Tobacco (in any form), alcoholic beverages, and/or any other drugs are not permitted. Any player found in violation will be ejected immediately from the game and could be expelled from the league by the Sports Coordinator.
- Game officials will enforce all rules as it relates to matters on the court.
- The Sports Coordinator will enforce all rules on and off the court. The Sports Coordinator has the final say on all matters as it pertains to the T. Boone Pickens YMCA Basketball League.
- **The team captain is responsible for informing all team members of the rules within this handbook.**

VI. Referees  
*Please report any complaints related to referee conduct to sveatch@ymcadallas.org*
- Officials will enforce all rules on the court.
- Any issues regarding questionable eligibility must be brought to the official’s attention PRIOR to the beginning of the game.
- Profanity and/or verbal or physical abuse on an official by a player or spectator will not be tolerated.
- Profanity and/or verbal or physical abuse by an official will result in permanent loss of duties.
- The T. Boone Pickens YMCA Basketball League rules will be strictly adhered to unless contrary to these by-laws.
- **Normally, two referees will officiate every game. If only one official is present, the game will be played. If no officials are present, the teams will call their own fouls.**
VII. Court and Equipment

- Games will start on time as scheduled. The official/sports staff will start the clock at the time of scheduled game to finish the game on time regardless of team readiness.
- All players must wear athletic shoes. Street shoes are not permitted in the gymnasium. Sandals may be worn only to preserve game shoes when traveling to and from the gym. No black soles.
- Players/Guests may only bring water into the gymnasium. No food or beverage permitted in the gymnasium.
- All teams are required to provide their own jerseys with numbers. No player shall have the same number within its team. All team members must wear the same color for identification. No team can have the same colored jersey as another team. (First come first serve basis). Jerseys are NOT provided by the YMCA.
- The following equipment is legal: standard eye protection, ace bandages, head bands, soft pliable knee pads or ankle pads and mouth pieces.
- The following equipment is illegal: all jewelry, all pads or braces worn above the waist, braces worn below the waist made of any type of hard or unyielding material, any slippery or sticky substance on the body or equipment. No hard casts.
- The Boone Pickens YMCA will provide game and warm-up balls.

VIII. Game Rules

- Line-ups with last names and numbers must be submitted to the scorekeeper AT LEAST five (5) minutes prior to the start of the game. Must use legal names and write legibly.
- Home team will have jersey color choice. Away team must change color jersey if there is a conflict of color.
- Each player on a team must have a unique number. Numbers must match roster.
- Home team sits on the racquetball side of the court, Away team sits on the wall of the weight room side.
- The game will be played with a running clock of two (2) twenty (20) minute halves.
  - The clock stops for time outs, half time and injuries.
  - Half time will have a 5-minute maximum. Per the referee’s discretion, it may be less to complete the game on time.
  - Each team is given one (1) one, (1) minute time-out in the first half and two (1) minute time-outs in the second half.
  - Overtime: In regular season play, overtime will consist of a 3-minute period. The clock stops during the last minute of the overtime period after a made basket, and starts again once a player touches the ball inbounds following the ensuing throw-in. Each team is awarded one time out. If there is still a tie after 3 minutes, then the game will end as a tie. Championship games, if any, are the only games that will go into double overtime.
  - Mercy Rule: Once a 40-point lead is reached, the clock will continue to run even if the margin falls below 40 points later in the game.
- Each player is allowed five personal fouls (technical fouls included) before leaving the game.
- Technical fouls:
  - A player is permitted 1 technical foul per game. If a player receives a second technical foul, that player will be removed from the game.
  - Disqualification for technical fouls will result in a 1 game suspension.
  - If a player receives an “unsportsmanlike” technical foul, he must rest on the bench for five consecutive minutes.
- Fighting will result in a ban from the league and possibly the loss of your YMCA privileges.
- Dunking is not allowed during warm-ups. Penalty is a Technical Foul to start the game.
- Free Throws: A player may enter the lane upon the release of the ball from the free throw shooter.
- Posting scores – Sports department will post scores within 48 hours of game. If there will be a correction to the scores, the team captain must email the Sports Coordinator and report the correct scores prior to the next game played. If not reported, the score will not be corrected once the next game is played.
IX. Forfeits
• There is a $50 forfeit fee assessed to any game cancellation occurring after 12pm noon on game day. Forfeits must be submitted in writing via email to the Sports Coordinator.
• A team may start a game with 4 registered players (3 or less is a forfeit).
  o The official will call a forfeit if the team does not have 4 rostered players at game time.
• Forfeit time is 10 minutes after game time. The clock will start at game time. Therefore, 10 minutes will be on the remaining first half if players show up.
• A forfeit is recorded as a loss. In the event of a double forfeit, both teams receive a loss.
• Forfeited games will not be scored or officiated.
• If a team forfeits two games without notice they will be dropped from the league without refund.
• There shall be no postponement of games. A team that foresees a conflict with a particular game must submit a written notification to the Sports Coordinator 24 hours or more prior to the game and will be credited with a loss, but not charged a forfeit fee. Teams may only use this rule once. Lost games will not be rescheduled.
• No refunds are made after the league start date.
• Teams which drop or are dropped from the league lose any playoff rights and the right to reclaim any part of their entry fee.

X. Playoffs
• The league runs for the advertised number of 8 games (unless otherwise specified).
• The top 4 teams of each league will play in a playoff as determined by the Sports Department.
• Only players who participated in two regular season games are eligible for playoffs.
• The winning team of each league will receive one league championship trophy and individual medals.

XI. Facility Access
• All players must sign in at the player sign in table located at the bottom of the stairs across from the member services desk. If you are a YMCA member you must also scan your card upon entry.
• Non-members seeking facility access before 6 p.m. must sign a waiver of liability.
• Players who are not on the official roster will not be permitted into the facility.
• The facility closes at 8:00 p.m. Monday-Friday. No locker room access after 8 p.m..
• All patrons must exit the facility no later than 8:15 p.m.

XII. Guest Policy
• All guests must fill out a liability waiver at the Member Services Desk. ID will be required.
• Maximum of 2 guests per player allowed.
• Guests must be accompanied by and must remain with their player at all times.
• Full facility access a YMCA Membership in good standing.

XIII. Parking
• YMCA Members may park in one of our two onsite parking garages.
• Non-member players and spectators must park across the street at the Ross Tower garage.
• Parking will not be validated. Rates are $1/hr for the first 3 hrs and $25 after 3 hrs.
• Anyone caught tailgating through the gates will be expelled from the league.
• Onsite garage gates are closed at 8:15 p.m.. If you are not out of the facility by 8:15 p.m., your vehicle will be locked in the garage until the following day. You will need to arrange alternate transportation.
XIV. Chairs
• Chairs are not permitted on the basketball court playing surface.
• Chairs may not be removed from the lounge area or squash courts and will be taken away if moved.
• Players are welcome to bring their own folding lawn chairs or utilize the bleachers provided.
• There are two tables and six chairs in the court area for the score keepers and referees only. Do not place any belongings on these tables or chairs and do not move them. Staff use only.

XV. Accident/Injury
• Immediately report any accident/injury to nearest staff person for assistance. Please give your full name, contact information, location where the injury occurred, and description of how it happened.
• Ice-packs, bandages and other first aid supplies are reserved for accidents/injuries only and will require an incident report to be filed.
• No medications will be given to any member or patron by YMCA staff except under the unlikely circumstance that they are having a heart attack and are able to chew Aspirin.
• Please report any life-threatening allergies or other life-threatening conditions to sports staff prior to game time (preferably with your roster).