

Waynesboro Area YMCA Adult Basketball League Rules and Regulations FALL 2025

- Games will be played on Monday and on Wednesday evenings.
- Games may begin with 4 players. No grace period permitted to field enough players to start game. If a team cannot field 4 players or is reduced to less than 4 players during the game, that team shall forfeit the game at that point.
- If a team loses a player, the captain will gain a player from the waiting list. No players may be added after the midpoint of the season unless approved by the Director. All replacements must be approved by the Director.
- Each game will begin with a jump ball. Alternating possessions thereafter.
- Overtime periods will consist of a 3-minute time limit per period. Each overtime period will begin with a jump ball.
- No player is permitted to play under the influence of alcohol or narcotics.
- All games will consist of two 20-minute halves with a running clock. Clock stops ONLY for injuries, timeouts, and the final 2 minutes of each half for all violations.
- Each team is permitted 4 timeouts per game [60 seconds max] and may be used at any time during regulation play. One time-out per overtime period with no carryover from regulation play.
- The Adult League uses PIAA rules. Seeding for the play-offs is based on regular season record or total points in the event of a tie.
- Play-offs/Finals will be single elimination. **TEAMS ARE NOT GUARENTEED A PLAYOFF SPOT**
- Play-off Eligibility: Each player must play a minimum of 50% of all games and any suspension will count as games missed. Any extended absences will be taken into consideration if made known to the Director.
- Officials control the game and make all decisions. They may eject players from the game if needed. All suspensions or dismissals from the league will be up to the Director.
- **NEW THIS SEASON-** Each team is responsible for providing a volunteer score keeper for each game. They will run the clock and keep score sheets which will be turned into the front desk after each game.
- **The team captain is the only person permitted to converse with officials. Any response [direct or indirect] may result in a technical foul.**
- **Profanity, harassment, dangerous play, severe physical contact, or slapping ball from the opponent's hands while inbounding the ball are all grounds for a technical foul.**
- **Personal Technical Fouls- A player receiving 2 technical fouls in the same game is automatically ejected and must sit on the bench. The player may be ejected from the gymnasium depending on the severity.**
- **Failure to do so can result in suspension.**
- **If a player accumulates 4 technical fouls in one season they are suspended for the remainder of the season.**
- **Technical fouls will be evaluated on a case-by-case basis by the Director. The Director reserves the right to eject or suspend players at ANY time if necessary.**
- **Each player is permitted 6 personal fouls [technical fouls count as personal fouls]. Upon committing the 6th foul, that player must leave the game and may be required to leave the gym if game officials deem it necessary. Upon the 7th TEAM foul, the opposing team will be in the 'bonus' situation and begin shooting one-on-one free throws. Upon the 10th TEAM foul, the situation becomes the 'Double Bonus' and 2 free throws are awarded.**
- **Dangerous play and/or fighting are an automatic technical, ejection of players involved, and possible suspension based on the Directors discretion. Both teams awarded free throws and possession-based on the arrow.**
- **Any physical contact or harassment with officials will result in immediate ejection, technical foul, and suspension, and/or loss of YMCA membership privileges. The Director will determine suspensions or loss of membership.**

Player Signature: _____ Date: _____