



BASKETBALL MENS LEAGUE RULES (SEMI-COMPETITIVE)

Facility Rules

- Only Glendale Sports members are allowed in the fitness area and weight area. Non-members are allowed on the basketball court no more than 30 minutes prior to game time. Only water allowed.

Game Play

- All games are governed by NCAA rules, with exception of rules listed.
- Teams are allowed no more than 2 college or Jr. college players per team unless the player is over the age of 30.
- **Team fees are due by the first game or games will be forfeit. Roster must be fully filled out before start of first game.** 10 man roster. If a player on the roster is suspended, their spot on the roster cannot be replaced. Player spots can be replaced due to injury. Deadline to add players to the roster is by second game of the season. Rosters and schedules will be communicated through Team Sideline.
- Each game will consist of 2, 20-minute halves with a running clock. Clock will stop during the last two minutes of game, unless there is a 10+ point difference.
- Games in which one team is winning by 30+ points with less than 10 minutes to the game, will end in a mercy rule. (30 after 30 mercy rule)
- Two 30-second timeouts per half for each team.
- Overtime will consist of one 2-minute stop clock period. If teams are tied at the end of the first OT, a sudden death (first point wins) round will be played. 1 timeout per team.
- Any player with 5 fouls is out for the game.
- Any player that receives 2 technical fouls or is ejected from the game, will be suspended from the next game. Any player arguing with a referee can be ejected.
- Games can start with four players on a team. If a team does not have four players within 10 minutes, they forfeit. Teams forfeiting 2 games will be taken off the game schedule and no refund will be given.
- **Dunking is permitted, but do NOT hang on the rim.** Hanging on the rim during a deadball will result in a technical foul and 2 freethrow shots.

Player/Team Conduct

- Fighting will NOT be tolerated and can result in ejection from the league.
- Excessive arguing, disputes, profanity or abusive language will NOT be tolerated. The referee or league director can give a technical foul. Excessiveness can result in ejection from the league.

Equipment Rules

- No jewelry. Basketball shoes that leave marks on the court are not permitted.
- **It is mandatory for all players to have matching uniforms that are like colored, reversible, with at least 6 inch numbers of contrasting colors. Required on 1st night of game play.**

This league will follow the YMCA philosophy of good sportsmanship, adhering to all rules and playing for the enjoyment of the game. Together, we can make this a successful and enjoyable league.