

# High School Co-Ed 5on5 Basketball League



- REGISTRATION is December 1 – January 4
- The league will run January 16–March 6
- Games will be played **Wednesdays** starting at approximately 8:30pm
- All rosters must be paid in full to be placed on the game schedule. Payment must be made at the time of registration, so please have payment ready.

**Team Name:**

\*Team Names deemed inappropriate by YMCA staff will not be allowed.

**Captain's Name:**

**Captain's Phone:**

**Captain's E-Mail:**

**Questions?** Contact the Sports Department: Cole Lafferty (751-9709) or Jamie Holzer (751-9740) or email [cole.lafferty@bismarckymca.org](mailto:cole.lafferty@bismarckymca.org) or [Jamie.holzer@bismarckymca.org](mailto:Jamie.holzer@bismarckymca.org) for further information.

We would like a Free Agent player added to our team

PARTICIPANT'S NAME	BIRTHDATE	PHONE NUMBER	ADDRESS	EMAIL ADDRESS	PARENT NAME/ BIRTHDATE	YMCA MEMBER \$30 (We can charge the stored billing method)	NON MEMBER \$50
1							
2							
3							
4							
5							
6							
7							



# YMCA BASKETBALL LEAGUE RULES

- **The league is a 5 on 5 league.**
  - Players must pay fees and register to be added to the roster.
  - Players can be added to a roster at any time prior to the start of the tournament.
  - A player may only be registered on one roster.
- **A team must have 3 players present to start a game.**
  - If a team does not have at least 3 players present at the start of the game, they will forfeit the game.
  - If a team has at least 3 players present at the start of the game, the game can start, and the opponent can still play with all their players present.
- **Possession will be determined by a 3 point shot at the start of the first game.**
  - Jump balls will alternate thereafter
- **Teams will play 3 games to 25 points each (you do not need to win by 2).**
  - 2 points will be awarded for a regular basket
  - 3 points will be awarded for a 3-point basket
  - 1 point will be awarded for a free throw
- **Fouls are on the honor system, please play fair.**
  - One free throw will be shot on shooting fouls.
    - If the shot attempt is missed by the offensive team, they will shoot 1 free throw, and regain possession of the ball, in order to deter teams from intentionally fouling.
    - If the basket goes in, the team will shoot one shot and the defensive team will get the ball.
- **Un-sportsmanlike conduct will not be tolerated.**
  - A player may be forced to take a cool-down period if they are not following proper sportsmanship. The player will need to sit out until they are ready to play in a respectable and sportsmanlike manner.
  - A player may be ejected if they receive a second cool-down, or behaves in an inappropriate manner. A player will be ejected for the night, and may face a further suspension from the league.
  - A player can be ejected without a cool-down period being given depending on the infraction.