



GRAND RIVER AREA FAMILY YMCA ASSOCIATION

Grand River Area Family YMCA, Chillicothe MO
Carroll County Area YMCA, Carrollton MO
North Central Missouri YMCA, Brookfield MO

COMPETITIVE BASKETBALL LEAGUE RULES

-Winter 2024-

MSHSAA basketball rules (including new five team foul FT rules) will be in effect unless noted below:

1. The game will consist of four 8-min. quarters. (Team fouls reset every quarter)
Clock Stoppages: During FTs, timeouts, and last 2-min of game.

Mercy Rule: *The clock will NOT stop if one team is ahead by more than 20 points.*

2. Each team is allowed (3) 1-min timeouts **PER GAME**. Halftime is 5-min.

3. If tied at the end of regulation play, one 2-minute **OVERTIME** will be played.
No timeouts carry over to OT, but each team will be awarded 1 TO in the OT.

IF game is still tied at the end of the OT, we will re-tip and go straight to **SUDDEN DEATH**.

4. 3rd/4th graders shoot free throws from 12.5 feet line.

Gameplay & Sportsmanship:

-Teams must provide their own jerseys/shirts with #'s. (Preferrable two colors to avoid conflicts)

-Any team that is ahead by 20 points or more will NOT be allowed to full court press. The defense must drop back to half-court.

COACHES, PLAYERS & SPECTATORS:

Technical Fouls: Any player or coach receiving a total 2 technical fouls during the season will be suspended from the rest of the league immediately. If there is no assistant coach to finish a game, the team will forfeit. *3 technical fouls on any team during any one game will be a forfeit and expulsion from league.*

Crowd Warning: Any verbal redirect by a YMCA referee or supervisor towards a team's crowd will be a warning. After that, ejections and team technical fouls can and will be issued. It is the coach's responsibility to control his/her crowd.

Ejections: Any player, coach, or spectator ejected from a game will be prohibited from participating in the next contest, at minimum. (MSHSAA)

Our YMCAs will not tolerate **ANY** disrespect toward our staff or referees.

Anyone not conducting themselves in a proper and respectful manner will be required to leave the facility immediately and the game will not continue until that occurs.

Coaches, be proactive and please let your parents/fans know:

DO NOT BERATE YMCA OFFICIALS.

Program Directors

Grand River Area Family YMCA

Will Gunther

660-646-6677

Email:

programs@grandriverymca.org

Carroll County Area YMCA

Bret Lyon

660-542-0011

Email:

blyon@carrollcountyareaymca.org

North Central Missouri YMCA

Tim Thomason

660-258-2388

Email:

tim@ncmymca.org