

HYP WINTER BASKETBALL RULES

REGISTRATION

All players register to play at <https://hyp.org/sports/>. If an athlete has trouble registering online, they must contact sports@hyp.org prior to registration closing to join a team. Communication must be received no later than 11:59 p.m. on the date of registration closing to be considered. Players may not be added to a team after registration closes for any reason. Any team found to be playing with unregistered players will be subject to the forfeit of matches in which the unregistered athlete played.

**Conflicts with late registration and illness/injury additions may be considered depending on the approval of the Sports & Fitness Committee.*

TEAM ROSTERS:

- There is no maximum number of team members, but teams must have a minimum of (8) players on a roster.
- **Free Agents may be added to any team.**
- Teams must have 4-5 players on the court during each game.
- If a team is playing with (5) players, no more than (3) players can be male.
- If a team is playing with (4) players, no more than (3) players can be male.
- A team that has fewer than (1) female must forfeit the match.
- A maximum of (5) players: (3) males and (2) females, and a minimum of (4) players: (3) males and (1) female compete on a side in each game.
- Roster additions can be made after the close of registration in the event of a player's injury or illness. The affected player must contact the Sports Committee to make the necessary accommodations (Sports@hyp.org).
- Injury substitutions are permitted.
- Any unregistered player found by a pre-game roster check will not be allowed to play.

Any person who has not registered, signed the waiver, and paid the fee to play in the league is not considered a team member. This is a liability for the organization as it is an unfair opportunity for other players in the league.

- **First offense: The team forfeits the game and the team captain is suspended for (1) match.**
- **Second offense: The team forfeits the game and the whole team is suspended for (1) game which results in being ineligible for the Postseason.**

SUBSTITUTE PLAYERS:

- If a team has less than the minimum roster requirements, they may pick up a maximum of (2) players from another HYP Basketball team to reach a maximum of 5 players.
- Teams may only have substitute players from their own league (a Tuesday League team cannot have substitute players from the Sunday League).
- A rostered player who arrives late must immediately replace any substitute players.
- Injury substitutions are permitted during a game.
- Substitute players cannot be used in playoff games but can be used in bowl games for the teams who do not qualify for playoffs.

TEAM CAPTAINS

Team captains are expected to take an active role in managing their teams. If a team captain is not present for a match, one player will be designated by the team for that game to be Co-Captain.

Captains are responsible for:

- *Requesting roster checks by game officials before or during the game (cannot be completed after the game). When a roster check is requested, players will need to present photo identification (driver's license or an ID with their name and picture) to ensure they match up with the players listed on the roster. If a check is requested and a player does not have an ID (a picture of their ID on a phone is fine if it's clear), they will not be permitted to play. Printed copies of the rosters will be available on-site and captains will also be sent copies of the rosters.*
- Making sure all team members are familiar with the rules and applicable league policies.
- Informing the opposing team's captain and game officials of any use of substitute players
- Discussing calls and rule disputes with game officials
- Reporting incorrect scores to the Sports Committee within 48 hours of their posting.
- Attending the mandatory Captains' Meeting. This is where teams will be given their shirts. If a captain is unable to make the meeting, another member is asked to attend or have accommodations made to receive team shirts and other information at another time.

EQUIPMENT AND CLOTHING:

- The official basketball used in all games is provided by HYP and is 29.5" (22 oz. weight).
- All players should wear their 2024 HYP Basketball jersey during games. A player who does not have their jersey will need to verify their eligibility with game officials prior to the start of the match.
- Players must wear sneakers.
- Players are prohibited from wearing any jewelry. Medical wristbands are permissible.

START TIME

Every effort will be made to ensure that games begin promptly at their scheduled times. At the start of the game, the 45-minute time limit begins regardless of whether both teams are ready. Teams that do not have the minimum (4) players at the start of the match are permitted a (10)-minute grace period, which does not stop the 45-minute match clock. A team that still does not have the minimum number of players beyond the (10)-minute grace period forfeits the game 0-20. Players may "warm up" before the start of the match only as the time between matches permits.

GAME LENGTH:

- *Playing time will be (2) 16-minute halves with a 3-minute halftime.*
- *Time will run continuously except in the following cases:*
 - *Team time-outs (Each team is allowed 2 timeouts per half)*
 - *Injuries*
 - *Official time-outs*
- *The last 2-minutes of the 2nd half for all whistles (unless a team is up by 15 points or more)*
 - *There will not be a mercy rule in the first half.*
 - *If the team that is ahead fouls during the mercy rule (in 2nd half), the clock will stop.*
- *Foul shots only in the last 2 minutes of the 1st half, the last 2 minutes of the 2nd half, and all of overtime.*

- *Entire overtime for all whistles.*

For the safety and enjoyment of all participants, HYP Basketball is intended to be played with MINIMAL CONTACT. Basketball is an inherently physical sport, and players should anticipate that incidental contact will occur. Excessively physical play will be penalized, and players who continue to play in an aggressive manner will be ejected and can face additional sanctions. Game officials have broad discretion to decide when contact is excessive, and to act to de-escalate conflicts and maintain the safety of the game.

OVERTIME (REGULAR SEASON, BOWL GAMES AND PLAYOFFS):

- If a playoff game is still tied at the end of regulation, overtime will be played in 2-minute period increments as needed.
 - For the 1st overtime:
 - Overtime will be two minutes in length. If teams are still tied after the 1st OT, a 2nd OT of sudden death will be played.
 - For the 2nd and 3rd(if necessary) overtime:
 - These periods are sudden death and the first team to score will be declared the winner.
 - If teams are still tied after the 2nd OT, a 3rd OT will be played.
 - If they are still tied after the 3rd OT, the game will be declared a tie.
 - A jump ball at center court will be used to start each overtime period.
 - There are no team timeouts in overtime and timeouts from the 2nd half do not carry over. ●
- All team fouls accumulated in the 2nd half will be carried into overtime.
- The clock will be treated the same as in the final 2 minutes of the 1st/2nd half and stop at all whistles, out-of-bounds plays, foul shots, etc.

GAMEPLAY RULES:

- The game will start with a jump ball at the center court.
- Each team may take (2) 1-minute timeouts per half. Timeouts do not carry over.
- A team may substitute players only during a dead-ball situation.
- The substituting player must inform the scorekeeper that they will be entering the game on the next dead ball.
- 3-point shots are in effect and if a female successfully shoots behind the 3-point line, it will count as 4 points.
- A foul called in the act of shooting will award the player foul shots. If the shot goes in, the player will be awarded 1 foul shot. If the shot is missed, the player will be awarded 2, 3, or 4 shots depending on the location from where the shot was taken and the gender.
- During foul shots, players around the lane may leave their positions when the ball leaves the foul shooter's hand. Players outside the 3-point line, including the shooter, may not leave their position until the ball has hit the rim.
- 1-and-1 bonus will be in effect on the 7th team foul per half.
- The double bonus (2 foul shots) will be in effect on the 10th team foul per half.
- All fouls (including double and technical fouls) will be counted into the player and team foul tallies.
- A player is disqualified from the game on their 5th foul.
- Technical fouls called by the official will result in 2 foul shots plus possession of the ball (this will be called an unsportsmanlike conduct infraction given to the player).
- Any player who receives 2 technical fouls will be ejected from the game and subject to further suspensions of games or removed from the league.
- No dunking allowed (an offensive foul will be called, and the points will not count).

- Hanging on the rim or nets will result in a technical foul.
- A forfeited game will result in a score of 0-20.
- A 30 second shot clock will go into effect when:
 - o A team is winning by 6 points or less and there are 2 minutes left in the 2nd half
 - o The shot clock will reset to 30 seconds when the ball hits the rim or the opposing team gains possession of the ball.
- Regular Season games can end in a tie (there will only be overtime in playoffs/bowl games).

STANDINGS:

- Team captains are encouraged to confirm the final score with game officials after the game. ● Scores will be posted, and standings updated on League Lobster within one day after games are completed.
- Captains have 48 hours after scores are posted to report an incorrect score. After 48 hours, all scores and standings are final.
- Team standings are determined by the following:
 1. Overall winning percentage
 2. Head-to-Head record
 3. Lowest total points allowed
 5. Most points scored
 6. Coin Toss

In the case of a 3 or more-team tie, standings will be determined by: Percentage, Point Differential, Points Against, Points For.

PLAYOFFS:

All teams will qualify for a single elimination bracket for both the Sunday and Tuesday Leagues. Both league winners of the tournament will receive a team trophy and a gift card. The Sports Committee reserves the right to make changes to this format as necessary.

WEATHER CANCELLATIONS AND MAKE-UP GAMES:

Basketball games will not be played if roads are in bad condition due to winter weather or if the YMCA is closed. Please be prepared to play every game until an announcement has been made! Once a game begins it is up to the game officials and the HYP Executive Board to decide when a game should be called. The Executive Director will reach out to captains via email to inform them about future makeup games. Depending on the rules for each sport, games will be made up at a future date and will start from the beginning with a score of 0-0. This policy will allow teams to get more game action and will allow refreshing from the canceled game.

RULE CHANGES:

Should circumstances justify a change to any rules or policies that will improve the game experience for all players, the Sports & Fitness Committee reserves the authority to affect rule changes up until the start of the second half of the season. Proposed rule changes will be disseminated to team captains for comment, and if agreed upon, implemented by the following week.

General Rules Violations, Unsportsmanlike Conduct, and Forfeiture Policy

This policy applies to all league sports, including Flag Football, Pickleball, Kickball, Volleyball, Dodgeball, and any other sanctioned league activities.

1. Rules Violations

- Any participant, team, coach, captain, or spectator found violating league rules may be subject to penalties as determined by the officiating staff.
- Minor violations may result in warnings, loss of possession, loss of points, penalties, player removal, or other sport-specific sanctions.

2. Unsportsmanlike Conduct

- Unsportsmanlike conduct includes, but is not limited to, abusive language, harassment, threats, fighting, intentional rule violations, disrespect toward officials, or actions deemed detrimental to the integrity of the league.
- Officials may issue warnings, penalties, ejections, suspensions, or recommend further disciplinary action.

3. Cheating and Fraudulent Activity

- Any act of cheating, including the use of ineligible players, falsification of scores, intentional rule manipulation, or any attempt to gain an unfair competitive advantage, will be reviewed by league administration.
- Upon receiving a report or observing a potential violation, the matter may be placed under investigation by the Head Official and/or HYP Committee.

4. Investigations

- The Head Official and/or HYP Committee reserves the right to investigate any alleged rules violation, misconduct, or cheating incident.
- During an investigation, game results may be considered unofficial until a final ruling is made.
- The committee's decision shall be final.

5. Forfeitures

- If a violation, misconduct, or act of cheating is confirmed, the Head Official and/or HYP Committee may declare a forfeit of a set, match, game, or event.
- Additional penalties may include player ejection, team disqualification, suspension, loss of standings points, or removal from league competition.

6. Authority

- The Head Official and HYP Committee maintain full authority to interpret league rules and impose disciplinary actions necessary to preserve fair play, sportsmanship, and the integrity of competition.

- HYP staff members/court supervisors are authorized to remove any disruptive player or guest from the premises.
- **Harrisburg Young Professionals is committed to providing a safe environment for all sports participants, including players, guests, staff, and game officials. All participants are encouraged to report unacceptable conduct (including but not limited to verbal abuse, harassment on social**

media, and threatening language) to HYP's Board of Directors. Players who engage in such behavior may be suspended for the remainder of the season or longer where appropriate as determined by the Board.

COURT SUPERVISING

Any registered players who are interested in volunteering to help keep score and to be court supervisors, should contact sports@hyp.org or call the office at 717-257-0406.

FACILITIES AND PARKING

- Players may park in the YMCA's parking lot for \$1.
- Alternatively, street parking is available and free after 5:00 pm and free on Sundays.

WAIVER OF LIABILITY & SPORTSMANSHIP POLICY

All participants must complete an HYP Sports League Waiver of liability form and Sportsmanship Policy. All participants in the league assume the risk of injury. HYP, its volunteers, and employees shall not be liable for injury to a person, loss or damage to personal property arising from, or in any way resulting from, participation in the league. *(Harrisburg Young Professionals is not responsible for any lost or stolen equipment, bottles, clothing, or etc.)*

HYP SPORTS ALCOHOL POLICY

Harrisburg Young Professionals strives to provide players and guests with a safe, alcohol-free game experience that is family-friendly, social, and competitive. HYP partners with sponsoring bars to provide a social environment for participants and guests to enjoy alcohol responsibly **after the game**. It is HYP's policy that all players and guests must comply with all applicable laws and ordinances regarding the possession and consumption of alcohol. Failure to adhere to these policies jeopardizes HYP's access to those facilities, and anyone found to be in violation of this policy will be asked to leave the premises. Players and guests who appear to be under the influence of alcohol or other controlled substance will similarly be asked to leave. Players who violate the HYP Sports Alcohol Policy may be referred to HYP's Board of Directors for additional sanction.