

SWBA YMCA SUNDAY LEAGUE RULES AND INFORMATION

(Revised August 10, 2022)

1. Minimum of **5 players per team** to register in the league, maximum 10 players. Roster must have a **minimum of 3 primary players** and no more than (a maximum of) 2 secondary players.
2. A player can be on **two teams**: a primary and a secondary team. Anyone playing on two teams must declare which team is her primary and which is her secondary to help determine which team she will play for when there is a scheduling conflict between her teams. In such circumstances the player should work with both of her captains to determine on which team she will play.
3. Subs can be added to a roster for a given game, but used only when a team has **less than 5** players (primary + secondary) available to play. Subs can only be added up to a **total of 5 players**. A sub **cannot start the game or play substantial minutes** unless the team has only 3 total players, including the sub. A sub must be a registered league player (Thursday or Sunday) or a participant in the rookie program. **Please refer to [CAPTAIN'S DUTIES AND RESPONSIBILITIES](#) for complete rules on using subs.**
4. **GAME FORMAT:**
 - **ONE 40-MINUTE GAME** consisting of **two 20-minute halves**
 - Continuous running clock - **EXCEPT** the **last 2 minutes of each half** - when the clock will stop in accordance with normal basketball rules (i.e., for fouls, violations or timeouts)
 - The clock will also stop after a made basket during the **last minute of the game** (i.e., 2nd half only)
 - **Halftime** is 2 minutes
 - **Timeouts**: 1 minute, two are permitted per team, per half
 - **NO shot clock**
 - **OVERTIME – ONLY IF TIME ALLOWS - One 3-minute overtime** period where the clock stops in accordance with normal basketball rules, and after a made basket during the last minute. There is a 1-minute intermission before the overtime. Ball possession is determined by a coin toss. All individual and team fouls carryover into overtime, timeouts do not. One 1-minute timeout is permitted per team.
 - **Stalling** – the deliberate and obvious intention of using the delay to a team's advantage – is **NOT allowed EXCEPT** during the **last 2 minutes of the game or overtime**.
5. All games to begin on the hour **with or without a referee or scorekeeper**. If the ball is not put in play by the team that won the coin toss within 5 seconds, the other team takes possession and the same rule applies to them.
6. Team players should have same color uniforms with numbers and be on the court ready to play at game time. If the game starts late, the game time will be shortened as necessary. All games end 5 minutes before the hour.
7. Equipment, such as a rigid knee brace, or a fitness bracelet worn during the game, should be covered appropriately to prevent injury to other players. Wearing jewelry should be avoided to prevent injury to yourself and other players.
8. If a fall occurs on the court NCAA rules call for the referee to stop the game **if there is a dangerous situation**. If the referee does not stop the game and the captain feels that it should have been stopped, she should speak with the referee.
9. If a team wishes to add a player to its Sunday roster after the schedule has been created, the player must wait **at least one week** after being added before playing, **unless** Di Meredith (current SWBA League Manager) has approved the player as being of a level that would not change the standing of the team **and** has informed the captain of the opposing team of the roster change.
10. Please refer to [SWBA GUIDELINES FOR CONTROLLING ROUGH PLAY](#) as needed.
11. [2022 NSGA Rules](#) are followed except where otherwise noted.

NOTE: There are no paid coaches in this league.