

**Odessa Family YMCA Adult 5 on 5 Basketball Tuesday/ Thursday League – Liability Waiver and Roster**  
**3001 East University \* Odessa, TX 79762 \* Telephone (432) 362-4301 / Fax (432) 362 – 6032**

**Sports Director Edward Moreno email: [ed@iscanmail.com](mailto:ed@iscanmail.com)**

**REGISTRATION DEADLINE February 22,2010 --- NO EXCEPTIONS**

I, THE UNDERSIGNED, HEREBY RELEASE AND DISCHARGE The ODESSA FAMILY YMCA, MR. JOHN WILFERT, MR. EDWARD MORENO; AGENTS, EMPLOYEES, OFFICERS, REFEREES, AND FACILITIES OF THE ODESSA FAMILY YMCA FROM ALL CLAIMS, DEMANDS, ACTIONS, AND JUDGMENTS WHICH I MAY HAVE, OR CLAIM TO HAVE, AGAINST THE ODESSA FAMILY YMCA FOR ALL PERSONAL INJURIES, AND ALL INJURIES TO PROPERTY, BOTH REAL AND PERSONAL, CAUSED BY, OR ARISING OUT OF, PARTICIPATION IN GAMES, OR OTHER LEAGUE SPONSORED FUNCTIONS BY THE ODESSA FAMILY YMCA, IT'S AGENTS, EMPLOYEES, AND OFFICERS.

I HAVE NO PHYSICAL CONDITION THAT WOULD PREVENT ME FROM PARTICIPATING IN THE PROGRAMS SPONSORED BY THE ODESSA FAMILY YMCA. I AM IN GOOD HEALTH AND PHYSICAL CONDITION. I FULLY UNDERSTAND THE DANGERS INVOLVED IN THIS TYPE SPORT (FOOTBALL), EXERCISE, FUNCTION, COMPETITION, AND PRACTICE.

THE ODESSA FAMILY YMCA RECOMMEND ALL PARTICIPANTS CONSULT YOUR DOCTOR AND HAVE A HEALTH PHYSICAL IF YOU ARE UNSURE OF YOUR PARTICIPATION IN THIS TYPE ACTIVITY. WHILE RULES EXIST TO HELP CONTROL PLAY - **THIS IS A CONTACT SPORT AND CONTACT SHOULD BE EXPECTED. MOUTH GUARDS ARE RECOMMENDED FOR PARTICIPATION.**

IT IS THE RESPONSIBILITY OF THE INDIVIDUAL PLAYER OR PARTICIPANT TO MAINTAIN HIS/HER OWN HEALTH AND ACCIDENT INSURANCE. THE LEAGUE ACCEPTS NO RESPONSIBILITY IN THIS MATTER. THE LEAGUE IS NOT RESPONSIBLE FOR ITEMS LOST OR STOLEN, OR PROPERTY DAMAGE. CONSUPTION OF ALCOHOL DURING PLAY IS PROHIBITED.

1) I ACKNOWLEDGE THAT I HAVE READ AND THAT I UNDERSTAND EACH AND EVERY ONE OF THE ABOVE PROVISIONS IN THIS WAIVER, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT AND AGREE TO ABIDE BY THEM. \* PLAYER MUST INTIAL AFTER SIGNATURE.

Team Manager	Address	Team/Age	Date
NO. PLAYER NAME (Print)	* ADDRESS (Print)	* TELEPHONE * Parent's SIGN * INTIALS*	* DATE
01	*	* * *	* *
02	*	* * *	* *
03	*	* * *	* *
04	*	* * *	* *
05	*	* * *	* *
06	*	* * *	* *
07	*	* * *	* *
08	*	* * *	* *
09	*	* * *	* *
10	*	* * *	* *
11	*	* * *	* *
12	*	* * *	* *
13	*	* * *	* *
14	*	* * *	* *
15	*	* * *	* *
16	*	* * *	* *
17	*	* * *	* *
18	*	* * *	* *
19	*	* * *	* *
20	*	* * *	* *

**NOTE:** It is the responsibility of all team managers to have each player sign this waiver prior to participation. Failure to do so will result in forfeiture of the game(s) and player(s) being ruled ineligible. IF YOU HAVE NOT SIGNED THIS WAIVER AND PARTICIPATE IN LEAGUE ACTIVITIES, YOU WILL BE SUSPENDED FROM LEAGUE PLAY FOR THE SEASON. Each team must have a FIRST AID kit and all injuries must be reported to league officials. All wounds must be cleaned and bandaged.

Signed: Team Manager Date: \_\_\_\_\_ Email Address \_\_\_\_\_

# 5-on-5 Basketball Rules

## THE GAME

- A team shall consist of five (5) legal players. However, a team may start or finish a game with four (4) players.
- Teams will start at the basket they warmed up at. Teams will switch at the half. The game will start with a jump ball, and after that there will be alternating possession.
- Benches will be provided for the participants and their manager only. All players will be expected to use these benches when they are not participating in the game. Players should only leave the bench area when they are going to substitute into the game. Players should remain seated on the benches.
- To be eligible for the playoffs, a player must play in at least one regular season game.
- Players may be added to the roster up to and during the final regular season game, they may not be added after the last regular season game has been played. However, for the Holiday Basketball Tournament, all players must be "listed" on the roster prior to the second game.
- Jerseys will be checked out at the score table from the on-site supervisor or scorekeeper. One ID will be kept until the game is complete and the jerseys have been returned to the table.
- All games will start right on the scheduled time. The only exception to this would be if games were to run over.
- Teams should be signed up and ready to play at their regularly scheduled times. This means:
  - names on score sheets with jersey numbers, jerseys on, jewelry off, and at least four (4) players on the floor ready to play.
- **Grace period:** A grace period of five (5) minutes will be allowed for teams that do not show up ready to play on time. The team that is signed up on time will receive eight (8) points and the ball at half court. The late team must still be ready to play 5 minutes after the original start time. The clock will start at the original time as well. If both teams are late, the clock will continue to run and the game will be played if both teams are ready to go no later than the five (5) minute grace period.
- **Forfeit:** A forfeit will be declared if after the expiration of the five (5) minute grace period one or both teams are not signed in and ready to play.

## TIME PERIOD

- A game consists of two (2)-twenty (20) minute halves. The clock will run continuously except:

during last two (2) minutes of each half and the last one (1) minute of overtime periods, the

clock will stop at every dead ball. The time between halves will be two (2) minutes.

- Teams will get two (2) time-outs per half, and an additional time out for each additional overtime period. Only unused second half time-outs can be carried over into the overtime

period. Time-outs are thirty (30) seconds in length. If a team calls a time out and doesn't have one, then a two-shot technical foul will be assessed, plus possession of the ball for the

non-violating team at half-court.

- Timeouts may only be called by players who are on the court in the game. Timeouts may not

be called by players, captains, or coaches on the bench.

- An official's time out shall be called in case of serious emergency or injury and it shall be the

judgment of the referee that will determine the length of the time out taken.

- In case of a tie game, there shall be a two (2) minute overtime period. Second half time outs

and team fouls will carry over into overtime. Each team will receive one additional timeout in

overtime. The clock will be stopped during dead balls in the last minute of overtime.

- Overtime begins with a jump-ball. If the game remains tied at the end of a first overtime, the

ball will be jumped at center court and sudden death will be in effect. (First team to score wins)

## **EQUIPMENT**

- T-shirts must be worn under intramural issued game jerseys at all times.

- No jewelry, hats, jeans, metal braces, or dress shoes are permitted to be worn during the game.

- All teams must have the SAME colored jerseys with non-duplicated numbers.

- Court shoes with non-marking soles are required. Running shoes are not permitted.

- Shorts or sweatpants must be pulled up and worn around the waist at all times.

- A game ball will be provided, or you may use your own ball as long as both teams agree.

## **SUBSTITUTIONS**

- All players must report to the scorer's table as well as the referee before entering the game.

Substitutions are permitted during the following situations:

- At the referee's whistle permitting entry

- When the ball is dead:

- held ball situation

- free throw situation

- throw-in

- Players may not enter the game until the referee has given the O.K.

## **FOULS**

- **Personal Foul** – A personal foul involves illegal contact with an opponent while the ball is

alive. A foul committed by or on a shooter when the ball is dead - This counts as a personal

and team foul.

- **Player Control Foul** – A personal foul committed by a player while he or she is in control of the ball, or by an airborne shooter – Counts as a personal foul and team total.
- **Intentional Foul** – A personal foul designated to stop or keep the clock from starting, or to neutralize an opponent's obvious advantageous position. Grabbing a player on a fast break to prevent a score is an example of an intentional foul. Two free throws and possession of the ball is awarded to non-violating team. This counts as a personal foul and team foul.
- **Technical Foul** – Technical fouls can be flagrant or non-flagrant in nature. Abusive behavior towards the referees or supervisors, disregarding the rules, or any unsportsmanlike conduct.
  - Examples: More than five players on the court; swearing at the opponent, referee, or supervisor; hanging from the rim; wearing jewelry; illegal substitution, etc. Two shots and the ball are awarded to the non-violating team. This counts as a personal foul and a team foul. In the case of double technical fouls, no shots will be awarded. Possession of the ball will be determined by the possession arrow.
- **Flagrant Foul** – A personal and technical foul of a violent or savage nature, which displays unacceptable conduct. It may or may not be intentional. It involves violent contact such as striking, kicking, kneeling, etc. and also involves dead ball contact or non-contact at any time, which is extreme or persistent, vulgar, or abusive conduct. Fighting is a flagrant act. All flagrant fouls count as a personal and technical foul (which will amount to two personal fouls and two ((2)) team fouls). Two foul shots and the ball are awarded to the non-violating team.
  - A flagrant foul can also be grounds for ejection.
  - A player shall not:
    - Participate after being disqualified
    - Wear an identical number as a teammate
    - Attempt to gain an advantage by interfering with the ball after a goal, or by failing to immediately pass the ball to the nearest official in control when a violation is called.
  - A coach, player substitute, team attendant or follower shall not: Disrespectfully address an official, use profanity, instigate undesirable crowd reaction
    - NOTE: For flagrant unsportsmanlike conduct; any player, coach, or spectator may be ejected from the building and automatically be suspended for the next game.
  - A player must leave the game upon her/his fifth (5<sup>th</sup>) foul.
  - Any technical foul determined severe enough by the official is grounds for immediate ejection.
  - No foul shots are awarded for player control fouls. Only when 7 team fouls accumulate will the 1 + 1 take place.

- Two (2) technical fouls on any player will be an immediate disqualification. Remember that flagrant fouls count as technical fouls.
- Once a team receives their third (3<sup>rd</sup>) technical foul, the game is ruled as a forfeit win for the other team.
- Six (6) Technical Fouls during tournament or league play will eliminate that team from any further competition. Any deliberate abuse of this rule will not be tolerated.
- Any ejected players must leave the building (not just the court) before play resumes.
- Any player that is ejected from a game will serve a minimum of a one game suspension.
- The player suspension will not begin until after the ejected participant has met with the Coordinator of Intramural Sports.
- The Coordinator of Intramural Sports will make the final ruling on team disqualification.

### **FREE THROWS**

- **One free throw for:**

A foul against an offensive player while shooting the ball whose shot is successful.

- **Two free throws for:**

A foul against an offensive player while shooting the ball whose shot is not successful.

- An intentional foul (plus possession of the ball).
- Any single flagrant foul (plus possession of the ball).
- Any technical foul (plus possession of the ball).
- Upon the tenth team foul.

- **Three free throws for:**

A foul against an offensive player while shooting the ball whose three point try was not successful.

- **No free throws for:**

Each common foul (non-shooting foul) before the seventh team foul. Any double foul. A player control foul.

- **Bonus free throws (one & one) for:**

Each common foul (except player control) upon the seventh team foul during any half, or any overtime period; provided the first attempt is successful, a second free throw will be awarded (one & one).

### **JUMP BALL**

- A jump ball will be administered in the center-restraining circle between any two opponents under the following situations: at the beginning of the first half and at the beginning of any overtime period.
- The ball shall be awarded out of bounds under the following situation: at start of play at the beginning of the second half, possessions will alternate between teams.

### **DELAY OF GAME**

*(Delay of Game violations, First delay of game constitutes a warning recorded in the scorer's*

*book. Subsequent Delay of Game violations, constitute a technical foul).*

- An offensive player may not interfere with the ball after a made basket, or attempt to keep a

dead ball away from an opposing player or official.

- Failure of a team to immediately return to the court after a time-out is also delay of game. A

delay of game warning is given first.

### **OUT OF BOUNDS**

- A ball striking any edge of the backboard shall be in play. A ball striking the basket supports

shall be out of bounds. All four corners of the basket are in play as long as basket supports,

wires, etc are not touched.

- A ball that goes over the backboard shall be out of bounds, even if it does not touch the basket supports.

- The ball must be thrown in-bounds within five seconds.

### **DUNKING RULE**

Dunking is allowed during play at the YMCA; under the following rules:

- Player's may not dunk the ball prior to the start of the game (on the courts specified for Intramural contests), or during any dead ball situation. Violation of this rule will result in an

immediate technical foul on the offending team and possible ejection of the offender.

- Player's may not hang from the rim at any time. Violation of this rule will result in that player

receiving a technical foul and possible ejection from the game.

- If this rule is abused, the privilege of dunking during Intramural games can be taken away at

any time.

### **BLOOD RULE**

- If and when an official observes a player is bleeding, or has an open wound, or has an excessive amount of blood on his/her uniform (clothing), the player must leave the game.

- In an instance when a substitute is not available, the official may allow time for the player to

receive medical attention, but the time may not be excessive in the judgment of the official.

- If a substitute is available, the player must leave and may not re-enter until after the clock has

run and a substitution opportunity occurs.

### **MERCY RULE**

- With 5 minutes (or less) remaining in the second (2<sup>nd</sup>) half (men's, women's, & co-rec games), any team who is leading by 30 points or more, the game will end by mercy rule.

### **EJECTION**

- In the case of an ejection, the player not only must leave the premises but also needs to

meet with the Sports Director, Edward Moreno, before she/he may participate in the next activity.

THE YMCA STAFF HAS THE RIGHT TO STOP A CONTEST IF THEY DEEM IT NECESSARY