



ASHLAND FAMILY YMCA

Pick-Up Basketball Schedule & Rules

Full Court Teen Pick-Up: Ages 14-18, Mondays 6p-7:45p

Full Court Adult Pick-Up: Ages 18 & Up Wednesdays 6p-7:45p

GENERAL RULES FOR THE COURT

To ensure everyone gets to play and to help move games along, we provide the following rules:

- Participants must be of age regarding the scheduled day/time (any exceptions due to low number of participants must be approved by YMCA staff before entering the gymnasium).
- All that are of age are welcome to play, games will be co-ed.
- Shirts must be worn at all times and players must be wearing closed-toed shoes.
- There is no dunking or grabbing rims on our YMCA hoops. This is to prevent any damage to equipment and/or potential injury.
- Teams will be determined by shooting for teams. Each player will take turns shooting and as each player makes it they will alternate which team they go to. The next 5 participants in the gymnasium will play the winner.
- Games are played to a maximum time limit of 8 minutes. If there is a tie, the tie-breaker will be a 3 pt shootout to determine the winner.
- Winners will stay on the court if 20 or fewer participants are in the gymnasium. "Ruler of the Court"
- If the court becomes crowded, the "winner stays" rule needs to be modified: Games switch to "two and out" once the 31st participant enters the gymnasium. Once a session goes to "two and out" it remains that way until there are 20 or less participants.
 - Two and Out- Winner stays after the first game, then if they win again they come off.
- Games are self-regulated. Offense calls fouls without protest.
- At the YMCA we practice good sportsmanship. This means refraining from foul language and taunting other players. We want to ensure a fun, competitive environment with fair play for ALL.
- **YMCA Staff reserves the right to ask members to leave if they are not following the Y's gym rules and standards of conduct.**

Any questions or comments can go to Natalie James, Sports Coordinator:

sports@ashlandymca.org