



Rye YMCA

GYM RULES

GENERAL OPEN GYM RULES

1. Please be considerate of yourself and others.
2. Anyone under 12 must be accompanied by an Adult.
3. No food or drink in the gym (plastic water bottles are permitted).
4. Please wear only athletic shoes on the gym floor.
5. Gymnastics equipment and Gym Closet are off-limits.
6. YMCA basketballs must be checked out at the front desk w/membership card.

BASKETBALL RULES

1. Full court games play to 11 points; win by 2.
2. Field goals worth 1 point, beyond the arc-2 points; no free-throws.
3. Call your own fouls on offense. Respect the calls, please.
4. If two or more teams are waiting, games play to 9; do not have to win by 2.
5. With two or more teams waiting, any team that wins three games in a row gives up the floor (losing team sits down, too). Next two teams up. Three-game winner plays after any waiting teams and before losing team.
6. Open Adult Basketball is for ages 18 & up.
7. Over-40 Basketball is for ages 40 & up.
8. Open Teen Basketball is for ages 12-17.

FAMILY GYM RULES (Seasonal)

1. Please respect the authority of the Gym Supervisor.
2. Parents please stay with your children at all times.
3. Please be considerate of yourself and others.
4. Please do not alter the equipment set-up.
5. Kindly request equipment from your Gym Supervisor.
6. Please use sports equipment only for its purpose.
7. Basketball playing is not permitted during Family Gym.

The Rye YMCA reserves the right to modify The Rules at its discretion to ensure the safety of all members, guests and staff.