



Ocean Community YMCA – Mystic Branch Gymnasium Rules

General Rules

1. Everyone must check in at the Welcome Center.
2. No food or drink allowed in the gym, except water in plastic bottles.
3. An adult must accompany anyone under the age of 12.
4. Gymnastics equipment and gym closets are off-limits
5. Please be considerate of yourself and others.
6. The emergency exits are for emergencies only and must stay closed.
Anyone caught using these doors for any other purpose will be asked to leave the facility and/or have their membership revoked.
7. No dunking or grabbing nets.
8. Appropriate footwear must be worn in the gym.
9. Non-compliance to YMCA rules is reason for membership suspension or termination.
10. All YMCA Directors and Directors on Duty have the right to ask you to leave the facility if and when YMCA rules are broken.

Open Family Gym

Open Family Gym is time set aside for all members to use our gymnasium. Space will be made for everyone to play in our gym.
Full court basketball is not allowed during these times.

Open Basketball Rules

1. Open Adult Basketball is for ages 18 and up.
2. Teams are chosen by "Free Throw" method.
3. All new arriving players have free throw priority over players who have just played.
4. If more than 16 players are in the gymnasium, two games must be played using half court.
5. Full court games will be played if less than 16 players are in the gymnasium.
6. First 10 or 16 players to make free throws are first to play.
7. All games are played to 11 points.
8. Games played on half court are played 4 on 4.
9. Games played full court are played 5 on 5.
10. Winning teams stays for a maximum of 3 consecutive games. After three wins, two new teams play next game.
11. Teams are responsible for calling their own fouls.
12. All posted Gym Rules apply to players.