



# CITY OF OAK RIDGE RECREATION AND PARKS

## Youth basketball league rules 2017-2018

### **I. ROSTER FORMS AND MEDICAL RELEASES**

- I. Rosters are limited to 12 active members per team with a minimum of 6.
- II. Each team must have an adult coach aged 21 or older on the bench at all times. There will be no peer or player coaches.
- III. Participants ages 18 and older, including managers/coaches, **MUST PERSONALLY** sign an Oak Ridge Recreation and Parks Roster and Medical Release Form before he/she participates.
- IV. Parents of players under the age of 18 must personally sign the roster and medical release forms for their children to participate. These forms also serve as a notice of potential injury and a hold harmless form. The hold harmless agreement releases the Recreation and Parks Department and any other person connected with league basketball of any responsibility in case of an accident. Coaches will confirm the parental/guardian signatures by signing off on submitted rosters.
- V. Any player who has participated during the current school year on a TSSAA sanctioned school basketball team or is currently playing on a TSSAA sanctioned school basketball team is ineligible to play in the City Youth Recreational Leagues.
- VI. Any player dismissed from a TSSAA sanctioned school basketball team during the course of the current school year will also be ineligible to participate in the City Youth Basketball League without prior approval by the Recreation and Parks Department and a notice of release provided by the school coach. This action must also take place before the stated deadline to add players to a youth league roster.
- VII. Absolutely no player will be allowed to play with more than one team. Players may change teams until December 8, 2017.

#### **Additional Players**

- A. The deadline for adding players is January 5, 2017. No changes in rosters will be allowed after this date.
- B. Only the coach or manager may add names to the rosters.
- C. In order for a player to participate, the Department must receive the roster/medical release form within 24 hours of game time.

### **II. REGISTRATION AND FEES**

- a. To register for league play, Roster and Medical Release forms must be submitted along with league fees.
- b. No refunds will be given for league fees once a team commitment has been made.
- c. There will be eight (8) scheduled games for boys and girls. An end of season tournament will be included for the boys.

### **III. ELIGIBILITY**

Coaches of teams are responsible for the eligibility of their players and will be held accountable by the Department to furnish proof of eligibility for each player. To be eligible, players must:

- a. Be no older than 18 as of December 1.

- b. Be on the official team roster with personal signatures of players 18 years old or parents of players who are under age 18.
- c. Be able to verify identity.
  - i. All players utilized by a team are required to produce, upon request, verification of identity, which exhibits their picture or signature. If a player refuses to show his or her ID, the game can be protested and if upheld, will be declared a forfeit. If the issues can be resolved on the court, the officials should attempt to do so. If the issue is not resolved, a protest must be filed and normal review followed.
  - ii. Any player in question regarding his or her identity will be required to place his or her signature on the game sheet.
- d. Any team found to be playing with an ineligible player after game play has begun will forfeit that game. The offending player will be suspended for one week from all play in leagues and tournaments organized by the Department.

#### **IV. UNIFORMS AND EQUIPMENT**

- a. Teams are encouraged to use jerseys that are legally numbered with no more than two digits using numbers 0-5. Symbols are NOT allowed.
- b. No two (2) players may use the same number during a game.
- c. If a team does not have jerseys, the same color shirts with non-duplicated numbers should be worn or the City will provide numbered vests. Coaches must inform the official scorekeeper when turning in his or her lineup if the team intends on wearing the City issued vests.
- d. When two teams are wearing the same colored jerseys, the team without uniform (printed jerseys), will be required to wear the City vests. If both teams have uniform jerseys, the away team will wear the City vests.
- e. Clothing with inappropriate language/graphics will not be allowed. (See Department Dress Code).
- f. All players must wear non-marking athletic shoes.
- g. The department will provide basketballs.

#### **V. LEAGUE RULES**

- a. Leagues will be governed by the playing rules of the current TSSAA Basketball Guide. EXCEPTION: Local league rules will supersede TSSAA rules.
- b. Game times will be between 9 a.m. and 2 p.m.
- c. The game will consist of four ten-minute quarters (running time) with a two-minute half time. Clock will only be stopped for timeouts and during the last two minutes of the game if there is less than a 10-point lead.
- d. Overtime periods will be 2 minutes.
- e. League games will begin on time unless late running games force a delay. Rosters are due at the scorekeeper's table 5 minutes prior to the scheduled start of a game.
- f. Teams must have four (4) players to start a game. There will be a five (5) minute grace period for the first game of the day.
- g. Each team must have a responsible adult coach, aged 21 years or older, on the bench throughout the game.
- h. Players and/or spectators are not allowed to sit at the scorekeeper's table.
- i. Players will not be permitted to play if undergarments are blatantly exposed. Absolutely no sagging will be allowed. No jewelry, watches or hard hair holders will be worn during the game.
- j. Scorekeepers and timekeepers will be instructed to stop the game until any confusion or distraction occurring at the scorekeeper's table is eliminated. Persistent disturbance at the scorekeeper's table will result in a forfeiture of the game by that team.
- k. Only players in uniform and adult coaches (21+) are allowed on the team bench. Spectators will be instructed to keep the area clear around team benches.
- l. The coach is responsible for the conduct of his or her players. Players ejected from the game must leave the facility.
- m. There will be two timeouts per half.
- n. Players must report to the scorekeeper's table before entering the game.

- o. There will be absolutely no dunking. An offending player will receive a technical foul, be ejected from the game, suspended from the next game and receive a two-week suspension from the Civic Center. Game suspensions will carry over from one season to the next, if necessary. Accidental contact with the rim is allowed and will be placed solely on the Officials' discretion.
- p. A team with a 20+ point lead will not be allowed to press. The first violation will result in a warning; the second and beyond will result in a one-shot technical foul. (Note: This technical foul is not immediately counted as a foul for unsportsmanlike conduct, but can be upgraded as such at the official's discretion.)
- q. League Champion and tournament seeding will be determined by total number of games won. In the event of a tie, the following will serve as a tie breaker:
  - i. Two teams involved in tie
    - 1. Head-to-head record
    - 2. Total score between two teams in head-to-head
    - 3. Total points scored on the season
  - ii. Three or more teams involved in tie
    - 1. Head-to-head record for all teams involved
    - 2. Total score in games involving all teams involved.
    - 3. Total points scored on the season.

## VI. SCHEDULING

Games will be scheduled at the discretion of the Recreation and Parks Department. NO games will be rescheduled because of individual team conflicts. The only games that will be rescheduled will be those caused by weather or gym conflicts and scheduled conflicts as determined by the Department.

## VII. UNSPORTSMANLIKE CONDUCT – TECHNICAL FOULS AND SUSPENSIONS

- a. Player/Coach Technical Fouls  
A single flagrant technical foul or the second technical foul charged to a player will result in the player being ejected from the remainder of the current game plus the next scheduled game.  
**EXCEPTION: A first technical foul resulting from unsportsmanlike conduct will result in ejection.**
- b. Team Technical Fouls  
The third technical foul assigned to a team for unsportsmanlike conduct will result in the disqualification of the team and forfeiture of the game.
- c. Players, managers, coaches, etc., who are guilty of unsportsmanlike conduct will incur the following:
  - i. Ejection from the remainder of the current game plus the next scheduled game.
  - ii. A second ejection during the season will result in an automatic suspension of four (4) games and up to a maximum of 12 months suspension.
  - iii. Game suspensions will carry over from one season to the next, if necessary.
  - iv. Any person receiving a suspension has the right to appeal, in writing, within a forty-eight (48) hour period. Appeals are to be directed to the Athletics Office, Recreation and Parks Department.
  - v. Cursing or any type of profanity will not be permitted at any time.
  - vi. Any verbal or physical abuse of an official or player is an automatic year suspension.
  - vii. One year suspensions will include all Recreation and Parks facilities, including: The Civic Center, Library, Municipal Pool, Scarboro Community Center and all City parks.

**NOTE: If inappropriate behavior/unsportsmanlike conduct becomes a recurring issue during the course of any season, the league director may at his or her discretion enact a ZERO TOLERANCE POLICY.**

## VIII. FORFEITS

- i. Failure of an ejected participant to leave the premises within five (5) minutes (out of sight and sound) will result in his or her team forfeiting the game. The premises includes the general area: building and parking lot.
- ii. If a team of 4 eligible players cannot be on the court at the scheduled starting time, the team ready to play will win by forfeit.
- iii. Any league team to forfeit 3 games during their regularly scheduled league play will not be invited to participate in the league tournament.
- iv. Forfeits will award the winning team a score of 50-0 if forfeited on game day and 50-30 if forfeited with notice.

#### **IX. POSTPONED GAMES**

- a. In the event of inclement weather, you may call the Department Info line at (865) 425-3453 or you may follow live updates on our Facebook and/or Twitter pages @ORRecSports.
- b. The Department strives to reschedule games as efficiently and as quickly as possible. In the event the Department is unable to give teams a minimum of two weeks' notice for rescheduled games, those games will not count against teams in regard to League disqualification.

#### **X. PROTESTS**

- a. When making a protest, you must notify the referee/official scorekeeper before the start of the clock. Written protest will be submitted to the Athletics Office of the Recreation and Parks Department by 5:00 P.M. of the next working day after a protested game. A \$25 protest fee must accompany the written protest. No protest money will be necessary in tournament play.
- b. For regular season games, the Department will render a decision in writing within five business days after received the written protest.
- c. In all tournaments sponsored by the Department, the protest must be resolved prior to the start of the clock.
- d. The only type of protest, which may be filed, is a rule interpretation. REFEREE'S CALLS CANNOT BE PROTESTED.
- e. The City of Oak Ridge Recreation and Parks Department will handle all protests.

EVEN THOUGH BASKETBALL IS A NON-CONTACT SPORT, PARTICIPANTS ARE WARNED THAT THE POSSIBILITY OF INJURY DOES EXIST.

City of Oak Ridge Recreation & Parks  
Athletics Department  
P.O. Box 1  
Oak Ridge, TN 37831

Office Hours:  
9am – 5pm M-F

**Athletics Manager**  
Steve Stone  
[sstone@oakridgetn.gov](mailto:sstone@oakridgetn.gov)

**Supervisor of Athletics**  
Matt Reece  
[mreece@oakridgetn.gov](mailto:mreece@oakridgetn.gov)



## **TSSAA and City of Oak Ridge Basketball Rules BENCH PERSONNEL**

The head coach is responsible for the conduct and behavior of substitutes (players on the bench), disqualified team members and all other bench personnel. **Bench personnel must not:**

### **I. Commit an unsporting foul**

This includes, but is not limited to, acts or conducts such as:

- a. Disrespectfully addressing, baiting or taunting an official or an opponent.  
(**NOTE:** *Any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin will not be tolerated.*)
- b. Attempting to influence an official's decision.
- c. Using profane or inappropriate language or obscene gestures.
- d. Objecting to an official's decision by rising from the bench or using gestures.
- e. Inciting undesirable crowd reactions
- f. Team members not remaining seated on the bench unless spontaneously reacting to an outstanding play by a member of his or her team and immediately sitting back down or reporting to the scorekeeper's table.

### **PENALTY**

- a. A technical foul will be charged to the player (and indirectly to the team) with each violation.
- b. A second technical foul OR a first technical resulting from unsportsmanlike comment will result in an ejection from the game and from the next scheduled game.
- c. Three technical fouls for unsportsmanlike conduct charged to a team will result in a forfeit. A forfeit resulting from unsportsmanlike conduct will result in a final score of Opponents Score at time of offense to Zero.
- d. A second ejection during the season will result in an automatic suspension of four games up to a maximum of 12 month's suspension.
- e. **ANY VERBAL OR PHYSICAL ABUSE OF A PLAYER OR OFFICIAL WILL RESULT IN AN AUTOMATIC ONE YEAR SUSPENSION FROM ALL RECREATION AND PARKS FACILITIES INCLUDING ALL CENTERS, MUNICIPAL POOL, AND ALL CITY PARKS.**

### **II. Coaches' Rule**

The head and assistant coaches must remain seated on the bench at all times while the clock is running or is stopped except to:

- a. Rise to request a time out.
- b. Confer with the scorekeeper's table.
- c. Replace or remove a disqualified or injured player.
- d. Rise in front of his or her seat to spontaneously react to an outstanding play by a player or to acknowledge replaced players, but must immediately return to his or her seat.
- e. Confer with players within the bench area during a charged time-out or between quarters and extra periods.

### **III. Spectators**

Any verbal abuse by spectators of staff, officials, players, etc. will result in a two-week suspension from all City facilities. Excessive verbal abuse will result in a one-month suspension. Any type of abuse requiring PD involvement will result in a longer suspension.

## **Oak Ridge Recreation and Parks Department**

### **CONCUSSION ACTION PLAN**

**As recommended by the Center for Disease Control (CDC)**

If you suspect that an athlete has a concussion, implement your 4-step action plan:

#### **1. Remove the athlete from play**

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.

#### **2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion.**

Do not judge the severity of the injury yourself. Health care professionals have a number of methods that they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body.
- Any loss of consciousness (passed out/knocked out) and if so, for how long?
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

#### **3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.**

Make sure they know that the athlete should be seen by a health care professional experienced in evaluating for concussion.

#### **4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.**

A repeat concussion that occurs before the brain recovers from the first – usually within a short period of time (hours, days, or weeks) – can slow recovery or increase the likelihood of having



long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

