



## Teen Basketball League

### 2025/2026 Rules

#### I. TEAM ROSTERS

- A. There is a MINIMUM of 6 players on the roster.
- B. Every participant, including non-playing Coaches, must sign an Oak Ridge Recreation and Parks Roster and Medical Release Form before he or she participates. These forms also serve as a notice of potential injury and a hold harmless form. The hold harmless agreement releases the Department and any other person connected with league play of any responsibility in case of an accident.
- C. In order to be eligible for a game, new players must submit all roster/medical release forms and other documents by 8:00 p.m. the night before game day. Players not turning a waiver in by 8 pm may not be allowed to play for that Saturday's game.

**Roster Deadline:** After the games on January 17, 2026, rosters and the free agent list will both lock. After this date, you may only pickup free agents (if available) until February 8, 2026. No new players may be added after this point.

#### II. PLAYER ELIGIBILITY

- A. All players must be currently enrolled in a secondary school and must NOT have played with any TSSAA basketball teams during the current year (noted above).
- B. Players can only play for one team per league. If an issue arises or a player wants to switch teams, BOTH Coaches must agree to the change and notify the league supervisor to make the change. In the event the player is not granted the release, he or she may appeal to the League Supervisor. A final decision will be made within two business days.
- C. Players (or parents if player is under 18) must sign the team roster form and must be able to verify identity upon request.
- D. Any player entering a game without signing any and all necessary paperwork will be pulled from the game until all documents are obtained and a forfeit may result. If a player is believed to be ineligible (not in secondary school, older than 18, playing for a TSSAA basketball team, etc.), it is the opposing team's responsibility to inform the League Supervisor. If the player is suspected to be older than 18, he or she must leave the game until able to produce identification. If the player is suspected of not being in a secondary school or playing for a TSSAA basketball team, the player will be able to finish the game and the League Supervisor will follow up on Monday. If found ineligible, the ineligible player will be removed from the roster and all games he or she played will be forfeited.

#### III. REGISTRATION

Every player (and parent, if under 18) and coach must submit multiple documents. In addition, coaches must also complete an online Heads Up training course offered by the CDC. We will be offering the option of the Team Night to help streamline the paperwork process, if needed and requested by the head coach. These meetings will serve the purpose of completing all necessary paperwork to prepare your team for the season. Players and his or her parents must be on hand to sign documents. If parents are unable to attend, players must make arrangements to pick up

documents early and bring them back to the scheduled team night.

#### IV. SCHEDULES

- A. Regular Season Schedule.** Eight (8) regular season 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.
- B. Make Up Games.** In the event of inclement weather or a gym conflict, regular season games will be rescheduled as soon as possible and passed along to the Coaches and to social media. Excessive postponements may be canceled by the League office.
- C. League Information.** All league info including postponed games, standings, and schedules may be found on our website or on social media @ORRecSports.
- D. League Champion.** League Champions will be determined by the end of season tournament. Regular season play will determine tournament seeding.

#### V. FREE AGENCY

**Registration.** Individual players looking to play, but not having a team may sign up as a free agent. Small groups are also welcome. Free agents have a custom Roster Form they will need to fill out. If enough free agents sign up to make a team of their own, a Coach will be appointed and fees will need to be collected.

**Acquisition.** Free agents are eligible for acquisition by teams in their assigned division at any point during the season, up to February 17, 2024. Absolutely no additions will be made after this date. Coaches must notify the league office by 8 p.m. the night before game days of an acquisition. Once a free agent has been acquired by a team, they become a member of that team for the remainder of the season and will be removed from the free agency list. They are thereafter ineligible to be acquired by another team in that particular league. Free agents are added to teams strictly on a first-come first-served basis.

**To acquire a free agent, coaches must:**

1. Contact Recreation and Parks Department to obtain information for available Free Agents.
2. Contact available free agents on the list.
3. When one is found and is willing to play, Coach must notify League Office of the acquisition and the player(s) must submit all necessary documents.

#### VI. LEAGUE RULES

- A.** NFHS/TSSAA rules will govern play. Exception: City rules will supersede TSSAA rules.
- B.** Games will be played between 9am and 4 pm on Saturdays.
- C.** Games 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 2 minutes of the game if there is less than a 10-point lead.
- D.** Overtime periods will be 2-minutes.
- E.** Rosters are due at the Scorekeeper's table 10 minutes prior to the scheduled start of a game. League games will start on time unless late running games force a delay. A five (5) minute grace period will be allowed for the first game of the day only.
- F.** A team may start the game with 4 players.

- G. Players/fans are not allowed to sit at Scorekeeper's table. Scorekeepers 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 forfeit.
- H. Players must check in at scorekeeper's table before entering game.
- I. No refunds will be given once a team commitment has been made.
- J. Coaches are responsible for his or her players and bench. Only players on the roster will be allowed to sit on team benches. Non-playing adults and teens should remain in the stands.
- K. Players will not be permitted to play if undergarments are blatantly exposed.
- L. Absolutely no jewelry, watches or head coverings (except headbands) will be allowed.
- M. Although dunking is allowed, any player hanging on the rim will receive a technical foul – unless to prevent injury to another player or self. Dunking in pre-game and/or halftime will result in a technical foul. Dunking in pre-game, halftime, or post-game may result in a technical foul and possibly a two-week suspension from the facility.
- N. We will have two basketballs per team to warm up with. If you must bring one, do not dribble/toss it on the sides during game play. Excessive warnings will result in having to take the ball back to your car or the ball being held at the score booth until after your scheduled game. If this continues to be a problem, we will say absolutely no outside balls in the gym during game play.
- O. We will adhere to the new NFHS rule change on common fouls. Please see the rule supplement in section IX on this rule change.

## VII. GAME RULES

- A. **Timeouts.** Teams will receive two full timeouts per half. During Overtime periods, teams will start with one full timeout.
- B. **Press.** Full court press is allowed unless the team holds a 20-point lead. The first violation is a verbal warning. The second violation will result in a two shot technical foul. (*This technical is not counted as an unsportsmanlike conduct foul*).
- C. **Delay of game.** Due to the running clock, players are expected to make every effort to keep play going. Players will receive a technical foul for intentional delay of game.
- D. **Playing area.** We made a switch to play on the full court (as opposed to the side goals) which allowed for 3-point shots. Please note that there is a possibility that the tournament will be held on the side goals.
- E. **General.** Please note that parents and/or siblings (that have not signed up as the Coach) must sit in the bleachers and not on the bench. Also, after each game, please remind players to grab his or her belongings and/or trash.

## VIII. 2024 NFHS RULE CHANGE

"4-8-1: Eliminates the one-and-one for common fouls beginning with the seventh team foul in the half and establishes the bonus as two free throws awarded for a common foul beginning with the team's fifth foul in each quarter and resets the fouls at the end of each quarter."

## IX. UNSPORTSMANLIKE CONDUCT – TECHNICAL FOULS & SUSPENSIONS

- A. **Player Technical Foul.** 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.
- 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. The Department reserves the right to move to a zero tolerance policy at any point during the course of a season if warranted by recurring inappropriate behavior within the league.

- D. 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 up to a maximum of 12 months' suspension.
  - iii. Game suspensions will carry over from one season to the next, if necessary.
  - iv. Any participant ejected must leave the premises within 5 minutes. The premises includes the general area: building and parking lot.
  - v. Failure to leave will result in that person's team forfeiting the game.
  - vi. 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 athletic office with the Recreation and Parks Department.
  - vii. Cursing or any type of profanity will not be permitted at any time.
  - viii. Any verbal or physical abuse of an official or player is an automatic year suspension from all Department facilities, including the Civic Center, Library, Municipal Pool, Scarborough Community Center and all City Parks.
  - ix. Coaches of teen teams are held to a higher regard and must set a positive example for the players on his or her team and all other teams. Any coach that consistently displays poor sportsmanship may be removed as coach by the league supervisor. Teen teams MUST have a 21+ year old coach with all proper paperwork submitted on the bench at all times. If the head coach is ejected or removed as coach during a game and there is no assistant, the team may have to forfeit.
  - x. All technical fouls will result in 2 shots.
  - xi. Ejected players/Coaches will not be allowed to sit on the team bench the following week's game.

## **X. UNIFORMS**

Teams are encouraged to conform to the TSSAA rule on uniforms; however, league requirements will be:

- a. Team jerseys must be worn with non-duplicated, one or two digit numbers preferably using only numerals 0-5. No two players may wear the same number during games.
- b. If a team does not have jerseys, the same color shirts with non-duplicated numbers must be worn.
- c. In the event teams are wearing the same color, the team without uniform/printed jerseys will be required to wear the Department provided vests. If both teams have uniform jerseys of the same color, the visiting team will wear the Department vests.
- d. Clothing with inappropriate language/graphics will not be allowed. (See Department Dress Code)
- e. All players must wear non-marking athletic shoes.

### Penalty

If any player is without a matching jersey or shirt with a number, that player will not be allowed to play until he or she is able to conform to the league standards. Note: As long as shirts are close in color, the player will be allowed to play.

## **XI. PROTESTS**

- A. When making a protest, you must notify the referee and official scorekeeper before the start of the clock. A written protest will be submitted to the Athletic Office of the 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 make a decision in writing within five business days after receiving a 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 that may be filed is a rule interpretation or a protest of a player. REFEREE'S JUDGMENT DECISION CANNOT BE PROTESTED.
- E. The Athletics Department will handle all requests.

## **XII. FORFEITS**

- A. **Causes.** In the event teams are unable to get enough players to the court at scheduled game time, the opposing team will win by forfeit. In addition, other forfeits may occur if a(n)
  - i. ejected player refuses to leave the property within five (5) minutes.
  - ii. team is found to be playing with an ineligible player after game play has begun. The offending player AND the Coach of the offending team will be ejected and suspended for one week from all play in leagues and tournaments organized by the Department.
- B. **Forfeit Penalty.** If the Coach is aware prior to game time that he or she may not have enough, the Department requests notification either by e-mail or phone, so that the other team may be notified. In the event there is a forfeit, the game score will be 50-0 with no prior notice or 50-25 if the Coach informs the Department within 24-hours of the forfeiture.
- C. **Tournament Stipulation.** Any team that forfeits three (3) games during the season will not be invited to participate in the League tournament. Unlike previous seasons, games forfeited on make-up dates WILL count against teams in regard to tournament participation. The Department will provide plenty of notice for postponed games where applicable.

## **XIII. TOURNAMENT**

- A. **Seeding.** Tournament seeding will be determined by win-loss record and the bracket will be determined by the number of teams. Single elimination format. In the event of a tie, seed will be determined by:
  - i. **Two teams**
    - 1. Head-to-head record
    - 2. Head-to-head score
    - 3. Total points against for season
  - ii. **Three or more teams** (all teams played each other equal amount of times)
    - 1. Head-to-head record (amongst all tied teams)
    - 2. Head-to-head score (amongst all tied teams)
    - 3. Total points against for season
    - 4. If two or more are still tied, revert back to XIII (a)(i)
  - iii. **Three or more teams** (where team has less head-to-head games than the others)
    - 1. Total points against for the season
    - 2. Total points scored for the season
    - 3. If two teams are still tied, revert back to XIII(a)(i)
- B. **Brackets.** Tournaments will be single elimination and brackets will be available via the league website within two weeks of the tournament.

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