Men's Basketball League

2026/2027 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.

Roster Deadline: Final regular season game. Players may sign at the court at any point during the season, with the exception of the tournament

Teams can add players through the last regular season game. Once a player has been added to the roster and has played a game with that team, he or she may not play for any other team throughout the season. However, under certain circumstances, we may allow a player to switch teams. To be eligible for the end of the season tournament, players must have played a minimum of three regular season games with the same team that they intend to play the tournament with. Players that have played two or fewer regular season games will not be allowed to play in the tournament. Players must be present and on the official score sheet to be counted. If an opposing team forfeits, everyone CURRENTLY on the roster of the winning team will be granted a game played whereas the forfeiting team will receive a game not played.

II. PLAYER ELIGIBILITY

A. All players must be at least 18 years old to participate in the adult leagues.

B. Players can only play for one team per league.

C. Players must sign the team roster form and must be able to verify identity upon request.

D. Any team found to be playing with an ineligible player after game play has begun will forfeit that game. The ineligible player and the Team Captain (or Coach) will be suspended for one game – to be served during the next game - from City League play.

III. REGISTRATION

Upon deciding to register a team with the City of Oak Ridge, Coaches will need to fill out a registration form and pay the team fees (Checks payable to: City of Oak Ridge). Once this is completed, the League Supervisor will contact you via e-mail with additional information. Please note that no refunds will be issued once a team commitment has been made unless the league does not form.

IV. HEALTH AND WELLNESS

The Athletics Department requests that if you've been potentially exposed to a transmittable illness, or don't feel well, please stay home.

V. 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. League supervisor reserves the right to adjust divisions after week 1 if necessary.

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.

VI. 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. 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.

VII. LEAGUE RULES

A. NFHS/TSSAA rules will govern play. Exception: City rules will supersede NFHS/TSSAA rules.
B. Games will be played between 6p and 10p.
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 and each team will start with 1 timeout.

E. Lineups are due at the Scorekeeper's table 5 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. Additional seating will be provided behind benches for small children only. 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.

VIII. 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.

IX. 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."

X. 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 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, Scarboro Community Center and all City Parks.
ix. All technical fouls will result in 2 shots.
x. Ejected players will NOT be allowed to sit on the team bench the following week's game.

XI. 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. Exception: League supervisor may require the home team to wear the vests if a player on the visiting team is unable to wear a vest.
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 unless the team chooses to wear City vests. Exception: An exception will be made if a player has a similar colored shirt (dark gray vs. light gray). This will not apply to complete opposites (ie. Green vs. red).

XII. 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 an opposing player. REFEREE'S JUDGMENT DECISION CANNOT BE PROTESTED.

E. The Athletics Department will handle all requests.

XIII. 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.

XIV. 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 teams 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 season
   2. Total points for season
   3. If two teams are still tied, revert back to XII(a)(i)

B. Brackets. Tournaments will be single elimination and brackets will be available via the league website.

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