

2009-2010
ADULT FAST BREAK BASKETBALL
RULES & REGULATIONS

1. **Entry Fee**

Fast Break - Registration fee is **\$521.75 per team**. **Every player will sign a Sportsmanship Statement on the back of the roster before being allowed to play in the league.**

A. **Fee is due Tuesday, November 19, 2009 between 10:00 a.m. & 4:00 p.m. with roster and team information sheet.**

B. Limit of 15 players per team.

C. Adding Players:

1) The manager can make changes on a roster by calling (891-3866) the Tallahassee Parks, Recreation & Neighborhood Affairs Department between 8:00 a.m. and 5:00 p.m. The officials, scorekeeper or league official will not take this information at the gym.

D. The season begins the week of December 7, **2009**

2. **Eligibility of Players**

A. All players have to be at least 18 years of age.

B. No current high school basketball players will be permitted to participate in league or tournament play.

C. All new or added players must be placed on a team roster two (2) scheduled games or seven (7) calendar days before he is eligible.

D. The only college students ineligible to participate in the city league basketball program will be those that are currently on scholarship in intercollegiate basketball.

E. Any player who is currently being paid to play (professional) basketball, regardless of the organization, is not eligible to play in the city league program.

F. All players must be able to present a picture I.D. within 15 minutes after a written protest or he will not be allowed to play. A Florida Driver's License or Florida I.D. card will be accepted.

G. The Tallahassee Parks, Recreation and Neighborhood Affairs Department may check rosters for eligibility purposes. If there is a protest for eligibility the manager submits a letter, accompanied by \$25 pertaining to an individual he thinks might be ineligible within 24 hours after the game in question.

H. Any player that receives two (2) flagrant technical fouls during a season and/or is expelled from two league games he will not be allowed to continue in the league (including tournaments). A flagrant technical is awarded if two (2) technical fouls are called on one person in one game or the official feels that the act is a flagrant technical foul.

- I. Unsportsmanlike conduct of a gross and willful nature or cursing at the officials or opponents shall cause that player or players to be ejected from the game and technical fouls will be awarded. Any player ejected will not be eligible for the next scheduled game. Anyone who is ejected for any reason must sit out the next contest. It is the manager's responsibility to enforce this rule. If the person is ejected and does participate in the next game, the game will be forfeited and both the original player and the manager must sit out the next contest. If, in the judgment of an official, a player commits an intentional flagrant or malicious foul, he will be suspended for a definite period of games. The length of his suspension will be determined by the incident for which he is involved. Fighting may result in expulsion from league play (including tournaments) and may result in further sanctions, depending on the nature of the incident. Any player, coach, or fan that verbally abuses, physically touches, pushes or harms an official, scorekeeper or supervisor will be suspended or expelled depending on the nature of the act.
- J. There will be NO DUNKING, before, during, or after a game. This includes tournament play. One, two (2) shot technical will be awarded, the basket does not count, and the player is ejected from the current game. **The player will not be eligible for the next scheduled game also.** Note: An indirect technical foul is also charged to the Head Coach for squad members dunking or grasping the ring during pre-game or intermission.
- K. A player may play in only one league and on only one team at one time. **NOTE:** The manager can make changes on a roster by calling (891-3866) the Tallahassee Parks, Recreation & Neighborhood Affairs Department between 8:00 a.m. and 5:00 p.m. The officials, scorekeeper or league official will not take this information at the gym.
- L. The referee shall not permit any player to participate if in his or her judgment may the player constitute a safety concern, items such as a player's fingernails or hairstyle.
- M. Coaches Game Night Evaluation Form. Managers are asked to take time to fill out the information requested to help the program run smoothly.

3. Length of Halves

Twenty (20) minutes running clock for each half. The clock will stop the last two (2) minutes of the first and second half as in regular basketball. The "one and one" will begin on the 7th team foul of each half. Two (2) shots will be awarded on and after the 10th foul. High School rule 4-8-1. There will be a four-minute half time. If the score is tied at the end of the 2nd half, one extra period will be played. The length of the extra period shall be four minutes. The clock will stop the two (2) last minutes of overtime as in regular basketball. Each team is entitled to at least one additional one (1) minute time out. Scorekeepers will keep the official running score, fouls on each player, and time outs in the scorebook and on the clock. We will no longer keep individual player scores. If your team wishes to keep individual statistics you may do so in your own unofficial scorebook.

- a. **Time Outs** - There will be **FIVE (5) time-outs per game.** **Three (3) FULL time outs** will be **one minute in length.** **Two (2)** of the time outs will be **30 seconds in length.** The team manager will designate the length of time out, if not designated a FULL time out will be charged.

4. League Play

The league will start December 7, 2009. The Tallahassee Parks, Recreation and Neighborhood Affairs Department will determine league structure and will provide the schedules. The league winners will receive a trophy. There will be no rule or procedure protests. The referees' decision will be final.

NOTE: Eligibility questions will be resolved in accordance with Rule 3 on page 1.

8-1-3 Reduced the number of players permitted on marked lane spaces during free throws (not including the free-thrower) to four defensive and two offensive players, with the lane spaces closest to the free-throw line (and the shooter) remaining vacant.

5. **Rules**

The Florida High School Athletics Association Rules will govern all plays not specified in Tallahassee Parks, Recreation and Neighborhood Affairs Department Rules and Regulations. The referee shall have the power to make decisions on any points not specifically covered in the rules.

6. **Canceled/Rescheduled Games**

We will be playing games at the local school gyms. Occasionally a game might have to be rescheduled. If this occurs, we will call the managers as soon as possible so he can notify the team of the change. In some cases we do not learn of gym conflicts until the first game. The Tallahassee Parks, Recreation and Neighborhood Affairs Department is not responsible for conflicts from the high school and middle school schedules that change. Rescheduled game times and dates are not negotiable because the make-up games are dictated by available gym space.

7. **Forfeits**

The following conditions will result in a forfeit:

- A. Any team that plays an ineligible player. All games, which the ineligible player participated in, may be forfeited.
- B. If a player is found guilty of playing under an assumed name, he will be suspended for one year.
- C. Teams failing to have four (4) players on the court ten (10) minutes after the scheduled game time of the first (1st) game. There will be no grace period for the second or third games. **Gyms game times that start after 6:59 pm will no longer grant a first game ten (10) minute grace period. Teams must have four (4) players ready to play at 7:00 pm.**
- D. NOTE: Any time delay in start of the first game due to team players arriving late will be deducted equally from first and second half play. **A technical foul will be awarded against the team arriving late.**
- E. Forfeits: Any team that has excessive (more than 2) forfeits, due to a lack of players to start a game or unsportsmanlike conduct, shall be suspended from the league until the manager or team representative comes by the Tallahassee Parks, Recreation and Neighborhood Affairs Department and shows just cause as to why they should be allowed to continue in the league. There will be \$75.00 reinstatement fee and team status will be determined prior to their next scheduled game.

8. **Smoking, Drinking, and General Litter in Gym and School Parking Lots.**

Please do not smoke, drink or litter gyms and parking lots. We have an agreement with the Leon County School System regarding our need for these gyms and one of them hinges on the way we treat these facilities. Please notify all players, fans, or family members that it is against the rules for alcoholic beverages, illegal drugs and tobacco products to be brought into the gym or to be used in the gym or parking lot. An adult must supervise children in the gym at all times. Any spectator found in possession will be asked to leave the gym. Any coach or player will be asked to leave the

gym and will not be eligible for the next scheduled game. Any person found under the influence in the gym will be subject to legal action.

9. **Tournament**

A. There will be a City Tournament at the end of the season providing there are four teams entered. Trophies will be awarded to First-Fourth place teams. Entry fee of **\$178.00** will be charged and the **deadline is Wednesday, February 14, 2009.**

B. A team may pick up two players for City Tournament play, provided the player's team is not participating in the tournament. Also, the players on the tournament roster must have played during the regular season in at least 4 games.

10. **Uniforms - (IMPORTANT)**

Each team shall have shirts of a like trim, color, style, and numbered by the first game of the season.

Each player shall be numbered on the front and back of his shirt with plain Arabic numerals of solid

color contrasting with the color of his shirt, and made of material not less than three-quarters of an inch wide. The number on the back shall be at least six (6) inches high and that on the front at least

four (4) inches high. Neither number greater than 5 shall not be used nor may a number have more than two digits. Pants shall be worn above the hips and worn properly. Pants shall not be worn inside out.

Players not in uniform will not be allowed to participate beginning with the first game of the season.

If the uniform does not meet specifications, the player may not play. If the uniform is similar and the official cannot make a determination, the player may participate but the uniform must be taken to the

Tallahassee Tallahassee Parks, Recreation and Neighborhood Affairs Department by 5:00 p.m. the next day for an "Official Concern". If not, a forfeit will be declared. If you have questions concerning uniforms before the season starts, please call our office prior to your first game, 891-3866.

11. **Game Facilities**

Games will be played at the facilities listed below. Please note that managers, players, and/or Spectators will not be allowed to enter the gymnasium until fifteen (15) minutes before the first scheduled game. In addition, a gymnasium supervisor must be present.

Dade Street Community Center
1115 Dade Street

Lincoln High School
3838 Trojan Trail

Fairview Middle School
3415 Zillah Rd.

Nims Middle School
723 W. Orange Ave

Chiles High School
Hwy 319, Thomasville Rd.

Tallahassee Community College Gym
Appleyard Drive & Pensacola St.

Jack McLean Park
Paul Russell Road

Swiftcreek Middle School
2100 Pedrick Road

Practice Facilities

A. School Outdoor Courts:

1. Nims Middle School (Lighted)
2. Godby High School
3. Florida High School
4. Leon High School
5. Rickards High School
6. Cobb Middle School.

B. Indoor Courts: Call for Reservations

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|---------------------------------|----------|
| 1. Lafayette Community Center | 891-3946 |
| 2. Palmer Monroe Center | 891-3958 |
| 3. Jake Gaither Center | 891-3940 |
| 4. Lincoln Neighborhood Center | 891-3930 |
| 5. Dade Street Community Center | 891-3910 |
| 6. Jack McLean Community Center | 891-1819 |

C. **Lighted Courts** at TPRD Parks or Centers -1st come, 1st served

1. Fourth Ave. Center
2. Jack L. McLean, Jr. Park (2)
3. Macon Community Neighborhood
4. Palmer Monroe Community Center (2)
5. Tom Brown Park (2)
6. Walker Ford Center (2)

D. **Unlighted Courts** at TPRD Parks or Centers -1st come, 1st served

1. A.J. Henry Park (½ court)
2. Levy Park (2)
3. Ninth & Terrace
4. Optimist Park

E. Please confine your visits to gymnasium only. We have not had a problem of our players around the schools but this is just a reminder.

12. **Insurance**

The Tallahassee Parks, Recreation and Neighborhood Affairs Department assume no responsibility or liability for injury while participating in the Adult Basketball program. Team managers are encouraged to secure some type of insurance coverage for their respective teams. Players and spectators participate at their own risk. Managers should on a regular basis inform their players of the risks involved in playing basketball. The Tallahassee Parks, Recreation and Neighborhood Affairs Department offers optional adult accident insurance coverage for \$13.55.

If you have any questions, please call 891-3866. Please urge your players to use good judgment and sports-manship during the coming season and above all, keep your team composure. **Treat the officials and other players, as you would like to be treated yourself!**