City of Hendersonville Parks & Recreation Department
Adult Basketball League / General Rules

League will play with current rules established by National Federation of State High School Associations and the TSSAA, except for these exceptions or modifications.

NFHS Rules 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.*

4-36, 6-4-3, 7-5-2 thru 4, 9-1 PENALTY 3, 9-4 PENALTY, 9-5 PENALTY, 9-6 'penalty, 9-8 PENALTY, 9-9 PENALTY, 9-12 PENALTIES 3 & 4, 9-13 PENALTY

> *Establishes four throw-in spots (the nearest 28-foot mark along each sideline or the nearest spot 3-feet outside the lane line on the end line) when a team is retaining or gaining team control in its frontcourt due to a violation, a common foul prior to the bonus, or other stoppages in play other than an out of bounds.*

Section 1- General

1-1   Not including game conditions, the gym supervisor has total control of gym facilities. No warm-up drills or balls bouncing around the court, in the halls or anywhere else in the building except on court during your team warm-up time.

Section 2 – Team / Rosters

2-1   Team rosters must be submitted to the Parks Office prior to the start of the team's first game. All submitted rosters must include each player's full name and signature. Rosters can be submitted by dropping off at the parks office, emailing to the League Director, or turning in to the scorekeeper prior to the first game starting.

2-2   Each team may carry a maximum of 12 people on their roster.

2-3   Roster changes will be accepted until the start of the teams 2nd scheduled regular season game, except in cases of extreme emergency. Request for emergency decisions will be adjudged by the League Commissioner, whose decision will be final. All roster additions must sign the team roster and re-submit to the League Office. Roster additions may not exceed the maximum of 12 players.

2-4   Player must be at least 18 years old and out of high school on or before November 1 of the current season.

2-5   A team may begin the game with 4 players. A 5th player can be inserted at any time.

Section 3 – Uniforms

3-1   Teams are required to have matching reversible jerseys (base and secondary colors), and any 1-digit or 2-digit number is valid. Teams may not, however, have two players with the same number. **No "tape" numbers**. Players without matching jerseys are subject to not being eligible to play.

3-2   Undershirts must be of the same color as the jersey.

3-3   Players must wear regulation tennis or basketball shoes for all games and practices

Section 4 – Playing Rules

4-1   Games will be played in accordance with official basketball rules as adopted by the National Federation of State High School Athletic Associations and the TSSAA, except were amended by the special league rules.

        a. Game length will be four (4) 10-minute running quarters, with the clock stopping on each dead ball during the last (1) minute of every quarter.

        b. There will be one (1) minute intermissions after the 1st and 3rd quarters, and a three (3) minute half time.

        c. Each team is allowed four (4) time-outs a game. Allowed only one time-out (1 minute) is allowed for each overtime period. Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any overtime period at the expense of a technical foul for each.

4-2   **A tie game will progress to a three (3) minute running clock during overtime period(s).**

4-3   **Mercy Rules:** Following the completion of the 3rd quarter, if any team leads by a margin of 30 or more points the game will end at that point.

4-4   **Mockery Rules:**

4-5   Technical fouls count towards each person's personal fouls (limit of 5 per game). All technical fouls will result in 2 shots. Intentional foul results in 2 shots plus ball. Upon receiving a 2nd direct technical foul, or a 3rd indirect technical foul, a coach or player must be removed from the game and the gym. Person, ejected, must leave the gym immediately or risk forfeiture of the game.

Section 5 – Officials & Ejections

5-1   Games will be assigned and officiated by members of HOA.

5-2   If a player, coach, or parent is ejected from a game, this person is automatically suspended from the teams next scheduled game. The Parks Department has the authority to increase all suspension lengths depending on the severity and number of offenses by an individual.

5-3   Any player, coach, or parent ejected from a game is to completely vacate the facility, meaning the parking lot at a minimum, and completely out of sight. Failure to sufficiently vacate the area promptly is grounds for forfeiture and extensive suspension. Presence in the facility after an ejection is grounds for extensive suspension. Approaching an official anywhere in the complex after a game, for any reason, is grounds for extensive suspension.

Section 6 – Post-Season Tournament & Playoff Seeding

6-1   All teams will advance to a single elimination tournament following the regular season. Tournament champions will receive a post-season award or t-shirts.

6-2   Playoff seeding Tiebreakers
   - **A. Record (win vs. losses)**
   - **B. Head to Head competition**
   - **C. Winning record vs the highest seeded team**
   - **D. Coin Flip**

Section 7 – Sumner County Schools

Hendersonville Parks and Recreation in conjunction with Sumner County Schools bans all tobacco products (including vapes), alcohol, drugs, and firearms while participating in any Hendersonville Parks and Recreation Program while on Sumner County School's grounds.

Hendersonville Parks and Recreation office reserves the rights to modify and change any and all rules if needed as seen fit by the Parks and Recreation office.