

# City of Tallahassee Park, Recreation & Neighborhood Affairs Department

2026

## ADULT FAST BREAK BASKETBALL RULES & REGULATIONS

### 1. Registration Information

- A. A Team Roster, complete with all player's names is due at the time of registration. All players are required to abide by the Sportsmanship Statement. Teams can carry as many players as needed on rosters.
- B. The Tallahassee Parks, Recreation and Neighborhood Affairs Department will determine classification and league placement based on previous season record, and the team roster.
- C. The manager can make changes to the original roster by calling the Athletic Supervisor at 891-3825 during business hours. This information can also be given to our on site supervisor at the gym, as long as the player being added isn't on the roster of another team. If this player is on the roster of another team, the addition must be made through the program supervisor, Lucas Williams.

### 2. Eligibility/ Player Conduct

- A. Must be 18 years of age at the start of the season to participate.
- B. Players cannot play on more than one team per classification. Players can play on two teams in different classifications but the teams must be in the classification right above or below each other. In other words, players in the Upper classification cannot play on a team in the Lower classification.
- C. Players can transfer from one roster to another within the same classification but must sit out two scheduled (2) games or seven (7) calendar days before he/she is eligible to participate. New players being added to a roster during the season that are currently not participating in the league may begin without a waiting period.
- D. Protests regarding player eligibility must be done prior to the end of the game. The player in question must show picture ID to the supervisor before leaving the gym. The program supervisor will determine the protest outcome the following business day. PRNA does not monitor rosters and player eligibility, unless a protest is lodged. It is the responsibility of the opposing team to protest the eligibility of the player in question before the end of their game.
- E. Unsportsmanlike conduct of a gross and willful nature or cursing at the officials or opponents will result in that player or players being ejected from the game. With technical foul(s) awarded to the opposing team. Any player ejected for this reason will not be eligible for the next scheduled game. **It is the manager's responsibility to enforce this rule. If the ejected person does participate in the next game, the game will be forfeited, and the original ejected player must sit out the next contest.** Parks, Recreation and Neighborhood Affairs Department has a zero tolerance for any form of physical bodily harm (fighting) between players, coaches, spectators, family and staff. This behavior will result in ejection from the game, facility, and possible suspension from the program. In extreme circumstances law enforcement may be called.

### 3. Rules

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

#### B. Length of Halves

There is a twenty (20) minute 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 7<sup>th</sup> team foul of each half. Two (2) shots will be awarded on, and after, the 10<sup>th</sup> 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 2<sup>nd</sup> half, one 4-minute period will be played. There will be a one-minute intermission allowed before the extra period. If after the overtime period, the score is tied, the game will end in a tie.** The clock will stop the last two (2) minutes of overtime as in regular basketball. Each team is entitled to 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.

#### C. 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.

- D. There will be no rule or procedure protests. The referees' decision will be final.

#### D. Free Throw

During a free throw, lane spaces may be occupied as follows:

Marked lane spaces may be occupied by a maximum of two (2) offensive players; four (4) defensive players may occupy lane spaces.

### 4. Canceled/Rescheduled Games

Games will be played at local city community centers. Occasionally, a game might need to be rescheduled. Please refer to the calling off games policy. If a game has to be rescheduled, PRNA will call the managers as soon as possible so he/she can notify the players. Any rescheduled games will be made up at the first available date, time and location.

### 5. Forfeits

The following conditions will result in a forfeit:

- A. Any ineligible player protests that are upheld by PRNA will result in a forfeit. **Game Time is forfeit time.** There is no grace period for any scheduled games. Teams that do not have 4 players to start the game will forfeit.
- B. Forfeited games will not be officiated. Teams may use gym space and time to scrimmage or practice.
- C. Any team that has accumulated three (3) forfeits, or displays any flagrant or unsportsmanlike conduct for any reason will be contacted by the league supervisor to discuss their continued participation in the league.

### 6. Smoking, Drinking, and General Litter in Gym.

Smoking, drinking, and drug use inside and outside our city facilities is prohibited. Any spectator, coach or player found to be in possession of alcohol or illegal drugs will be asked to leave the gym, and law enforcement may be called.

7. **Uniforms**

Each team shall have shirts of a like color. Shirts must be numbered by the first game of the season. Each player shirt shall be numbered on the front and back 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. Pants shall be worn above the hips, and shirts tucked in properly. Questions regarding uniforms need to be referred to the Athletic Supervisor.

Guards, casts, and braces must meet the following guidelines:

- A. A guard, cast or brace made of hard and unyielding substance, such as, but not limited to, leather, plaster, plastic or metal shall not be worn on the elbow, hand finger/thumb, wrist or forearm, even though covered with soft padding.
- B. Hard and unyielding items (guards, casts, braces, etc.) on the upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½ thick.
- C. Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding/covering.
- D. A protective face mask may be worn and made of hard material, but must be worn molded to the face with no protrusions
- E. Must be worn for medical reasons.

8. **Location of Community Centers**

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, or until staff opens the gymnasium.

Lincoln Neighborhood Center  
438 West Brevard Street

Walker Ford Community Center  
2301 Pasco Street

12. **Practice Facilities (Open to the public- unless reserved)**

- A. **Outdoor (Lighted Courts)** at PRNA Parks or Centers  
First Come, First Serve basis.

- 1. LeVerne Payne Community Center
- 2. Jack McLean Community Center (2)
- 3. Macon Park
- 4. Tom Brown Park (2)
- 5. Walker- Ford Community Center (2)

- B. **Outdoor Courts (No lights)** at PRNA Parks or Centers  
First come, first serve basis.

- 1. A.J. Henry Park (½ court)
- 2. Levy Park (2)

3. Ninth & Terrace
4. Optimist Park

C. School outdoor and indoor use is prohibited.

14. **Information**

For further information, please contact the Athletic Supervisor, Lucas Williams at [Lucas.Williams@talgov.com](mailto:Lucas.Williams@talgov.com) or 891-3825.