

SFFLC Youth Basketball League Rules 2023/2024

Schedule: All games will be on the "Tourney Machine APP" Please check back weekly for any possible changes.

Registration: All teams will be required to provide a completed registration/Roster form.

A player may only participate with 1 team per age group. Can not play lower than their current grade.

Two Coaches may sign in per team.

Game times: Clock stops on all dead balls.

Grades: 1st- 6th six-minute quarters

Grades: 7th-8th seven-minute quarters.

Grades: H.S. eight -minute quarters

Half time 5 minutes

Overtime- 2 minutes, with 1 additional timeout, regulation timeouts DO carry over

Time outs-3 full time outs each game ...60 seconds.

Games: 1st-2nd grade boys and girls will play on an 8.5 ft goal. They will play with a 27.5 size ball.

Boys and Girls 3rd grade – 6th grade will play with a 28.5 size ball.

Boys Grades 7th – H.S. will play with the 29.5 size ball. (MENS ball)

Officials will choose a game ball provided by the teams.

Bonus

Double bonus on 10TH foul of each half each half. (two shots)

Free throws All grades will shoot the regulation free throw except for the 1/2nd grade division. They will shoot a designated closer free throw and will move down one spot on the lane.

Pressing

No full court pressing for the 1st/2nd grade divisions. Once the defensive rebound is secured players must fall back to beyond half court. At that point you may play man, zone, trap etc.

All other divisions may press, however, you cannot press once you have accumulated a 20-pt. lead.

Uniforms: All players must be in uniform/ same colored top with a number to be eligible to play.

Coaches: Only 2 coaches per team are permitted on the bench. Only 1 may stand and address the officials (high school federation rule).

Other Rules-

Teams must have a minimum of four players at game time, otherwise the game will be forfeited after a **ten-minute grace period.**

If Any Coach, Player or Fan is Ejected or Asked to Leave the Gym, They Will Not Be Allowed to Participate in Their Teams Next Scheduled Day of Games. Failure to adhere to this rule will mean expulsion for your team from the league.