

# SFFLC Youth Winter Basketball League Rules 2023/2024

UPDATED NOV. 16,2023

**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 copy of each player's grade report with their roster form. **Check-in will be one hour prior to the team's first game.**

**A player may only participate with 1 team per division.**

**Two Coaches may sign in per team.**

**Game times: Clock stops on all dead balls the entire game.**

Grades: 1st- 3<sup>rd</sup> six-minute quarters

Grades: 4th- 8<sup>th</sup> 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-2<sup>nd</sup> grade boys and girls will play on an 8.5 ft goal. They will play with a 27.5 size ball.

Boys and Girls 3<sup>rd</sup> Grade Recreational Division will play on a 9 ft. goal.

Boys' 3<sup>rd</sup> grade – 6<sup>th</sup> grade will play with a 28.5 size ball. (women's ball)

Boys Grades 7<sup>th</sup> – H.S. will play with the 29.5 size ball. (men's ball)

Officials will choose a game ball provided by the teams.

## **Bonus**

Double bonus on 10<sup>TH</sup> foul of each half each half. (two shots)

**Free throws** All grades will shoot the regulation free throw except for the 1/2<sup>nd</sup> 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 1<sup>st</sup>/2<sup>nd</sup> grade divisions. Once the defensive rebound is secured players must fall back to beyond half court.

Competitive divisions may press.

Recreational divisions may press the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters only.

However, a team may not press once they have accumulated a 20-point 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.