

# ***NORTH FLORIDA BASKETBALL LEAGUE 2023***

## **Games and League Playing Rules:**

- **Basket heights:** All Age Divisions (Regulation – 10 feet high)
- **Equipment:**
  - 3<sup>rd</sup>-4<sup>th</sup> Grade Boys and All Girls Divisions Intermediate 28.5" (Women's)
  - 5<sup>th</sup> Grade Boys-8<sup>th</sup> Grade Boys Full Size 29.5" (Men's)
- **Time of Halves:**
  - (2) 20 MINUTE RUNNING HALVES
  - Clock STOPS on team timeouts, and official's timeouts.
  - Clock will stop for all whistles and dead balls in the last two minutes of the 2<sup>nd</sup> Half and any Overtime periods.
  - 1<sup>st</sup> Overtime- 2 Minute Regulation
  - 2<sup>nd</sup> Overtime- SUDDEN DEATH (First to Score)
    - o During the playoffs, there will be no Sudden Death. There will be a 2-minute regulation time placed on the clock for each overtime period.
  - If a team obtains a lead of (20) points or more, the time clock will be a running clock for the remainder of the game excluding timeouts. Unless the trailing team can get the score deficit back under (10) points, the clock will not stop under 2 minutes in the 2<sup>nd</sup> half.
- **Number of Players to start a game:**

In all Age Divisions, a team must have five players to start a game. A team will forfeit if it does not have the required number of players. A maximum of 10 minutes will be added to the start time to allow a 5<sup>th</sup> player to show up

  - Once declared a forfeit, the teams may participate in a 4 on 4 matchup to allow teams to play in that timeslot, but the result will still be recorded as a forfeit)
- **FOULS-**
  - **PERSONAL FOULS-** If an individual player records (5) personal fouls, that player shall be removed from the game.
  - **TEAM FOULS-** Once a team reached 7 team fouls in a half, the opposing team will shoot 1-and-1. Once a team reaches 10 teams fouls, the opposing team will automatically shoot 2.
  - **SHOOTING FOULS-** Regulation Free Throws. (2 shots for 2-pointer, 3 shots if fouled beyond the arc)  
**CLOCK WILL REMAIN RUNNING UNLESS UNDER THE 2-MINUTE MARK.**

## **FREE THROW VIOLATIONS**

### **(4<sup>th</sup> Grade Boys and Girls Age Group ONLY)**

*All players in this age group must stay behind the fifteen foot line until releasing a free throw attempt. Crossing the line AFTER the ball is released is allowed, but the shooter shall not be allowed to “chase” the shot towards the basket. Only crossing the line due to the shooter’s momentum is allowed.*

#### **- Time outs:**

**Regulation:** (4) 30 second Timeouts

- Timeouts carryover from half to half, there are no “use them or lose them” timeouts. Coaches have 4 timeouts for the entire game.

**Overtime:** (1) Additional 30 Second Timeout

#### **Defensive Rules:**

##### **4<sup>th</sup> GRADE BOYS & 5<sup>th</sup> GRADE BOYS:**

A full court press is not allowed once the pressing team is leading by **twenty (20)** or more points. Defensive players must retreat to behind the half court line. A team that continues to press when 20 points ahead will be allowed one warning, after which a technical foul on the coach will be assessed for each violation.

##### **6<sup>th</sup> GRADE - 8<sup>th</sup> GRADE BOYS AND ALL GIRLS AGE DIVISIONS:**

A full court press is not allowed once the pressing team is leading by **twenty-five (25)** or more points. Defensive players must retreat to behind the half court line. A team that continues to press when 25 points ahead will be allowed one warning, after which a technical foul on the coach will be assessed for each violation.

#### **Coaching Rules and Behavior Expectations:**

- \* Any Coach, player, or spectator who is ejected from a game is required to leave the building. Failure to leave the gym may cause the game to be forfeited by the team represented by the ejected individual, and is at the discretion of the game officials.
- \* The Head of Officials will report any Coach or Player exhibiting unsportsmanlike conduct or inappropriate behavior to the League Director. A report in regard to such conduct will be presented for additional action as appropriate.