

**SFL Youth  
Basketball League**

**Rules and Regulations Page**

The following SFL Youth Basketball Rules and Regulation are provided in Adobe Acrobat PDF format:

Rules of the Game (all teams must play man to man defense, except teams in the Slammers, Jammers and Rim Rockers/Cagers and Lady Cagers)

Tiny Hot Shots (b): Man to Man (wristband)  
Mini Hot Shots (b): Man to Man (wristband)  
Tiny Hoopsters (g): Man to Man (wristband)  
Mini Hoopsters (g): Man to Man (wristband)  
Little Hoopsters (g): Man to Man (wristband)

Playing Time and Substitution Rules

Score Rules

Game Clock Procedures

**SOUTH FLORIDA**  
YOUTH BASKETBALL

## **Tiny Hotshots- Rules of the Game**

Use the 28.5 size basketball and set the basket height at 8”.

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.

Games are played with 4 eight minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

NO picks or screens permitted at this level

Defenders must play Man-on-Man only. Matching wristband rule applies. Zone defenses are not allowed.

No full court pressing is allowed. Shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations and/or not guarding opposing player with same wristband per game. A Technical Foul is assessed to the Defense commencing with the fourth violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7<sup>th</sup> Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10<sup>th</sup> team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each game occupies approximately one hour of gym time. In order to maintain the pace of our league’s schedule, Coaches are asked not to use in Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

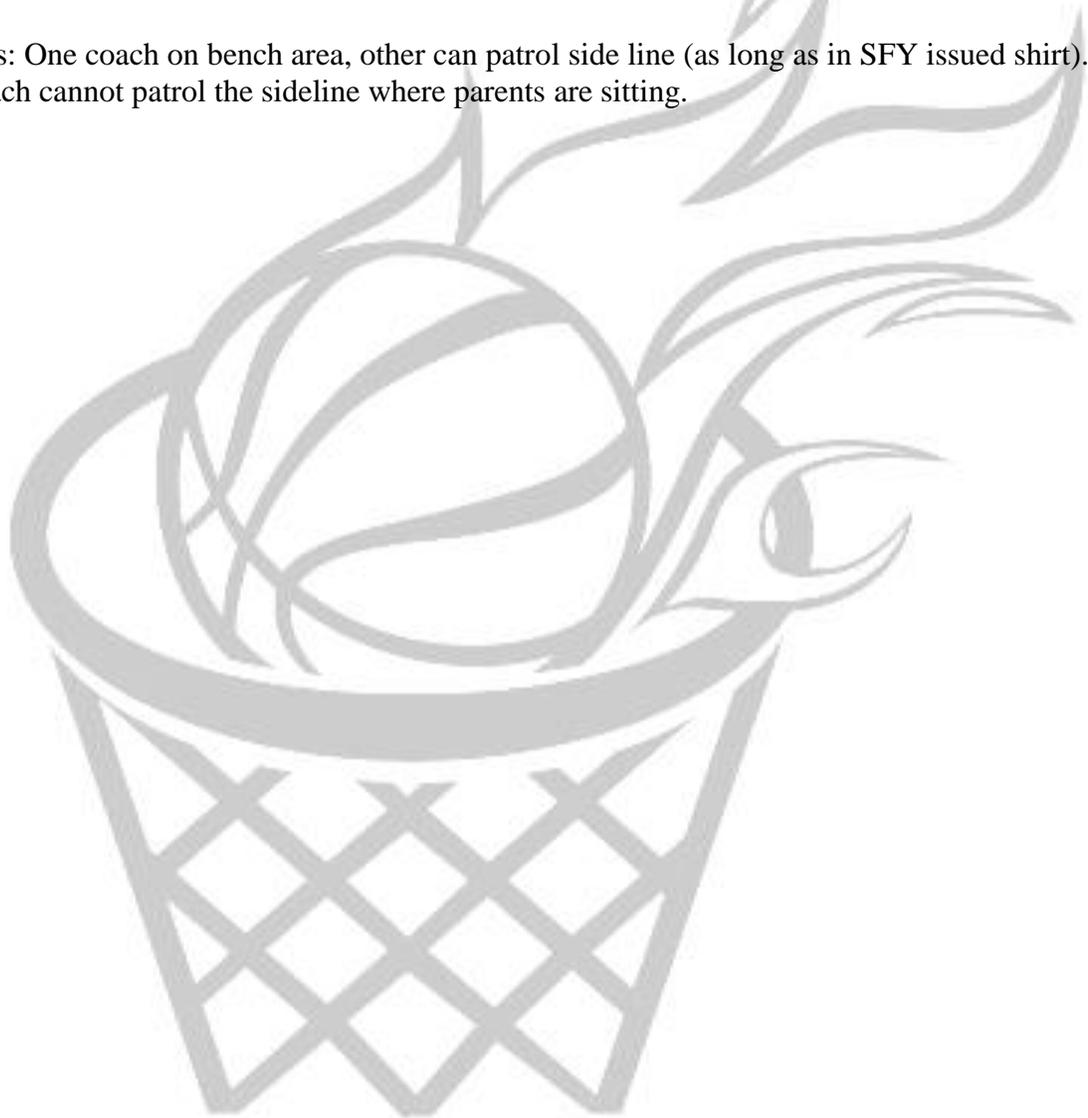
If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

Game Board/Playing time: Each team is responsible for managing opponent's roster.

With the exception of those parents volunteering with game clock, scorekeeping or playing time tracking board, the score table and player bench area is off-limits. Also, the player's bench is only for players and coaches.

Coaches: One coach on bench area, other can patrol side line (as long as in SFY issued shirt). The coach cannot patrol the sideline where parents are sitting.



# SOUTH FLORIDA

## YOUTH BASKETBALL

## **Mini Hotshots- Rules of the Game**

Use the 28.5 size basketball and set the basket height at 8' 6".

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situation and to start each quarter.

Games are played with 4 eight minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

No picks or screens permitted at this level

Defenders must play Man-on-Man only. Zone defenses are not allowed.

Full court pressing is permitted at this level during the last 2 minutes remaining in quarters 2 and 4. At all other times, no full court pressing is allowed.

Teams up by 10 points or more cannot apply full court press

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations and/or not guarding opposing player with same wristband per game. A Technical Foul is assessed to the Defense commencing with the fourth violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7<sup>th</sup> Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10<sup>th</sup> team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each game occupies approximately one hour of gym time. In order to maintain the pace of our league's schedule, Coaches are asked not to use in Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.

With the exception of those parents volunteering with game clock, scorekeeping or playing  
4302 Hollywood BLVD #99 Hollywood FL 33021 (954) 809-5131 [www.sflbasketball.com](http://www.sflbasketball.com)

time tracking board, the score table and player bench area is off-limits. Also, the player's bench is only for players and coaches.

Coaches: One coach on bench area, other can patrol side line (as long as in SFY issued shirt). The coach cannot patrol the sideline where parents are sitting.



# SOUTH FLORIDA

## YOUTH BASKETBALL

## **Little Hotshots- Rules of the Game**

Use the 28.5 size basketball and set the basket height at 9”.

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situation and to start each quarter.

Games are played with 4 eight minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

Picks or screens permitted at this level

Zone and man to man pressing is permitted at this level beginning at half court. During the last 2 minutes remaining in each quarter, full court pressing is allowed and both man to man and zone presses are acceptable. At all other times, no full court pressing is allowed.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

During the last 2 minutes remaining in Quarters 2 and 4, full court pressing is allowed (man to man only). At all other times, no full court pressing is allowed.

When a team has built a lead of 12 points or more, it is no longer allowed to apply a full court press.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7<sup>th</sup> Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10<sup>th</sup> team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each game occupies approximately one hour of gym time. In order to maintain the pace of our league’s schedule, Coaches are asked not to use in Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

With the exception of those parents volunteering with game clock, scorekeeping or playing time tracking board, the score table and player bench area is off-limits. Also, the player's bench is only for players and coaches.

Coaches: both coaches must remain on bench with players (No Sideline Patrol).



**SOUTH FLORIDA**  
YOUTH BASKETBALL

## **Slammers/Jammers/Rim Rockers- Rules of the Game**

High School Boys Basketball rules apply.

Each game occupies approximately one hour of gym time. In order to maintain our league's schedule, Coaches are asked not to use the Substitution break as an opportunity for an unofficial timeout.

Games are played with 4 ten minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

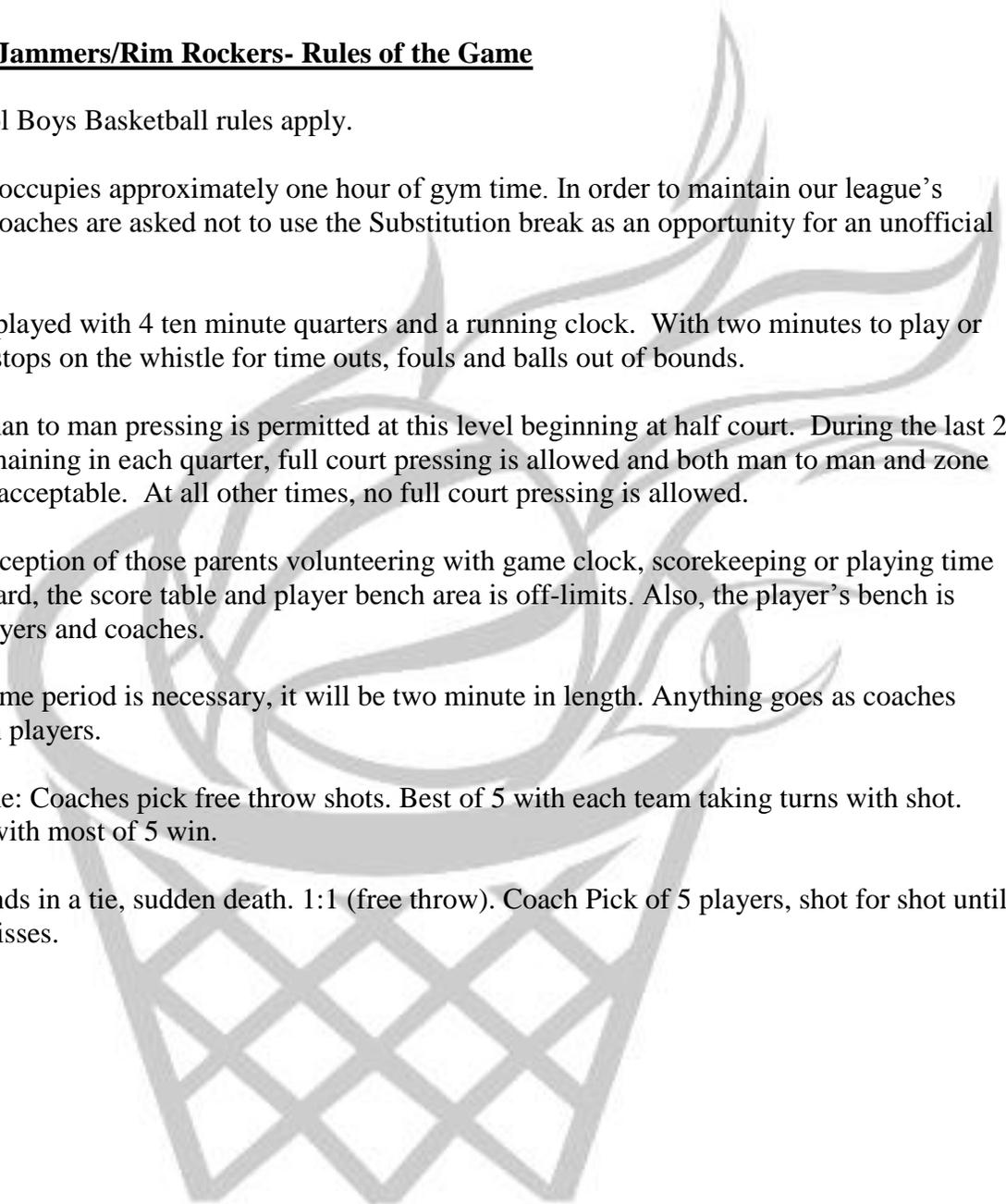
Zone and man to man pressing is permitted at this level beginning at half court. During the last 2 minutes remaining in each quarter, full court pressing is allowed and both man to man and zone presses are acceptable. At all other times, no full court pressing is allowed.

With the exception of those parents volunteering with game clock, scorekeeping or playing time tracking board, the score table and player bench area is off-limits. Also, the player's bench is only for players and coaches.

If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.



**SOUTH FLORIDA**  
YOUTH BASKETBALL

### **Tiny Hoopsters- Rules of the Game**

Use the 28.5 size basketball and set the basket height at 8' 6".

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situation and to start each quarter.

Games are played with 4 eight minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

No picks or screens permitted at this level

Defenders must play Man-on-Man only. Zone defenses are not allowed.

No full court pressing is allowed. Shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations per game. A Technical Foul is assessed to the Defense commencing with the fourth Double Teaming violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7<sup>th</sup> Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10<sup>th</sup> team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each game occupies approximately one hour of gym time. In order to maintain the pace of our league's schedule, Coaches are asked not to use in Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

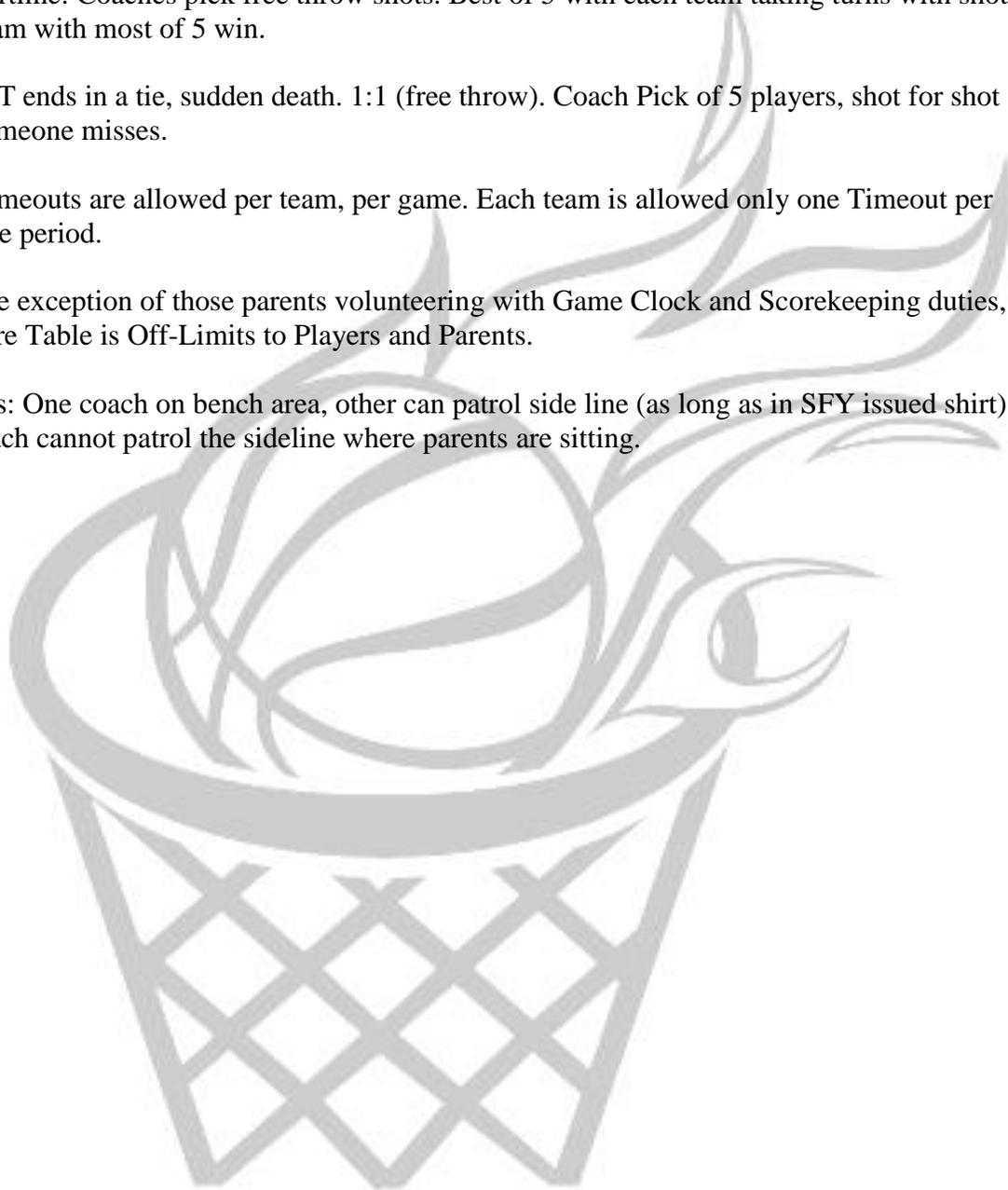
2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Coaches: One coach on bench area, other can patrol side line (as long as in SFY issued shirt). The coach cannot patrol the sideline where parents are sitting.



**SOUTH FLORIDA**  
YOUTH BASKETBALL

## **Mini Hoopsters- Rules of the Game**

Use the 28.5 size basketball and set the basket height at 8' 6".

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situation and to start each quarter.

Games are played with 4 eight minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

No picks or screens permitted at this level

Defenders must play Man-on-Man only. Zone defenses are not allowed.

No full court pressing is allowed. Shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations per game. A Technical Foul is assessed to the Defense commencing with the fourth Double Teaming violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7<sup>th</sup> Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10<sup>th</sup> team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each game occupies approximately one hour of gym time. In order to maintain the pace of our league's schedule, Coaches are asked not to use in Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

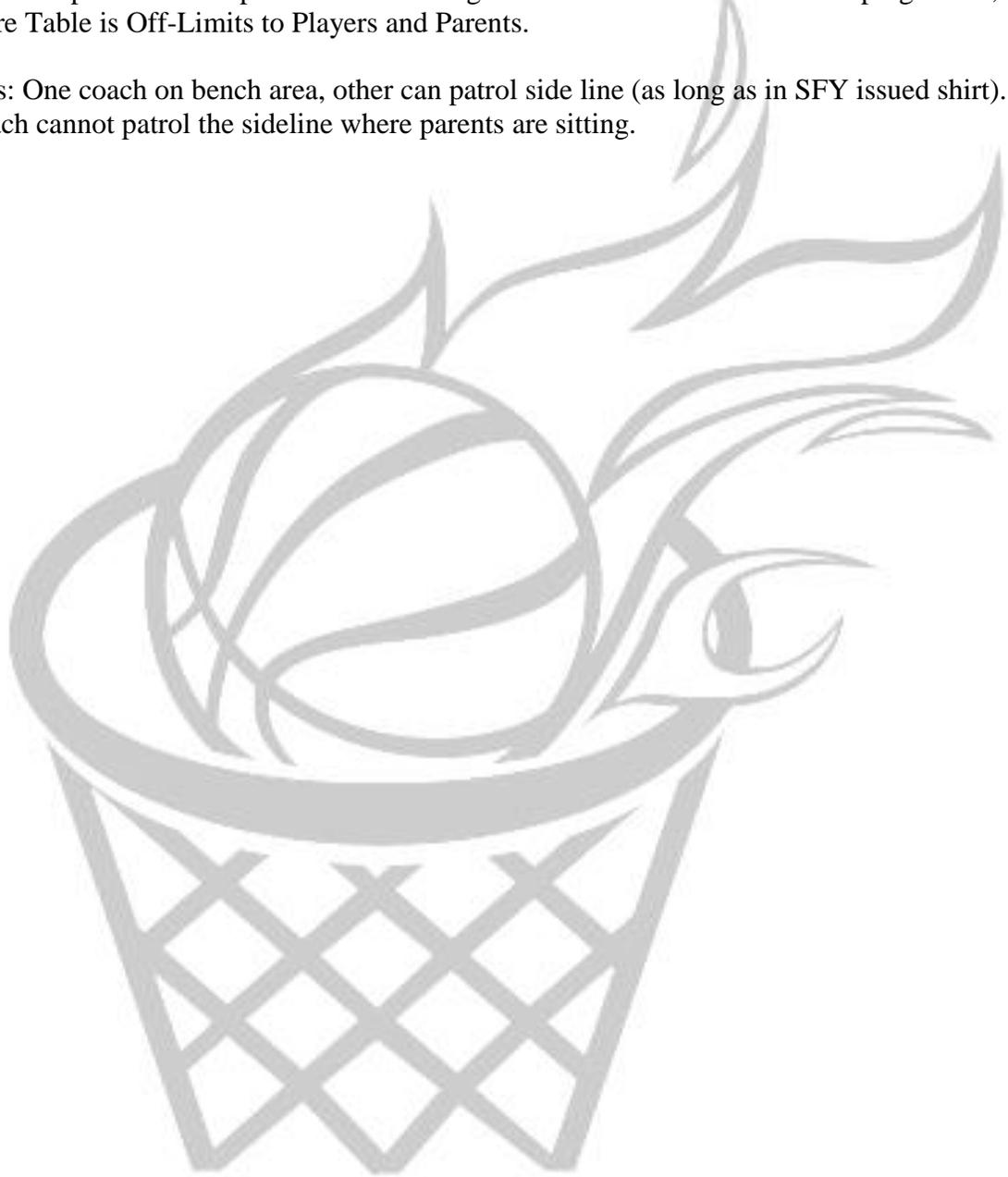
2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Coaches: One coach on bench area, other can patrol side line (as long as in SFY issued shirt). The coach cannot patrol the sideline where parents are sitting.



**SOUTH FLORIDA**  
YOUTH BASKETBALL

## **Little Hoopsters- Rules of the Game**

Use the 28.5 size basketball and set the basket height at 9”.

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situation and to start each quarter.

Games are played with 4 eight minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

Picks or screens permitted at this level

Defenders must play Man-on-Man only. Zone defenses are not allowed.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

During the last 2 minutes remaining in Quarters 2 and 4, full court pressing is allowed (man to man only). At all other times, no full court pressing is allowed.

When a team has built a lead of 12 points or more, it is no longer allowed to apply a full court press.

During the last 2 minutes remaining in Quarters 2 and 4, shot attempts beyond half court are legal. At all other times, shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7<sup>th</sup> Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10<sup>th</sup> team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each game occupies approximately one hour of gym time. In order to maintain the pace of our league’s schedule, Coaches are asked not to use in Substitution break as an opportunity for an unofficial timeout.

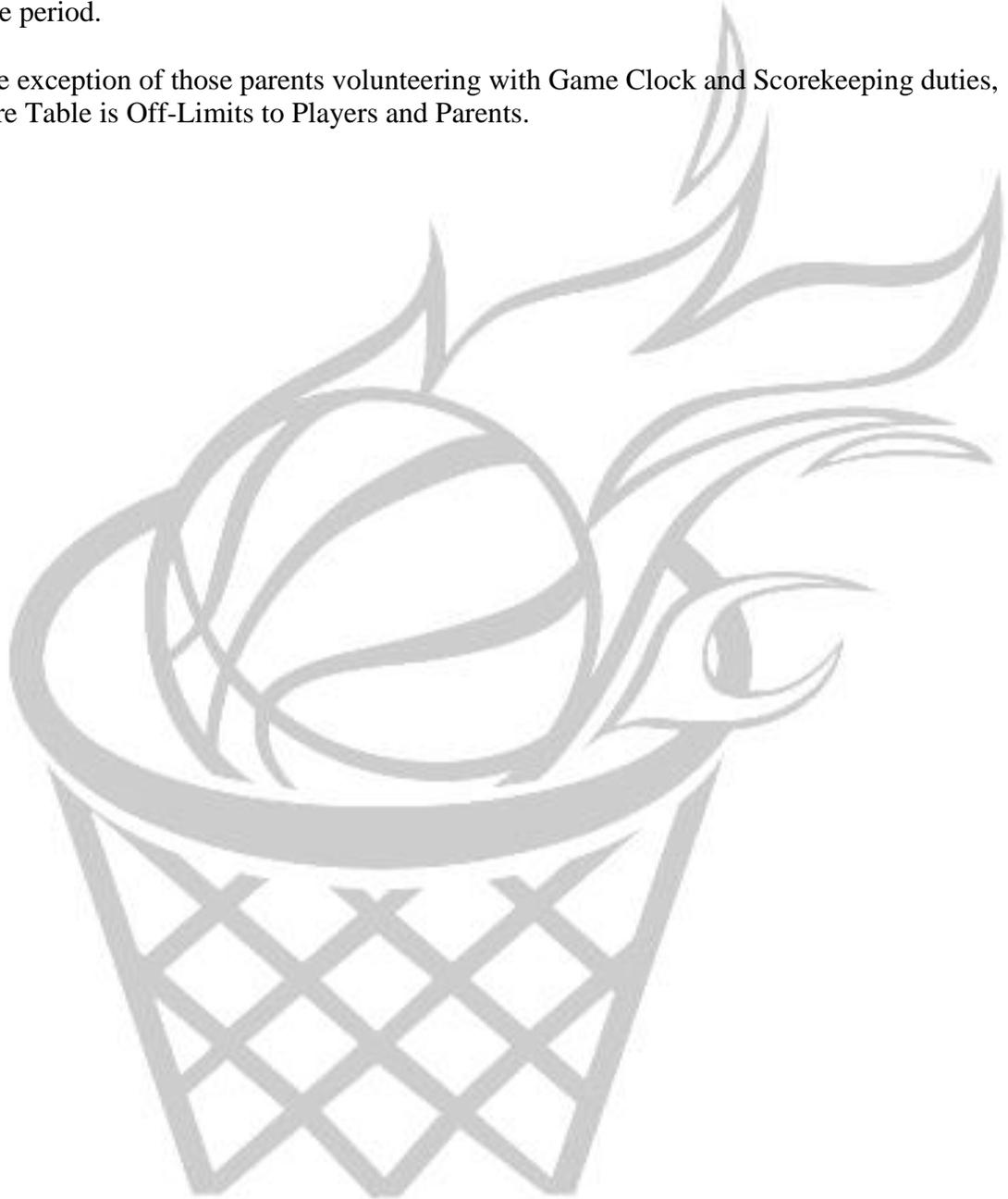
If an Overtime period is necessary, it will be two minute in length. Anything goes as coaches pick of own players.

2<sup>nd</sup> Overtime: Coaches pick free throw shots. Best of 5 with each team taking turns with shot. 1:1. Team with most of 5 win.

If 2<sup>nd</sup> OT ends in a tie, sudden death. 1:1 (free throw). Coach Pick of 5 players, shot for shot until someone misses.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.



**SOUTH FLORIDA**  
YOUTH BASKETBALL

## **Cagers/ Lady Cagers- Rules of the Game**

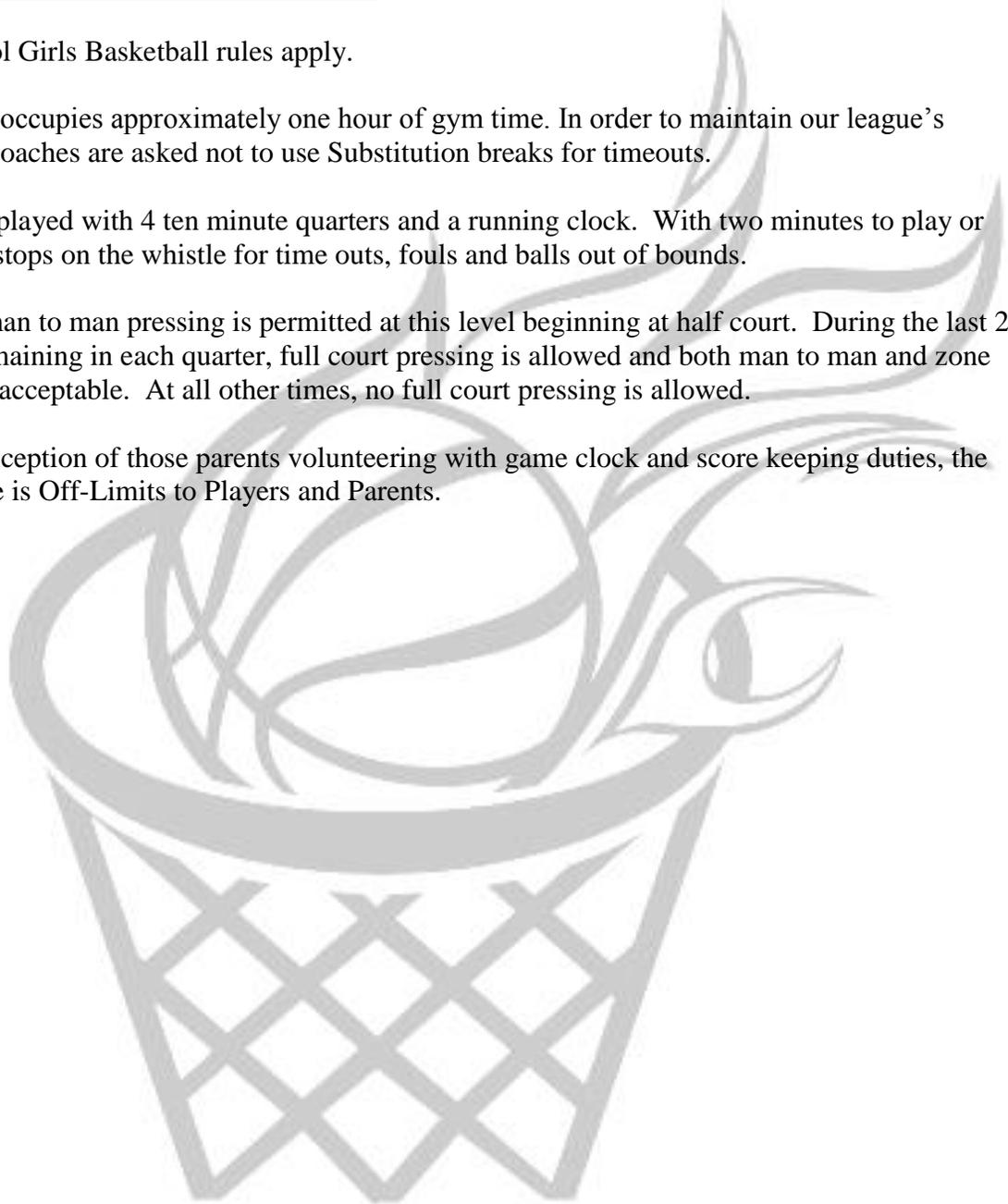
High School Girls Basketball rules apply.

Each game occupies approximately one hour of gym time. In order to maintain our league's schedule. Coaches are asked not to use Substitution breaks for timeouts.

Games are played with 4 ten minute quarters and a running clock. With two minutes to play or less, clock stops on the whistle for time outs, fouls and balls out of bounds.

Zone and man to man pressing is permitted at this level beginning at half court. During the last 2 minutes remaining in each quarter, full court pressing is allowed and both man to man and zone presses are acceptable. At all other times, no full court pressing is allowed.

With the exception of those parents volunteering with game clock and score keeping duties, the Score Table is Off-Limits to Players and Parents.



**SOUTH FLORIDA**  
**YOUTH BASKETBALL**

**The following Playing Time & Substitution Rules apply to all regular season games and playoff games:**

Each coach must commit to playing all of the players as equitably as possible during the course of the game.

Substitutions are made at the beginning and midpoint of each quarter.

Whenever substitutions are made, the Coach must “Clear the Bench”. In other words, those players which are sitting must play at the next substitution break.

A “session” is defined as a half-quarter. There are 8 sessions per game.

In games with 8-minute quarters, each session in 4 minutes.

In games with 7-minute quarters, each session in 3.5 minutes.

In games with 6-minute quarters, each session in 3 minutes.

In games with a running clock and 10-minute quarters, each session is 5 minutes.

No player will remain on the bench for two consecutive sessions.

**For all divisions which play 5-ON-5 basketball:**

Roster of Ten: Everyone plays 4 sessions.

Roster of Nine: Four play 5 sessions. Five play 4 sessions.

Roster of Eight: Everyone plays 5 sessions.

Roster of Seven: Five play 6 sessions. Two play 5 sessions.

Roster of Six: Four play 7 sessions. Two play 6 sessions.

**For all divisions which play 4-ON-4 basketball:**

Roster of Eight: Everyone plays 4 sessions.

Roster of Seven: Four play 5 sessions. Three play 4 sessions.

Roster of Six: Two play 6 sessions. Four play 5 sessions.

Roster of Five: Two play 7 sessions. Three play 6 sessions.