

ACREAGE BASKETBALL LEAGUE RULES FOR 2021

1. All rules fall under the jurisdiction of the Florida High School Activities Association (FHSA) with local exceptions, unless otherwise noted. **ABL staff are authorized to ask any person to leave the Seminole Ridge Community High School Gym due to unacceptable conduct.**

2. Each game will consist of four (4) quarters:

Division period length (running time in minutes)	
7U Division: Seven (7) minutes	10U/12U Division: Eight (8) minutes
14U Division: Nine (9) minutes	18U Division/Pro: Ten (10) minutes

3. Clock management
 - a. During the first 3 quarters the clock will only be stopped for time-outs, injury, or clock issues.
 - b. Beginning at the 2-minute mark, in the 4th quarter and overtime, when the score differential is 10 points or less, the clock will only stop for fouls, out of bounds, etc.
 - c. For all divisions, the clock will also stop for mandatory substitutions at the midway point of every quarter. This rule gives the coach the opportunity to substitute without taking a time-out and ensures the use of the “mandatory play rule”.
 - d. Clock will stop at the first dead ball or possession change starting at :30 before the half way mark*

4. **Mandatory Player Rule: Each player must play the time equivalent of two full quarters.** Players must play FOUR (4) half-quarters. (Exception: Players with 3 fouls may be substituted in the 1st half. Players with 4 fouls may be substituted in the 2nd half). *If a player has already been subbed out due to foul accumulation, they have to pick up another foul before being subbed again (for that reason).*

- a. Free substitutions during the last 5 minutes of the game (Exception: unless a player has not played the equivalent of a full quarter).
- b. This rule applies **regardless** of the number of players on a team.
- c. There will be no subs allowed (except the mandatory ones at the half-way mark) in the 1st and 3rd Quarters.
- d. If a player is being disciplined for missing practices/games/etc, the ABL Leader, Officials, and Scorekeepers must be notified at least 1 hour **BEFORE** the game begins.
 - i. This must be documented with the ABL Leader.
 - ii. If the ABL Leader is not notified in advance the player must play.
 - iii. We will be doing roster checks at practices. Let us know what has been done **BEFORE** they are asked to sit for a game.
 - iv. ABL Leaders may overrule any coach request to have a player sit out.
- e. If this ‘mandatory play’ rule is not being followed, the game will be stopped and forfeited.

5. Teams may practice twice per week during the pre-season. After season games have begun, teams will practice once per week. Practices should not exceed one hour. Water breaks should be given regularly.

6. **The Scorekeepers and Officials maintain the “official score.”** The “paper score sheet” record maintained by the scorekeeper overrides all scoreboard information, which is used as a visual aide only. Should a spectator have a question concerning the posted score, he/she should speak to the on-site ABL Leader.

7. Each team is permitted six (6) team fouls per half; the seventh foul constitutes the “bonus” (one & one), tenth foul constitutes the “double bonus” (two shots).
8. Each team is allotted **two (2) time-outs per half**. Each team is allowed one time-out for overtime (Any remaining time-outs from regulation will be LOST). Delay of Game: One warning, then a technical foul is issued.
9. **Technical fouls:** Once assessed a Technical foul, Head and Assistant Coaches must remain seated for the remainder of the game for the 1st Technical. Players or Coaches who accumulate two (2) technical fouls in a game for unsportsmanlike conduct will be ejected and suspended. Ejected coaches/players must leave the gym. **Fighting will result in expulsion from the league.** A Technical Foul is a Personal foul also.

- a. Tech Accumulation. If a player OR coach accumulates 3 technical fouls over the course of the season they will receive a half game suspension and will not be eligible for Player or Coach of the Year.

- b. Suspended players/coaches/parents cannot be in the gym for the length of the suspension.

Coaches are responsible for the conduct of their parents and fans as well. Spectators can also be assessed technical fouls for unsportsmanlike conduct, which will affect their team. Spectators who are assessed a technical foul must leave the gymnasium (for the entire day); refusal to do so will result in a team forfeit.

Coaches and players are responsible for their behavior at all times when at the gym, in the parking areas and or other community spaces. This includes during practices and games as well as before and after events. If there is misconduct they will be subject to potential penalties.

10. Teams must be prepared to begin play at game time. Team must be **IN the GYM** at their posted game time. If team is not in the Gym at game time, the game can be forfeited.
Exception: For the first evening game scheduled: If a team is not ready to play at the posted “game time” a five (5) minute grace period will be issued. A five-minute running clock will be started and if the team is still not ready to play at the conclusion of the five minutes, the game will be declared a “forfeit”.
11. **No Food Or Drink are Allowed In The Gymnasium.** If your team is in violation, a technical foul will be assessed.
12. Prior to the first game, Coaches’, players’, and parents’ *Code of Ethics* must be signed and submitted to the ABL Leader, in order for the team to receive their uniforms.
13. No one other than Officials, players, and ABL involved in the current game is allowed on the court before, during, or after the game (including Half-time): All Coaches must remain inside the coaching boundaries in front of their bench and, otherwise “off” the court. Only the Coach, Assistant Coach and players are allowed to use the bench during game time.
 - a. After the game coaches can meet in lobby or hallway, NOT in the gym.

14. All players are required to wear the uniform provided by ABL which will include a jersey and shorts. This uniform requirement must be followed or teams may be penalized.
 - All players are required to wear team shorts with no pockets while participating in games. Shorts must be pulled up to the natural waist, with shirts and strings tucked in.
 - Non- marking, closed-toed **athletic shoes** are required while participating in gym activities. This rule also applies to Coaches who are on any section of the gym floor.
 - Headbands, wristbands and T-shirts underneath the jersey must be the *same color or Black/White as the jersey* (not the number).
 - The headbands or wristbands **must be worn according to their intended purpose and location on the body**, and cannot be worn, for example on the biceps.
 - Players may not wear jewelry or elastic bands with metal in them to tie back their hair.
15. **No personally-owned basketballs are allowed in the gymnasium on game days. Only the ball issued by ABL to the coach should be taken into the gym – teams will be given 1 additional ball for pre-game, warm-up period.**
16. Fans may only cheer positively. No “negative comments,” yelling or “feet stomping” is allowed at any time, including when foul shots are being completed. Players may not “trash talk.” **During foul shots**, the gym will be kept quiet. Players may not say anything to distract the shooter and must keep their hands in their own lane. Officials may stop the game to warn fans/coaches/players about any misconduct of this kind.
17. ABL retains the option to make the final decision regarding any consequence for violating a rule, unsportsmanlike behavior, fighting and or other issues that may arise during the season. ABL retains the option to remove any player, coach, spectator or referee from the program if necessary.
18. Each host facility has rules that the league must adhere to. ABL, players, coaches, spectators and referees will respectfully adhere to all rules and requirements made by the host facility at all times.
19. **ONCE A PLAYER HAS BEEN DRAFTED AND PLACED ON A TEAM, THERE WILL BE NO REFUNDS ALLOWED OR PERMITTED.**
20. ***ABL RULES AND REGULATIONS ARE SUBJECT TO CHANGE AT ANY TIME DURING THE CURRENT SEASON SUBJECT TO APPROVAL BY THE ACREAGE ATHLETIC LEAGUE.***

Divisional Rules

7U DIVISION

1. Game format: Skills development; includes Dribble Relay, lay-ups and free throws, prior to the game, which is four 7-minute running quarters
2. Only man to man defense is allowed. No defense in the back court.
3. Free Throw line will be (8')
4. Ball for Training Division: (27.5") basketball

10U/12U DIVISION

1. Game format: Skills development; includes lay-ups and free throws, prior to the game, which is four 8-minute running quarters
 - a. In case of an uneven number of players, players cannot go more than twice.
2. Team with the greatest number of lay-ups and free throws made will begin the game with a "point's advantage" of 2 points. There will be no skills competition for the playoffs.
3. Zone defense is allowed. No "full court press".
4. Free Throw line will be (8')
5. Ball for Prep Division: (28.5") basketball

14U DIVISION

1. Game format: four 9-minutes running quarters
2. No "full court press" allowed by a team ahead by 12 or more points. Officials will issue a warning followed by a technical for rule infractions.
3. Ball for Junior Division: (29.5") basketball

HIGH SCHOOL DIVISION

1. Game format: Four 10-minute running quarters*
2. No "full court press" allowed by a team ahead by 12 or more points. Officials will issue a warning followed by a Technical for rule infractions.
3. Ball for Senior Division: (29.5") basketball

*OVERTIME (OT) by Division:

Prep:	No overtime (except in playoffs)
Junior/Senior:	One 2-minute overtime. If still tied, one 1-minute overtime. Then, 1 st basket wins.

ACREAGE BASKETBALL LEAGUE

Player Rotations

Jersey #	1 st Quarter	1 st Quarter (Half)	2 nd Quarter	2 nd Quarter (Half)	Half Time	3 rd Quarter	3 rd Quarter (Half)	4 th Quarter	4 th Quarter (Half)

Rules

1. It is mandatory that all players start and finish FOUR (4) half-quarters.
2. They must start and finish a full half-quarter for it to count, even if they have been subbed in at another time.
3. There will be no subs allowed (except the mandatory ones at the half-way mark) in the 1st and 3rd Quarters.
4. If a player has “x” amount of half-quarters left to play, whenever the game gets to “x” amount of half-quarters left, that player will not be allowed to be substituted.
5. No players are allowed to play the entire game (all players must rest for at least ONE (1) half-quarter EACH HALF.
 - a. This includes substitutes for foul trouble.
6. If a team has 7 or less players for a game, then all players must start and finish FIVE (5) half-quarters. (Whether it is for a suspension or just missing a game).

2021 ACREAGE BASKETBALL COVID-19 PROCEDURES:

- Host facility: Whenever in place, the safety protocols of the host facility must be adhered to (ex. Palm Beach County Schools). This may include temperature checks, answering questions and social distancing in the stands.
- Cleaning: All Equipment will be cleaned and sanitized between games. Sanitization stations will be located on the court. All child(ren)/player(s)/participant(s) (including referees) will be required to clean their hands before games.
- Spectator(s): Limit of 2 spectators per child. Spectators are required to stay in the designated viewing areas. Please arrive no earlier than 10 minutes before your game begins.
- Team Size: Team sizes have been reduced. Only 9 players to a team.
- Coaching: Coaches are required to wear masks at all times when coaching.
- Players/Participants: Players/Participants (i.e. referees) will not be required to wear a mask during games. Players/Participants not involved in game action will be required to wear a mask.
- Pre-Game Requirements: Everyone entering the game area will be required to have their temperature taken. Please enter and exit the court through designated areas.
- Weather: We practice on outside courts but we play league games indoors. Practices will be canceled due to thunder or lightning. Participants will be contacted via text from Coaches.
- Any participant (player, coach, etc) with a positive test result may not return to ABL until presenting a doctor's note that clears them for "return to normal school/activities".
- If a player shares living quarters with someone who has tested positive for Covid, the player should not return to ABL activities until all members of the household test negative for Covid.

- If a player becomes sick with Covid, their parents should notify the coach and ABYL as soon as possible. The team will cease activities for 7 days. The 7-day period starts when the last exposure occurred. Every effort will be made to reschedule missed games.
- The ABYL board reserves the right to modify the Covid safety protocols as the situation changes.