

2025 ACREAGE BASKETBALL LEAGUE RULES

1. All rules fall under the jurisdiction of the Florida High School Activities Association (FHSAA) with local exceptions, unless otherwise noted. **ABL staff are authorized to ask any person to leave the Seminole Ridge Community High School Gym, Western Pines Middle School, and Osceola Creek Middle School due to unacceptable conduct and/or behavior.**
2. Each game will consist of four (4) quarters:

Division period length (running time in minutes)	
Training Division: Seven (7) minutes	Prep/Junior Division: Eight (8) minutes
Senior Division: Nine (9) minutes	High School 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 12 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 for a period of 30 seconds. 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 halfway 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).* **IF A TEAM HAS 10 PLAYERS OR MORE, THEN PLAYERS MUST PLAY A MINIMUM OF THREE (3) HALF-QUARTERS. IF A TEAM HAS 7 PLAYERS OR LESS, THEN PLAYERS MUST PLAY A MINIMUM OF FIVE (5) HALF-QUARTERS.**
 - a. Free substitutions during the last 5 minutes of the game (Exception: unless a player has not played the equivalent of a full quarter – NO EXCEPTIONS).
 - 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 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.
12. 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.
13. **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.**
14. 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.
15. 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.
16. 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.

17. **ONCE A PLAYER HAS BEEN DRAFTED AND PLACED ON A TEAM, THERE WILL BE NO REFUNDS ALLOWED OR PERMITTED.**
18. For the Training division, the ABL board will allow one coach to be “on the court” to coach and instruct the 5-6yr old players. This is the only division where a coach will be allowed on the basketball court with players.
19. 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.
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

TRAINING DIVISION (5-6yr olds)

- Game format: Skills development; lay-ups and free throws, prior to the game, which is four 7-minute running quarters
- Only man to man defense is allowed. No defense in the back court.
- Free Throw line will be (8'). Goal set at 8ft.
- [Ball for Training Division: \(27.5"\) basketball](#)

PREP DIVISION (7 - 9yr olds)

- 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.
- 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.
- No "full court press". Goal set at 10ft.
- Only man to man defense is allowed. No zone defense and no defense in the back court.
- [Ball for Prep/Junior Division: \(28.5"\) basketball](#)

JUNIOR DIVISION (10-12yr olds)

- 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.
- 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.
- 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.
- [Ball for Prep/Junior Division: \(28.5"\) basketball. Goal set at 10ft \(regulation rim\).](#)

SENIOR DIVISION (13-15yr olds)

- Game format: four 9-minutes running quarters
- 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.
- [Ball for Senior Division: \(29.5"\) basketball. Goal set at 10ft \(regulation rim\).](#)

HIGH SCHOOL DIVISION (16-18yr olds) – HIGH SCHOOL DIVISION

- Game format: Four 10-minute running quarters*
- 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.
- [Ball for High School Division: \(29.5"\) basketball. Goal set at 10ft \(regulation rim\).](#)

***OVERTIME (OT) by Division:**

Training: No overtime (except in playoffs)

Prep, Junior, Senior, and High School: One 2-minute overtime.

If still tied, one 1-minute overtime.

Then, 1st 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. **IF A TEAM HAS 10 PLAYERS OR MORE, THEN PLAYERS MUST PLAY A MINIMUM OF THREE (3) HALF-QUARTERS. IF A TEAM HAS 7 PLAYERS OR LESS, THEN PLAYERS MUST PLAY A MINIMUM OF FIVE (5) 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 any quarter. (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).*

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).

ABL DRAFT PROCEDURES:

All divisions will have a draft following player evaluations to determine teams. All players in their respective divisions will participate in the player evaluations that is made up of a shooting, passing, and dribbling drills set up by the ABL Board.

Draft Order:

The draft order will be determined by a random pick of numbers that will represent the draft position for each coach for that division.

Freezes:

Any player(s) frozen that does not attend the player evaluation will automatically carry a grade of the strongest player in that division by the ABL board. A coach or team is allowed a maximum of two freezes per team. A sibling link counts as one (1) freeze. Also, you cannot have 3 coaches and 3 freezes. In order to freeze a player on your team, you must have written consent by the Parent of the player(s) and it must be sent to acreeagebasketball@gmail.com prior to the draft for that division. Freezes will be graded against the field of players in the respective division. Players will be ranked in numerical order from the best player in the division to the most novice player in that division (see below).

14U-Draft-Board-(12-14-yr-olds)

Round	Coach-Jose	Coach-Alex	Coach-Tim
1	201 (Coach-Alex)	214	219
2	222	202 (Coach-Alex)	203
3	206	213-(SL)	210
4	209	230	229
5	227	207 (Coach-Jose)	208
6	204	205	211
7	212-(SL)	215	216
8	228	227	226
9	225	223	224
10	220	221	222

Draft Process:

As you can see above, there are three coaches in the 14U division. Coaches will randomly pick their draft position out of a hat. In this instance, Coach Jose chose No.1, Coach Alex chose No. 2, and Coach Tim chose No. 3. Player No. 201 is ranked as the BEST player in the league and is listed in the first round, first pick. Since he is shaded in “blue,” that means he was frozen as well. If a player(s) is/are frozen, wherever those freezes fall in the ranking of players, those freezes will be selected in that specific round of the draft. In this example, the ranking of players from BEST to NOVICE is 201, 214, 219, 222, 202, 203, so on and so on. The players shaded in purple mean that player is a girl and the players shaded in red mean they are considered a sibling link. THIS IS A SNAKE DRAFT. The draft process will go as follows:

1st Pick (Coach Jose): since 201 is the best player in the draft and already frozen by Coach Alex, Coach Jose can select the next best player (214) or can select any other player on the draft board that is not already frozen by another coach.

2nd Pick (Coach Alex): since Coach Alex froze 201 and already that player already falls in the first round, then 201 would go to Coach Alex.

3rd Pick (Coach Tim): Coach Tim has the last pick in the first round and he could select the girl player (219) or he can select any other player on the draft board like 222, 203, 208, 226, etc. He does not have to select the next best player. How coaches build teams is up to them. Now if he decided to go with the sibling link of 213 and 212, 213 would be his first round pick and 212 will be automatically go as Coach Tim’s 7th round pick. As soon as the first round is done, the beginning of the 2nd round would start with Coach Tim selecting his next player.

The Snake Draft order would go as follows: Coach Jose 1 (pick #), Coach Alex 2, and Coach Tim 3 for the first round. Start of second round would go with Coach Tim 4, Coach Alex 5, and Coach Jose 6. The third round would go with Coach Jose 7, Coach Alex 8, and Coach Tim 9. We follow the same process until the draft is completed.

Hat Picks:

Any player that does not attend the ABL player evaluation and is not frozen by any Coach in the division will be placed on a team by a “hat pick”. All hat pick names will be selected by the coaches in the continuing draft order after all of the players on the board have been selected. Hat pick players are NOT allowed to block the pick of any coach.

No players will be added to a roster after the draft unless determined to be a special circumstance voted on by the ABL board or to accommodate a team that has lost players during the season. If a team roster does not have enough players to field a game, the ABL has discretion to add players to that team on a first come, first served basis.

