

# FORCE ONE FALL LEAGUE RULES 2023

## Playing Rules

Each team will be allowed a maximum of 15 players per roster (12 awards will be given out to Champion and runner up). Rosters will be closed on **October 9, 2023**. Rosters must be presented to League Administrators before teams will be allowed to play. Birth Certificates must be presented to League Administrators upon request. Players must play in a minimum of three (3) games to qualify to play in the playoffs.

**AAU age requirements are in effect as of September 1, 2024.**

**High School Divisions: JV (9<sup>th</sup> & 10<sup>th</sup> graders), Varsity (11<sup>th</sup> & 12<sup>th</sup> graders) School credentials must be presented to League Administrators upon request.**

Players are allowed to play up a division but can only play with one team per age group. A kid playing with his school team will be allowed to play for them and his select team only during the regular season. Protests must be presented to League Administrators.

A team may start a game with 4 players but must have 5 by halftime.

7 team fouls one and one and 10 fouls double bonus. **Except in HS divisions**

**20 point mercy rule** will be in effect in the 2<sup>nd</sup> half. (clock will not stop except for timeouts as long as one team holds a 20 point lead)

**High School Federation Rules will be in effect for all other rules not specified.**

## Scorebook

Coaches need to record team name, coach's name, and line-ups (player names and uniform numbers) in the scorebook at least (5) minutes prior to game time.

## Game Time

**16 Minutes Running time per half. HS (8 Minute Qtrs) Clock only stops on foul shots and Timeouts. The clock will also stop on all whistles in the last minute of the first half and last 2 minutes of the game. Overtime is 2 minutes (clock stops in the last minute of overtime) 2<sup>nd</sup> OT– Sudden Death.**

## **Timeouts**

4 Time outs per game ((2) Full / (2) 30sec.)

**1 time out for each overtime (timeouts from regulation do not carryover into overtime)**

## **Pressing**

Full court pressing is allowed the entire game in the 14 and above age groups. 13 and under must pull off the press after taking a 20 or more point lead.

## **Conduct**

Unsportsmanlike conduct will not be tolerated from players, coaches or fans.

**The League holds the right to discipline teams in the form of suspensions and up to expulsion from the league. No Refunds will be given.**

## **Divisions and AAU *(modified)* age requirements**

**9U - cannot turn 10 before 9/01/24 or in 3<sup>rd</sup> grade**  
**10U - cannot turn 11 before 9/01/24 or in 4th grade**  
**11U - cannot turn 12 before 9/01/24 or in 5th grade**  
**12U - cannot turn 13 before 9/01/24 or in 6th grade**  
**13U - cannot turn 14 before 9/01/24 or in 7th grade**  
**14U - cannot turn 15 before 9/01/24 or in 8th grade**

**JV - 9th and 10th graders**  
**Varsity- 11th and 12th graders**

**There is a \$10 spectator admissions for all regular season games**

## **Tournament/Playoffs/Awards**

All teams will make the playoffs. **There will be a \$10 charge for all tournament/playoff and or all-star games. Players and coaches not included.**