

FORCE ONE SPRING LEAGUE RULES 2019

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 **May 03, 2019**. 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, 2019.

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

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.

20 point mercy rule will be in effect in the 2nd 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 (High School 18 minutes).

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 the last 2 minutes of the game. Overtime is 3 minutes (clock stops in the last minute of overtime) 2nd OT –2 minutes 3rd – 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

- 8U - cannot turn 9 before 9/01/19 or in 2nd grade(3 exceptions)**
- 9U - cannot turn 10 before 9/01/19 or in 3rd grade(3 exceptions)**
- 10U - cannot turn 11 before 9/01/19 or in 4th grade(3 exceptions)**
- 11U - cannot turn 12 before 9/01/19 or in 5th grade(3 exceptions)**
- 12U - cannot turn 13 before 9/01/19 or in 6th grade(3 exceptions)**
- 13U - cannot turn 14 before 9/01/19 or in 7th grade(3 exceptions)**
- 14U - cannot turn 15 before 9/01/19 or in 8th grade(3 exceptions)**

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

There is a \$5 spectator admissions for all regular season games

Tournament/Playoffs/Awards

All teams will make the playoffs. **There will be a \$7 charge for all tournament/playoff and or all-star games. Players and coaches not included.**