



Basketball Rules 2026 Season

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Youth Basketball Rules

It is understood that the rules herein are in addition to the official playing rules governed by **Florida High School Athletic Association Basketball (FHSA)** rules.

There will be the following leagues within the City of Sunrise Recreation Basketball Program & teams will be divided into the following age groups:

Boys Basketball Divisions

17 & Under – Has not reached 18th birthday before September 30, 2026.

14 & Under – Has not reached 15th birthday before September 30, 2026.

12 & Under – Has not reached 13th birthday before September 30, 2026.

10 & Under – Has not reached 11th birthday before September 30, 2026.

8 & Under – Has not reached 9th birthday before September 30, 2026.

Girls Basketball Divisions

13 & Under – Has not reached 14th birthday before September 30, 2026.

10 & Under – Has not reached 11th birthday before September 30, 2026.

Teams

Each recreation team shall consist of a maximum of 10 players whose names shall be registered with the Department of Leisure Services. Only a Head Coach and 1 Assistant Coach make up the official coaches roster for each game. A second assistant coach will be allowed to help at practices.

The minimum number of players to start and complete a game is (4). Should the fifth player arrive, he/she will be immediately placed into the game at the next dead ball. Teams with 5 or more players present must keep 5 players on the court at all times. All players who participate in Post-Season play must participate in 50% of regular season play. Exceptions will be made for injuries and/or sickness and must be reported to the Athletic Supervisor.

Substitution Guidelines

Coaches must play every player a minimum of one full quarter per half. No player may play in all four quarters when there are seven or more players present for both teams at a game. In the event that one or both teams have six or fewer players at any game, coaches of both teams are only required to play every player one full quarter per half. If a player arrives before the start of the second quarter, both coaches must follow substitution rules accordingly to the number of players at that time. If a player arrives after the start of the second quarter, both coaches will continue their substitution pattern as to the number of players they started the game with.

Players must play the entire quarter that they play in. Coaches cannot substitute players once a quarter starts. Coaches can substitute players before an overtime period.

Note: Regardless of the number of players in attendance at a game, every player attending a game must play one quarter in each half.

Penalties For Substitution Violations In All Divisions

1st offense - Suspension from the next game

2nd offense - Suspension for the season

NOTE: IF VIOLATION IS DETERMINED TO HAVE BEEN INTENTIONAL MORE SEVERE PENALTIES MAY BE ASSESSED.

The referee is the official timekeeper. When substitutions are made, it is the coach's responsibility to notify the other coach or scorekeeper.

After substitutions have been made, and in the event of injury or ejection for disciplinary purposes to a player, a substituted player may re-enter the game to replace the injured or ejected player, provided all other eligible players have previously entered the game at that point. **The opposing coach will select the replacement player before the next live ball.** Player ejected from the game is not eligible for reentry.

Equipment

Players must wear the jerseys supplied by the Leisure Services Department. Sneakers must be worn during any practice or game.

No jewelry or hair clips may be worn during a game and **eyeglasses must be tied.**

Penalty: Individual will not be allowed to participate in the game.

Game ball size for each division shall be as follows:

Official size basketball (29.5) – 14 and under boys, 17 and under boys

Intermediate size basketball (28.5) – 8 and under boys, 10 and under boys, 12 and under boys, 10 and under girls, and 13 and under girls

Basketball Goal Height are as follows:

- 8 & under boys and girls divisions.....8 feet
- 10 & under boys and girls divisions.....9 feet
- All other divisions.....10 feet

Free Throw Lines are as follows:

- 8 & under boys and girls divisions.....10 feet
- 10 & under boys and girls divisions.....12 feet
- All other divisions.....15 feet

No hard casts may be worn in games or in practices.

Playing Rules

Five fouls disqualifies a player for the remainder of the game.

The 8 & under Boys and 10 & under Boys and Girls divisions will be allowed five seconds in the key area, all other divisions three seconds.

Full court guarding will be allowed in all divisions except 8 & Under Boys and 10 & under Boys and Girls. (Full court guarding WILL be allowed in the last two minutes of the second and fourth quarters for 8 & under and 10 & under divisions.)

In all divisions, if a team is ahead by twenty points or more, teams are not allowed to full court guard.

Teams violating the full court defense rule will receive warnings for first two violations. On the third violation a technical foul will be called on the bench. Any player on the floor will shoot one foul shot and the team will take possession of the ball at mid court. All subsequent violations will continue with one foul shot and possession of the ball at mid-court.

Fouls are counted on a per-quarter basis, with teams entering the bonus with their fifth foul of each quarter, resulting in two free throws being awarded for each subsequent common foul.

Double-teaming is allowed. Triple teaming is not allowed.

Both man-to-man and zone defenses are allowed.

17U Division Only – In the last 2 minutes of the 4th quarter, if a timeout is called by the team in possession of the ball (or after a made basket by the opponent), the team has the option to inbound the ball at half court.

Fouls

Flagrant foul: Ejection from game and suspension from next game. This shall also be noted on game sheet. Second flagrant foul per season: Suspended from league for balance of season. Intentional fouls will result in 2 foul shots plus possession of the ball, regardless of a made basket or not. Possession will be at nearest spot of where foul occurred. Two technical fouls in one game will result in a player or coach being ejected from the game. This ejection shall carry with it an automatic suspension from the following game.

Three-point Shots

There will be three-point shots for the 12 & under boys, 13 & under girls, 14 & under boys, and boys 17 and under divisions, if the gymnasium hosting the game is marked with a three-point line.

Time Length of Games

14 & under boys and 17 & under boys play four 8 minute running quarters. All other divisions play four 7 minute running quarters. In all divisions, clock will stop for the last two minutes of the fourth quarter for all dead ball situations.

There shall be only one two-minute overtime for any game with a tie score at the end of the 4th quarter. THE GAME CLOCK WILL STOP FOR ALL DEAD BALL SITUATIONS. Full court pressing will be allowed for all divisions during the overtime period. If the game is tied at the end of the overtime period, the game will remain a tie and no additional overtime periods will be played.

Each team will have 3 full one-minute time outs and 2-30 second time outs per game. One additional 30 second time out will be added to the team total for the overtime period.

All games must start promptly as scheduled with the exception of the FIRST game of a weeknight, which will have a 10-minute grace period. Forfeiture occurs immediately at game time, or after the grace period for the FIRST game of a weeknight. (All weekend games do not have a grace period.)

Playoffs

In all basketball divisions, every team will participate in a post-season single elimination playoff. Divisions with six (6) or more teams will have a consolation game between the two (2) teams that lost the semifinal games. The winners of the consolation game will receive a 3rd place trophy. Playoff champions will receive a championship trophy. Runner ups will receive a runner up trophy.

All other teams will be awarded participation trophies only.

All teams must adhere to the basketball picture schedule. NO exceptions allowed.

All rules contained herein are subject to interpretation and/or change, upon the recommendation and with the approval of the Department of Leisure Services.

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City of Sunrise Youth Athlete of the Month Program

The Leisure Services Advisory Board has recommended to the Leisure Services Director that a “City of Sunrise Youth Athlete of the Month” program be implemented. This program was approved by the City of Sunrise Commission.

Staff will work with the Leisure Services Advisory Board and the variety of athletic organizations, instructors and volunteers that the City collaborates with throughout the year to implement the program.

The following guidelines will be utilized:

- 1) The Leisure Services Director or designee will serve as the City liaison for this monthly award.
- 2) The presentation of the “Youth Athlete of the Month” will occur at a City Commission meeting each month.
- 3) Each month, two youth athletes (one male and one female 18 years of age or younger) from a different athletic program will be presented with the award.
- 4) The Leisure Services Advisory Board will administer the selection process for City run programs using nominations submitted by volunteer coaches and make a recommendation to

the Leisure Services Director or designee. The City's contractual athletic organizations and instructors will administer the selection process for their own individual organization. All selections will be made in a timely manner in order to accommodate the City Commission Meeting agenda process.

- 5) The two youth athletes will each receive a gift certificate from the City valued at \$25 which is redeemable as payment for Leisure Services programs, with the exception of any facility rental or contractual program (i.e. Bridges at Springtree Golf Course, Sunrise Tennis Club, karate, dance, etc.).

The gift certificate will expire one year from the date of issue.

- 6) The proposed schedule for recognition is below, but may be amended by the Leisure Services Director.

<u>Athletic Programs</u>	<u>Presentation Month</u>	<u>Selection By</u>
Recreational Soccer	January	Leisure Services Board
Competitive Swimming	February	Contractual Organization
Travel Soccer	March	Contractual Organization
Travel Baseball	April	Contractual Organization
Travel Softball	April	Contractual Organization
Recreational Baseball	May	Leisure Services Board
Recreational Softball	May	Leisure Services Board
Travel Basketball	June	Contractual Organization
Youth Programs (Karate, Dance, etc.)	July	Contractors
Tennis	August	Contractual Organization
Recreational Flag Football	September	Leisure Services Board
Recreational Basketball	October	Leisure Services Board
Flag Football Cheerleading	October	Leisure Services Board
Tackle Football	November	Contractual Organization
Tackle Football Cheerleading	November	Contractual Organization
Golf	December	Contractual Organization



Youth Athlete of the Month Nomination Form

Do you know a youth athlete who should be recognized for his or her achievements, both in and out of the athletic arena? If so, send in a nomination to have that athlete honored as a City of Sunrise Youth Athlete of the Month! Each month, we'll be recognizing one male and one female athlete who will be recognized at a City of Sunrise City Commission meeting.

Nominations can be made for any athletes whose actions represent a balance of athletic achievement, sportsmanship and citizenship. It's important to note that accomplishments off the "field" are valued just as much as those achieved on the "field". If you think you know an athlete who fits this description, be sure to fill out the form below to nominate him or her for City of Sunrise Youth Athlete of the Month!

With questions, please call 954-747-4600, or nominations may be emailed to Youth Athletics Supervisor Sean London at SLondon@SunriseFL.gov

Athlete Information

Full Name: _____ Age: _____
Sport/Activity: _____ School Name/Grade: _____

Provide an explanation of why this player deserves to be recognized (250 words max):

Examples of the desired criteria include:

- | | | |
|---|--|----------------------------|
| - Impactful or notable in-game performance(s) | - Displays good sportsmanship/teamwork | - Community service |
| - Superior academic achievement | - Overcoming personal obstacles | - Displays good leadership |

Nominator Information

Full Name: _____ Relationship to Athlete (Coach/Instructor/Etc.): _____
Phone Number: _____ Email Address: _____

Parent/Guardian Information

Full Name: _____ Relationship to Athlete: _____
Phone Number: _____ Email Address: _____