

Tiny Slammers - Rules of the Game

Use the 28.5 size basketball and set the basket height at 8'.

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.

Defenders must play Man-on-Man only. Zone defenses are not allowed.

No full court pressing is allowed. Shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

Fast breaks are not allowed immediately after a rebound, but are allowed when the ball is stolen.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations per game. A Technical Foul is assessed to the Defense commencing with the fourth Double Teaming violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7th Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10th team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each Suncoast game occupies approximately one hour of gym time. In order to maintain the pace of our league's schedule, Coaches are asked not to use the Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be one minute in length.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Mini Slammers - Rules of the Game

Use the 28.5 size basketball and set the basket height at 8' 6".

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.

Defenders must play Man-on-Man only. Zone defenses are not allowed.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

Fast breaks are not allowed immediately after a rebound, but are allowed when the ball is stolen.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations per game. A Technical Foul is assessed to the Defense commencing with the fourth Double Teaming violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7th Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10th team foul, two Free Throw shots are awarded.

A 5 Second violation is when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each Suncoast game occupies approximately one hour of gym time. In order to maintain the pace of our league's schedule, Coaches are asked not to use the Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be one minute in length.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per Overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Little Slammers 4-on-4 - Rules of the Game

Use the 28.5 size basketball and set the basket height at 9'.

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

Fast breaks are not allowed immediately after a rebound, but are allowed when the ball is stolen.

During the last 2 minutes remaining in Quarters 2 and 4, full court pressing is allowed. At all other times, no full court pressing is allowed.

During the last 2 minutes remaining in Quarters 2 and 4, shot attempts beyond half court are legal. At all other times, shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

When a team has built a lead of 12 points or more, it is not allowed to apply a Full-court Press.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7th Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10th team foul, two Free Throw shots are awarded.

A five second violation is when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each Suncoast game occupies approximately one hour of gym time. In order to maintain our league's schedule, Coaches are asked not to use the Substitution break as an opportunity for an official for timeout.

If an Overtime period is necessary, it will be one minute in length.

Four Time Outs are allowed per team, per game. Each team is allowed only one Timeout per Overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Slammers / Super Slammers / Grand Slammers - Rules of the Game

High School Boys Basketball rules apply.

Each Suncoast game occupies approximately one hour of gym time. In order to maintain our league's schedule, Coaches are asked not to use the Substitution break as an opportunity for an unofficial timeout.

With the exception of those parents volunteering with the Gameclock and Scorekeeping, the Score Table is Off-Limits to Players and Parents.

Tiny Slammettes - Rules of the Game

Use the 28.5 size basketball and set the basket height at 8' 6".

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.

Defenders must play Man-on-Man only. Zone defenses are not allowed.

No full court pressing is allowed. Shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

Fast breaks are not allowed immediately after a rebound, but are allowed when the ball is stolen.

With the exception of play within the Lane area, no Double Teaming Defense is allowed. Each team is allowed three Double Teaming violations per game. A Technical Foul is assessed to the Defense commencing with the fourth Double Teaming violation.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7th Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10th team foul, two Free Throw shots are awarded.

A 5 Second violation is called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

Each Suncoast game occupies approximately one hour of gym time. In order to maintain the pace of our league's schedule, Coaches are asked not to use the Substitution break as an opportunity for an unofficial timeout.

If an Overtime period is necessary, it will be one minute in length.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Little Slammettes - Rules of the Game

Use the 28.5 basketball and set the basket height at 9'.

Games will begin with a center jump. The alternating possession arrow will be used thereafter for jump ball situations and to start each quarter.

Defenders must play Man-on-Man only. Zone defenses are not allowed.

As soon as rebound possession is clearly obtained on the defensive end, the other team drops back to their half-court defensive positions.

Fast breaks are not allowed immediately after a rebound, but are allowed when the ball is stolen.

During the last 2 minutes remaining in Quarters 2 and 4, full court pressing is allowed. At all other times, no full court pressing is allowed.

When a team has built a lead of 12 points or more, it is no longer allowed to apply a full court press.

During the last 2 minutes remaining in Quarters 2 and 4, shot attempts beyond half court are legal. At all other times, shot attempts beyond half court are not allowed, as the Defense cannot guard beyond half court.

At the start of each half, a running total of Team Fouls begins. Commencing with the 7th Team Foul committed, the opponent will be in a 1-and-1 Free Throw situation. Commencing with the 10th team foul, two Free Throw shots are awarded.

A 5 Second violation is when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

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If an Overtime period is necessary, it will be one minute in length.

Four Timeouts are allowed per team, per game. Each team is allowed only one Timeout per Overtime period.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.

Slammettes / Grand Slammettes - Rules of the Game

High School Girls Basketball rules apply.

Each Suncoast game occupies approximately one hour of gym time. In order to maintain our league's schedule, Coaches are asked not to use Substitution breaks for timeouts.

With the exception of those parents volunteering with Game Clock and Scorekeeping duties, the Score Table is Off-Limits to Players and Parents.