

Sunshine Christian League
Sports Procedures and Rules
(Revised August 2014)

1.1 General Guidelines

1.1.1 Everything a Christian says and does reflects the Lord. Therefore, Christian coaches, administrators, players, cheerleaders, parents, and spectators should conduct themselves accordingly. Christian athletic competition can be a means of training and development in character, discipline, and teamwork. However, if allowed, it can become a battlefield where bitterness, hatred, pride, and selfishness are displayed. Therefore, the SCL prohibits unchristian conduct including but not limited to threatening, harassing, or intimidating others; fighting and/or assaulting others; vandalizing, defacing, or purposely littering property; cursing, using vulgarity, or obscenity in gestures or language; lewd or indecent behavior; complaining and/or murmuring about standards or authorities; belittling or mocking others; spitting on/at a contest official and/or opponent; directing gender, racial, or ethnic slurs toward a contest official or opponent, purposely running up the score on opponents or other such acts which may be deemed as unacceptable conduct.

The SCL reserves the right to invoke one or more penalties against a member or probationary school and/or individuals whose conduct violates these prohibitions including but not limited to fines levied against the school/coach, forfeiture of games, suspension of participation in SCL activities, revocation of post season eligibility and dismissal from the SCL.

1.1.2 The pastor, administrator, and/or coaches are responsible to control the conduct of their students, staff, parents, and fans within reasonable bounds. Failure to do so shall result in disciplinary actions and penalties.

1.1.3 **Pets and/or animals are prohibited from SCL activities.** Animals that are team mascots may be permitted with written permission from the SCL board of directors. Individuals who violate this prohibition assume all liability pertaining thereto and may be asked to leave the SCL activity.

1.2.1 Eligibility: In order to represent a member or probationary school in any SCL athletic activity a student must be a bona fide student of that school (i.e. one who is enrolled, attends regularly, and is under the school's authority). A student must be a minimum of age 10 (grade 5) and less than age 19 years 9 months to participate in SCL activities. The students date of birth will determine the player's eligibility.

Students taking home school courses under the authority of an SCL member or probationary school may participate in the SCL. All such SCL schools must submit a SCL home school form to request eligibility before any home school student is eligible.

1.2.2 A student must not have graduated from any high school or its equivalent, nor received any type of high school diploma.

1.2.3 A student and parent(s)/guardian(s) must have signed a SCL Consent and Release from Liability Certificate before they may participate in any SCL activities. A student must also have a physical, which is updated annually, before they may participate in any SCL activity. These forms are to be kept on file by each member school. Notarized verification of the SCL Consent and Release from Liability Certificates, physicals, dates of birth, and players' jersey numbers are to be sent to the district director by the roster eligibility deadline of each sport.

- 1.2.4 All students must meet academic and behavioral standards as required by their individual school. Schools who “bend” the rules on academic/behavioral eligibility for special games or activities shall incur disciplinary action leading up to and including fines and forfeiture.
- 1.2.5 Parents, fans, etc. are free to photograph and/or record SCL activities without SCL permission. The SCL is not responsible for photographs and/or recordings posted on the internet.
- 1.2.6 A student who initially enrolls in or engages in an athletic practice at one member or probationary school in a school year and transfers attendance to another member or probationary school during that same school year shall be a transfer student. All transfer students must submit a letter of release from their previous school as well as a roster addition request form from the new school which must be approved by the SCL officers before being eligible for SCL participation. If the transfer occurs during a sports season the student may not participate in that specific sport the rest of that season.
- 1.2.7 All SCL member and probationary schools must provide their district director an eligibility list of all the students eligible for participating in SCL competition for the current school year, Team rosters are also to be submitted to the district director prior to the first game of the each season’s sport.
- 1.2.8 Any player of an SCL member or probationary school who fails to maintain academic and behavioral eligibility and participate (eligible and dressed out to play) in a minimum of 50% of their district games disqualify themselves from the district and state tournament (play-offs) at the end of each sport’s season.

2.1 Dress & Grooming Standards

- 2.1.1 All coaches, players and support staff (time-keepers, etc.) of member or probationary schools must adhere to the SCL dress and grooming standards. Failure to comply will result in disciplinary action and penalties.
- 2.1.2 No jewelry may be worn during SCL sporting events. No body piercing and/or tattoos shall be allowed. Existing tattoos must be covered at all times during SCL events. The covering must be the same as the uniforms dominate color and in accordance to the rules set forth for each specific sport.
- 2.1.3 Team uniforms (jersey/shirt, pants, culottes/shorts, caps, and socks) must match. If worn, spandex/compression gear must match the predominate color of the team uniform and not exceed the length of the uniform.
- 2.1.4 Uniform pants, culottes, or shorts may not be white. Basketball uniforms may be exempted with approval of the appropriate district director
- 2.1.5 After playing, students who change clothes must change into clothes in keeping of the SCL guidelines.

- 2.1.6 Male Dress & Grooming Standards: Male players, coaches, and support staff (time-keepers, etc.) must have a neat, trim, conservative haircut. The hair is to be tapered or blocked and is to be off the collar. It is to be above the ears. Dying or coloring the tips of the hair, corn rows, twists, or dread locks are not allowed. Curly hair should be short, not more than one inch in length. No facial hair is permitted on players. Male coaches and/or support staff may wear neatly trimmed mustaches and/or beards. Male coaches, players, and support staff must wear clothing that is neat and conservative in appearance. All coaches, students, and support staff are not to wear trousers that sag or reveal undergarments. For more specific male dress standards, please refer to the individual sport guidelines.
- 2.1.7 Female Dress & Grooming Standards: Female players, coaches, cheerleaders, and support staff (time keepers, etc.) must have neat, conservative hairstyles. They may wear loose fitting culottes/shorts and tops. The culottes/shorts must be full, loose-fitting, and be no shorter than the top of the knee. For more specific female dress standards, please refer to the individual sport guidelines.
- 2.1.8 Cheerleading: Cheerleaders are to be in keeping with the above guidelines. Cheerleaders may not perform cartwheels or handstands as part of a routine. Cheers are not to involve rhythmic motion which gives the appearance of dancing. All cheering routines should reflect Christian modesty and sportsmanship. After cheering, cheerleaders may not change into clothing that violates SCL guidelines.

2.2 Miscellaneous Guidelines

- 2.2.1 Season schedules for each sport will be determined by vote of the district members to adopt a closed schedule determined by the district director or an open schedule determined by each individual school.
- 2.2.2 Schools having some type of special activity (such as homecoming, senior night, etc.) prior to the start of a game or during half-time must notify the opposing school and officials at least 48 hours prior to the game. Postponing start time could incur an additional charge by the officials.
- 2.2.3 **Schools that qualify for the post-season district and/or state tournaments are expected to participate. Failure to do so will result in a \$200 fine to the school.**
- 2.2.4 Every team is to report their game scores directly to the SCL webmaster weekly. Doing so takes only a few minutes and allows everyone to know their team's standing as well as the other teams in the SCL.
- 2.2.5 Gate fees will be set by the state directors annually.

3.1 Volleyball Guidelines

- 3.1.1 The game, court, equipment, uniforms, and game rules are all specifically detailed in the National Federation of State High School Associations Rules book. Their contact information is as follows:

Address: P.O. Box 690
Indianapolis, IN 46206
Phone: 317-972-6900
Fax: 317-822-5700
Website: www.nfhs.org

Coaches are strongly encouraged to purchase a rule book each year and become familiar with the rules as well as the changes to the rules so they may teach their players proper techniques and skills.

- 3.1.2 Team rosters are due to the district director by September 15th.
- 3.1.3 The home team is responsible to provide two line judges, a scorekeeper, a **legal ball (NFHS stamp on it)**, and a court on which the game is to be played. Poles and referee platforms must have protective covering and a minimum height of 5 ½ feet with at least 1 inch thick shock-absorbing material.
- 3.1.4 **Officials are required to be Florida High School certified.** Games will be governed by Florida High School and SCL rules and guidelines.
- 3.1.5 Regular season matches shall consist of the best 3 out of 5 sets as specified under Rule 1, Section 2 of the NFHS rule book. Each set shall be 25 points and a team must win by 2 points. In the event a 5th set is needed, the 5th set shall be to 15, and a team must win by 2 points.

4.1 Flag Football Guidelines

- 4.1.1 The SCL will use the current National Federation Rules and Casebooks in conjunction with the SCL rules for governing the play of flag football. However, if there is a conflict between the National Federation Publications and the rules set forth in the SCL Flag Football Guidelines, the current SCL rules will prevail.
- 4.1.2 Team rosters are due to the district director by September 15th.
- 4.1.3 Flag football is played with 2 teams made of 7 players. Students may begin participating as long as they meet the eligibility requirements and their name(s) were previously submitted on their school's eligibility roster.
- 4.1.4 The game is administered by at least 2 certified paid officials from a specified officials association.
- 4.1.5 The home team will coordinate the officials and booking commissioner and is responsible to pay the officials. The head official's decision will prevail over all other officials when there is a rule interpretation or administration. He will also keep the official score.

- 4.1.6 The home team is responsible for the chain crew.
- 4.1.7 Only the head coach and/or team captains may question officials as to official decisions. This does not include questioning “judgment calls” such as pass interference. The head coach must call and use a timeout to speak at length with a referee about an official decision.
- 4.1.8 **Due to safety and fairness for all teams, games are not to be started later than 5:00 PM unless there is electrical lighting sufficient for a night game. Failure for teams (home or visitor) starting on time may result in forfeiture in favor of the offended team.**

4.2 Flag Football Guidelines – The Field

- 4.2.1 The game may be played on either a regular 50 yard x 100 yard football field or a 40 yard x 80 yard field, both with 10 yard end zones. Failure to meet field requirements will result in an automatic forfeiture by the home team. For continuity, the SCL Championship Tournament field will be held on a 40 yard by 80 yard field.
- 4.2.2 Goal posts are optional, but encouraged. **If used, goal posts must be padded (2-inches thick minimum) and up to 6 feet high from the ground.**
- 4.2.3 The home team is responsible for the markings and preparations of the field. The field must be marked off every 10 yards, using only approved line-marking material. It is suggested that fields be marked off every 5 yards.
- 4.2.4 It is **required** that all spectators stand at least 5 yards from the sidelines and end lines, also not in front of the bleacher areas. Also, **coaching staff and players are required to stay within the 20-yard lines and 2-yards off the field.** The home team should post some type of markers for this purpose.

4.3 Flag Football Guidelines – Equipment

- 4.3.1 All game balls **must** meet the specifications set forth in the National Federation Rules with the NFHS stamp on them. Each team is responsible for furnishing one game ball. The offensive team has the choice of the approved ball. No sticky or foreign substance may be added to the ball, hands or gloves such that would give a receiver an unfair advantage for catching the ball.
- 4.3.2 Each player on the team shall wear a jersey of the same color and numbered on both the back and front. Numbers on the back shall be at least 6 inches high and on the front at least 4 inches high. Jerseys must remain tucked in at all times and may not blouse over the top of the pants/belt.
- 4.3.3 Players’ pants may not have pockets. Pants that do have pockets must be sewn shut in order to avoid potential injury.
- 4.3.4 All players shall wear “Triple Threat” flag belts as specified by SCL. Flags (2 x 12 inches) and belts must not be altered in any manner. **Altering equipment will result in team forfeiture.** The belt must be worn about the waist. Players must wear belts of appropriate size to ensure the proper location of the flags on the player’s body. Typically, these should run down the

seam of legs on the pants. Players may not have towels stuck in their belts and/or pants for hand cleaning.

4.3.5 Players must wear correct shoes at all times. They must be rubberized soccer or football cleats or regular athletic shoes. **No metal cleats or spikes are allowed.**

4.3.6 Sweat bands on wrists and heads are acceptable, but must match the uniforms' predominate color. No hats or helmets are allowed.

4.3.7 **No soft or hard protective equipment (such as pads) may be worn by a player.**

4.3.8 Players are to wear matching, color-coordinating socks as part of their uniforms. Players may not have mismatched socks. If a player does so, they will not be allowed to play until they meet the designated team uniform requirement. The styles of socks may have some variation as long as the color is the same.

4.3.9 Team uniforms (jersey/shirt, pants, and socks) must match.

4.4 Flag Football Guidelines – The Game

4.4.1 A team may start a game with 6 players, but no less, and may continue with 5 players. Any less number of players for these two situations will constitute a forfeit.

4.4.2 The offense and **defense** must have at least three (3) players on the line of scrimmage. Please note that the above rule clarification should also be made under the SCL Summary of Penalties and Fouls on the last page of the SCL Flag Football Rules.

4.4.3 One player must be designated as the speaking captain by the coach.

4.4.4 The coach is the official representative of the team, and is responsible for seeing that the team complies with these rules.

4.4.5 The game consists of two halves, 20 minutes each, with two (2) 10-minute quarters in each half. Teams shall change directions at the end of the 1st and 3rd quarters, with a one-minute time out between quarters. Approximately 4 minutes before the end of each half, an official will notify the coaches and team captains of the time remaining.

4.4.6 Starting the Game: The normal kickoff shall be the 30-yard line. Other free kicks shall be the 20-yard line. The receiving team shall be no closer than 20 yards from the free kick line.

4.4.7 The clock stops for the following dead balls and resumes when the ball is legally snapped or a free kick is touched:

Team timeouts
Any score
An incomplete pass
Ball out of bounds

Penalty delay of game
End of a period
Official time out

- 4.4.8 The clock may be stopped for an official's time, and started again by the official's signal for the following reasons:
- Measurement for first down
 - First down declared
 - Change of team possession
 - Notification of time remaining
 - Any unusual delay in getting the ball in play or other similar reasons
 - Significant player injury
 - Player equipment repair (if this is not fixed within 30 seconds, the coach will have to either call a time out or send in a substitute until the equipment is repaired/replaced.)
- 4.4.9 The offense will have 25 seconds to put the ball in play after it has been spotted.
- 4.4.10 Offensive teams have four (4) downs to make it to the line-to-gain, which is usually 10 yards.
- 4.4.11 Scoring: A touchdown is six (6) points, an extra point is one (1) point for kicking and two (2) points for running or passing, both from the 5-yard line; a field goal is three (3) points; a safety is two (2) points.
- 4.4.12 Each team is allowed three (3) time outs per half, limited to one minute per time out. After 45 seconds into the time out, the official will give a warning whistle that the time out is about to expire.
- 4.4.13 Free substitution is allowed as long as the ball is not in play.
- 4.4.14 A legal touch is made when a flag is detached for any reason from the ball carrier. If a player loses a flag while in possession, the player is down where the flag came off. If a player loses a flag before possessing the ball, he will be down at the point he possesses the ball. If his flag is pulled early by the defense, the ball is downed and a 5-yard penalty will be assessed to the defense and an automatic first down will be awarded to the offense. **Any flagrant pulling of the flag (throwing it to the ground, taunting) by the defense will result in an unsportsmanlike conduct penalty, and the offending player may be ejected from the game.** If the flag is detached as a result of a fake, there is no penalty and if the player takes possession afterwards the he is down at the point of possession.
- 4.4.15 After the ball is ready for play, and before the snap, no false start shall be made by any offensive player. A false start includes a shift or a feigned charge, which simulates action at the snap and any act clearly intended to cause an opponent to commit a foul. It is also a false start if any offensive player on the line between the center and the player on the end of the line, having placed a hand on or near the ground moves his hand or makes a quick movement.
- 4.4.16 After the ball is ready for play, and before the snap, each offensive player must momentarily be within 15 yards of where the ball has been spotted in the huddle. **Players may line up beyond 15 yards of spot at start of play if they were in huddle or legal substitution.**
- 4.4.17 Off-sides denotes the position of a player, except the center's right to be over the ball, who breaks the plan of his line of scrimmage, after the center has made his final adjustments to the ball.

4.4.18 Each member of the team is eligible to receive a pass.

4.4.19 ALL punts or kicks **MUST** be announced before the ball is spotted. Officials must give the defense time to set up before the snap. The kicking team may not kick before the receiving team has had opportunity to set up. The ball must be kicked within five (5) seconds after reaching the punter or the holder (for extra points and field goals and punts). **If the ball is not kicked within five seconds, it will result in the loss of down.** The punt or kick is alive until a receiving player is de-flagged, runs out of bounds, or touches the ball without control. **A standstill pass or run back is permitted on any punt or kick if it is caught in the air in fair territory. The player catching the kick in the air may take only one step during the standstill pass.** The holder for an extra point or field goal may have one knee on the ground during the extra point try without the play resulting in a dead ball. He may lift his knee off the ground in order to receive a high snap; however, he may not run or pass, but may replace his knee on the ground to complete the kick. **The holder may also start in a standing position and, upon receiving the snap, go to one knee to complete the kick.** The defensive line may not cross the line of scrimmage in order to block the kick or pull an offensive player's flag. **A kick-off or punt may hit the ground and be picked up by the receiving team and advanced by running the ball but not passing the ball.** If, however, the kick-off or punt touches any part of a member of the receiving team without control being established, the ball will be dead where it was touched. **All kick-offs (including safeties) which go out of bounds without touching a receiving player, will allow the receiving team one of three options:**

- Penalize the kicking team five yards and kick over.
- Accept the ball 25 yards from where it was kicked on 100 yard field or 20 yards on 80 yard field.
- Accept the ball where it went out of bounds.

4.4.20 Field goals that are missed and/or blocked outside the 20-yard line will be put in play by the opposing team at the line of scrimmage. The defense may not cross the line of scrimmage in order to block the field goal or pull an offensive player's flag, but may jump vertically in order to block the field goal. Missed or blocked field goals inside the 20-yard line where the ball goes into the end zone will result in the ball coming back to the 20-yard line. Missed field goals can be returned if caught outside the end zone and not muffed.

4.4.21 A fumble shall be dead and belongs to the team that last had possession at the point where the possession was lost or the ball touched the ground, if behind the one in possession.

4.4.22 Multiple forward passes behind the line of scrimmage are permitted as long as the passer(s) have not passed the line of scrimmage. Backward and lateral passes are permitted anywhere on the field.

4.4.23 **There will be NO center sneaks. Plays that involve linemen (including the center) in which the ball is given back to them by hand-off, lateral, shovel, or regular pass may be done only if the linemen turn 180 degrees and face the quarterback before receiving the ball.**

- 4.4.24 A dead ball occurs when:
- A flag is legally detached.
 - A ball carrier touches the ground with any part of his body other than his feet or arms.
 - A ball touches the ground, except when kicking.
 - A ball leaves the playing field.
- 4.4.25 **The defense may not detain the ball carrier by physical contact with the body or clothing of the ball carrier (holding). The defense may not push the runner out of bounds. These fouls constitute a 10-yard penalty from the end of the run.**
- 4.4.26 Blocking (which results in bodily contact) is prohibited and is a 10-yard penalty.
- 4.4.27 Any deliberate attempt by the ball carrier to stiff arm, shield his flags purposely (with the hands or ball being held against the belt) run into a defensive player, lower his head when running, or leave the ground (leap or dive) once he has possession of the ball, constitutes a 10-yard penalty. The passer may leave the ground only in the actual act of passing. **Any contact movement which could be called leaping or hopping by any ball carrier possessing the ball to avoid having his flag pulled will result in a penalty on the offense, regardless of contact.**
- 4.4.28 Offensive players may protect the ball carrier by screening (as done in basketball). **A screen is defined as an offensive player taking up a still and upright position before a defensive player is within one step of the screener. The screener must keep his hands folded in front of him or either his hands and arms straight down by his side.** No part of the screener's body, except his feet, shall be in contact with the ground throughout the screen. Movement of the screener's body in any direction that causes bodily contact shall be considered blocking. **An offensive lineman may move straightforward ahead of the running back without penalty if he stops one step before the oncoming defensive man, and providing they meet all requirements of a proper block. If the lineman is unset when contact is made by the defensive man, the penalty is on the offensive lineman for an illegal offensive block.**
- 4.4.29 Defensive players must go around an offensive player or blocker at all times. Pushing, pulling, sliding across the blocker, **or going through or under a blocker is a defensive charging violation and a 10-yard penalty.** Defensive players are responsible to avoid bodily contact with a passer at all times. Violation is a 10-yard penalty. **A defensive player may jump into the neutral zone without an offside penalty providing he is back out of the neutral zone before the ball is snapped. When the ball is within the 10-yard line and the neutral zone is the football itself, a defensive player jumping offsides will result in an automatic offside penalty (1/2 the distance to the goal line).**
- 4.4.30 **PASS INTERFERENCE:** Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. **Clarification: Hindering an opponents vision without making an attempt to catch, intercept, or bat the ball is pass interference, even though no contact is made.**

Offensive pass interference – A 10-yard penalty and loss of down from point of snap. **Defensive pass interference – A 10-yard penalty from point of snap and an automatic first down for the offense.** If the ball does not cross the line of scrimmage, it is not interference. It may be a penalty for holding or unnecessary contact. If the pass interference is intentional and/or unsportsmanlike, the offending team may be penalized an additional 10 yards .

- 4.4.31 Spinning constitutes a 5-yard penalty from the point of infraction. Spinning is defined as an act that the ball carrier makes more than one (1) consecutive 360-degree turn. The ball carrier must move in an obvious forward direction without spinning after one of his 360-degree turns and before beginning another spin. A ball carrier does not have to complete a spin of 360-degrees. This does not restrict a ball carrier from twisting to avoid being downed.
- 4.4.32 When a penalty flag has been thrown, play will continue until there has been a whistle or the ball is downed. The offended team will be notified as to their options. Officials are not obligated to warn either team prior to penalties for infractions of the rules.
- 4.4.33 **Any profanity or unsportsmanlike conduct will result in the offender being ejected from the game.** The player's coach must be informed of the wrongdoing by the head official.
- 4.4.35 Any unsportsmanlike conduct of a gross and willful nature or fighting will result in the ejection of the offending player, coach, or spectator from the game and reported to the state and district leaders. If a coach is ejected he/she must submit a letter to the district director stating the cause for the ejection within 48 hours. The head official will also submit a letter to the district director within 48 hours. The offending school must also submit a \$50.00 fine to the district director before the beginning of the next official game. If the fee is not received by the next official game, that game, as well as each one thereafter, will be forfeited until the fee is paid.
- 4.4.36 Tie Breakers: If the score is tied at the end of regulation play, the Kansas City tiebreaker rule will determine the winner of the game. At the end of such regulation play, the official will have a coin toss to determine goals and possession as in regular play. The team who wins the coin toss has the choice of playing offense or defense first or second in the tiebreaker. Whichever team is playing offense first will accept the ball on the 10-yard line of the opposing team and allotted four (4) plays to score. Defensive pass interference results in $\frac{1}{2}$ the distance to the goal plus an automatic first down giving the offense an additional four (4) downs. Possession will be lost by the offensive team if they fail to score within their allotted plays from scrimmage, or a defensive man intercepts the ball inside or outside the end zone. An interception may be run back for a score. After both teams have executed their offensive plays, the team with the highest number of points will be the winner. If neither team scores, the tiebreaker will continue in like manner until a winner is determined.
- 4.4.37 If a team fails to play at a scheduled time without proper 48-hour notification to the other team, the game shall be forfeited in favor of the offended team. The score shall be 1-0 for the offended team.
- 4.4.38 If a game has begun and a team is unable to complete the game due to injury and/or lack of eligible players (four or less), and the offended team is ahead in the game, the score shall be what it is at the time of forfeit. If the offending team is ahead at the time of the forfeit, then the score shall be 1-0 in favor of the offended team.

4.4.39 Rescheduling of games is the responsibility of the teams and should be done as soon as possible. District games that must be rescheduled are to take precedent over non-district and/or fellowship games. All rescheduled games must be completed a minimum of two days before the district tournament so the district director will have ample time to bracket the teams for the tournament.

4.4.40 The forfeiting school MUST give reason for the forfeit in writing to the school and the district leader.

4.4.41 Summary of Penalties and Fouls:

- Illegal use of hands and tackling by defense 10 yards from end of run
- Stiff-arm, shielding, charging, diving, lower head 10 yards
- Blocking or illegal screening 10 yards
- Offensive pass interference 10 yards, loss of down
- Defensive pass interference 10 yards, automatic 1st down
- Illegal contact with passer 10 yards, 1st down
- Unsportsmanlike conduct 10 yards
- Improper uniform or equipment 10 yards
- Illegal participation 10 yards
- Illegal pass or handling of the ball 5 yards, loss of down
- Illegal spot pass on punts or kicks 5 yards
- Intentional ground of ball 5 yards, loss of down
- Less than three (3) men on offensive or defensive line of scrimmage 5 yards
- Encroachment or off sides 5 yards
- Illegal procedure 5 yards
- Illegal snap 5 yards
- Illegal spinning 5 yards
- Delay of game 5 yards
- Illegal man in motion 5 yards
- Detaching flag early 5 yards, 1st down

5.1 Basketball

5.1.1 The game, court, equipment, uniforms, and game rules are all specifically detailed in the National Federation of State High School Associations Rules book. Their address is P.O. Box 690, Indianapolis, Indiana, 46206. Their phone number is 317-972-6900, fax number is 317-822-5700, and website is www.nfhs.org. Coaches are strongly encouraged to purchase a rule book each year and become familiar with these rules as well as the changed to the rules so they may teach their players proper technique and skill.

5.1.2 Team rosters are due to the district director by December 15th.

5.1.3 The home team is responsible to provide an official score keeper, score board, timer, officials, and game ball. Balls must be legal (have the NFHS stamp on them) for both boys' and girls' games.

- 5.1.4 Officials are required to be Florida High School certified. Games will be governed by Florida High School and SCL rules and guidelines.
- 5.1.5 Male basketball shorts must come to the top of the knee. Spandex/compression gear, if used, must be under the basketball shorts and may not extend beyond the length of the short. Numbers may not have a 6, 7, 8, or 9 on them. Teams should have the same jerseys and shorts. Jerseys may be block (without a sleeved t-shirt underneath).