



ACTIVE LEAGUE



Active League Rules

2026

- All games will consist of four 10 minute quarters, with 1 minute for quarter time and 2 minutes half time. Teams must be ready as soon as the previous game has finished. There will be a 5-15 minutes in between games for a quick warm up.
- **Ball size:** Yr 7/8 use a size 6 ball.
- **Mouthguards** are compulsory for all players and grades. No mouthguard, no game.
- Teams are to provide scorers for their own game.
- Team benches are provided for players and coaches. Parents and supporters must not be in the middle of the courts or beside benches. Players must be seated on the team bench when not playing.
- **No jewellery or watches are to be worn.** Long hair is to be tied back and nails should be short.
- If players do not have numbered tops, it is their responsibility to give their name to the scorer should they be called for a foul. (Parent that can identify kids on the bench is ideal)
- All teams must be wearing the same colour Tops/Singlets.
- **Number of fouls:** Maximum of 5 per player (all grades). Team fouls are not recorded in any grade. Fouls will be called at all times when a player is being disadvantaged.
- **No screens are allowed in our Active League Competition.** Referees will call a screen violation if a player attempts to set a screen. The opposition will receive the ball on the side-line.
- **Substitutions:** Players can be substituted on any inbound pass. Please inform the referees.
- **Free Throws:** There are no free throws for these grades. On a shooting foul, the team shall receive an automatic two points (3 if the shot goes in) and the ball goes to the defending team.
- **Discretionary Calls:** The following rules will be applied with discretion by the ref: 3 seconds, back over half, 5 seconds.
- **Time Outs:** One (30 sec) time out per team per half (Clock stays running). No timeouts or substitutions (unless for injury) to be taken in the last 2 minutes of the game in all grades.
- As a general rule, players may play with one team only. When an extra player is required to help make up numbers, the coach must let the floor controller know, as well as the coach of the opposing team.
- If a team has 4 players at the beginning of a game, they have 10 minutes to field a 5th player. After 10 minutes, if the team still has 4 players then they default the result and the game continues as a friendly. If a team starts the game with 3 players, it is an automatic default and the two teams will play a friendly game.