

**PLAYING TIME:**

Each player must play 2 full quarters from start to finish. Substitutions can be made in the game, but only at the start of the quarter. Each player must sit out one full quarter. The player's participation times will be kept by the table and checked at half time and at the end of the game.

Exception:

1. A player who is injured during play.
2. A player who is not at full strength. This must be agreed upon by both coaches prior to the game.

**CLOCK:**

Each quarter will be 10-minute continuous quarters. During "running clock" the clock is stopped only for time-outs or undue circumstances. The clock will stop on all shooting fouls. During the last minute of each half the clock will stop on all dead-ball situations, all whistles, i.e., out of bound plays. There will be a 3-minute half time.

**OVERTIME:**

There will be no overtime. Games may end in a tie in regulation.

**TIME OUTS:**

Each team will have two 30-second time outs per half. These time outs do not carry over. Time outs can be called by a player presently in the game or by the HEAD COACH.

**FOULS:**

Each player is permitted 5 personal fouls per game. On the 7<sup>th</sup> team foul, we will shoot 1 and 1. On the 10<sup>th</sup> team's fouls, the opposing team is awarded 2 shots. The clock will continue to run unless it is a "shooting" foul.

Intentional (Flagrant) Foul: A player's intentional foul in the referee's opinion will shoot 2 free throws and his or her team is awarded the ball. The clock does not stop.

**DEFENSE:**

Each team will play half-court, man-to-man defense only. Players must start within 3 feet of the offensive player they are guarding, but are permitted to leave to help on drives to the basket. Double-teaming is allowed within the lane. Switching or picking up a loose man on a breakaway when there is a clear threat to score is good man-to-man basketball and is allowed.

**NO PRESS AT ALL**

**INBOUND PLAYS:**

The team on defense may defend and attempt to steal the inbound pass anywhere in the front court. The back court violation line moves to the opponent's foul line after the ball reaches half court. A team has 5 seconds to inbound the ball.

***FORFEITURES:***

There will be a 5-minute grace period before a game will be forfeited. Each team must have 5 players to start a game.

***CONDUCT:***

Officials and managers have the right to expel players, parents, adults and coaches for unsportsmanlike conduct.