

# League Rules (quick sheet)

- **Running clock all ages**
  - 6U division: 7 min quarters
  - 8U and up divisions: 8 min quarters
  - Stop clock for **free throws, timeouts, and final minute** of 4<sup>th</sup> quarter (on whistle)
  - Mercy rule:** Running clock (except TO) if lead is 15 points or more. Once activated, score must drop to 10-point lead or less to resume normal clock.
- **Defense**
  - Starts at half court **except** for 6U inside the 3-point arc only.
- **Pressing Rules**
  - 6U & 8U: no pressing allowed!
  - 10U: 4th quarter and OT
  - 12U: 2nd half
  - 14U: Allowed entire game
  - Pressing Mercy rule: no pressing if team is leading by 20
- **Players**
  - Can play with 4 players as a minimum
- **Timeouts**
  - 4 Timeouts per game
- **Halftime**
  - 2 mins
- **3-point shot**
  - Allowed at all ages where properly marked
- 6/8 foul rule per quarter applies. On 6<sup>th</sup> team foul per quarter, the opponent shoots 1 & 1 free throw. On 8<sup>th</sup> team foul per quarter, bonus applies. Resets each quarter.
- **Lane Violation**
  - 10U and under: 5 secs
  - 12U and over: 3 secs
- **OT**
  - 2 min stop clock on every whistle. If still tied, 2OT 2 min stop clock. If still tied, Shootout - only players on the court shoot 1 free throw each. Team who makes the most out of 5 wins the game.
- **Goal Height & Free Throw Line**

6U	8 feet	Inside broken circle (or best judgement)
8U Girls	8.5 feet	Inside broken circle
8U Boys	9 feet	Inside broken circle
10U and up	10 feet	Regulation foul line (10U girls may jump over line)