



## Men's League Rules Summary

1. **16 Minute Halves – Clock Stops on All Dead Balls**
2. **3 Full Timeouts per Game**
3. **3 Minute Halftime**
4. **No Jump Balls** – At the start of each game and overtime periods, a coin toss will determine which team is awarded the ball. Possession Arrow used from that point forward.
5. **2<sup>nd</sup> Half Running Clock:** Clock will run the 2<sup>nd</sup> Half when the lead is 20 Points or more with the exception of timeouts. The clock will stop running when the lead is below 20 points.
6. **Overtime:** Possession determined by coin toss. 1<sup>st</sup> Overtime Period: 2 Minutes. 2<sup>nd</sup> Overtime Period: Sudden Death.
7. **Players CANNOT** play on more than one team in the league. If a player breaks the rule, both teams that the player played for will forfeit those games. The second offense will result in forfeits for both teams and the player ejected from the league.
8. **Jerseys/T-Shirts:** Teams must have jerseys or t-shirts all the same color with a number. **First Offense:** Assessed Technical Foul and loss of possession to start the game. **Second Offense:** Assessed Technical Foul, loss of possession and forfeit. **Third Offense:** Ejection from League.