



Friday Night League Rules Summary

1. **12 Minute Halves – Clock Stops on All Dead Balls**
2. **2 Full Timeouts for the Game**
3. **3 Minute Halftime**
4. **3 Minute Overtime** – One additional timeout for each overtime. Unused timeouts from regulation may **NOT** be carried over to overtime period.
5. **Pressing:** Pressing is allowed at all times with the exception of the last 6 minutes of the game. Teams with a lead of 20+ Points **cannot press** until the lead is below 20 points.
6. **Running Clock:** The clock will run in the **last 6 minutes of the game** if the deficit is 20 points or more with the exception of timeouts. Once the lead is below 20 points, the clock will stop on all dead balls. The team leading by 20 may **NOT** press.
7. **Games will not start early** unless requested by both coaches.