Fall Friday Night League
Rules Summary

1. **6 Minute Quarters – Clock Stops on All Dead Balls**

2. **2 Full Timeouts & 1 – 30 Second Timeout 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 Quarter of the game if a team is leading by 20 points or more.**

6. **Running Clock: The clock will run in the last Quarter 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.**

8. **Ball Size, Goal Height, Free-Throw Line Distance**

- **5th, 6thGrade Girls – Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.**
- **3rd, 4th, 5th, 6th Grade Boys – Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.**
- **7th, 8th Grade Boys – Ball Size Regulation / Goal Ht. 10 ft. / Foul Line – 15 ft.**