



# Spring 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. **Bonus Free Throws:** Per Half: Bonus on 7 Team Fouls. Double Bonus on 10 Fouls
7. **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.
8. **Games will not start early** unless requested by both coaches.
9. **Ball Size, Goal Height, Free-Throw Line Distance**
  - 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade Girls – Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.
  - 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Grade Boys – Ball Size Regulation / Goal Ht. 10 ft. / Foul Line – 15 ft.