



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:** By Quarter. Double Bonus on 5th Foul each Quarter. Foul Count will reset each Quarter.
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. Players may only play on teams in Divisions of their gender. Girls cannot participate on Boy's teams and Boys cannot participate on Girl's teams.
10. **Ball Size, Goal Height, Free-Throw Line Distance**
 - 3rd, 4th, 5th, 6th, 7th, 8th Grade Girls – Ball Size 28.5 / Goal Ht. 10 ft. / Foul Line – 15 ft.
 - 3rd, 4th, 5th, 6th - 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