Quarters/Halves	Overtime Period	Warm up	Halftime
4 th - 12 th Grade: 4-8 min stop clock quarters	First overtime- 2 minutes, Additional overtimes-1 minute	5 Minutes	2 minutes

Main Rules

• The official rules are the 2023-2024 National Federation State High School rules for 3rd - 12th grade.

PLAYER FOUL:

A player will be disqualified on her 5th foul. .

- Teams will shoot 1 & 1 on the 7th team foul of the half and 2 shots on the 10th team foul.
- If a coach or player is ejected from a game, it is at the tournament director's discretion if they can participate in the next game.
- If a coach or player is ejected twice in a tournament it is at the tournament director's discretion if they can participate in the rest of event.
- Coaches must sit following the first technical foul. Free Throws
- The players lined up along the key may enter the lane on the shooters release of the ball.
- Maximum of 6 players are allowed in the lane along with the shooter at the top of the key. Tie Breakers.

TIMEOUTS:

- 2 full timeouts and two 30 second timeouts
- Timeouts CAN be carried over in O.T. Each team will additionally receive ONE 30 second times out per overtime.

PRESSING/MERCY RULE

25 points lead the clock will run and no pressing until team is within 15 points.

UNIFORMS:

Teams must have both light jerseys and dark jerseys. The home team is on the top in pool play and bracket play. The home team wears light jerseys and must be distinguishable from opponents.

BENCH PERSONNEL:

A team may have on its bench only the eligible persons listed on its official roster, including 3 non-athletes (coaches, ball boy, scorekeeper, etc.)

At least one-person age 18 or older must be always on the bench. •All Non-Athletes must wear the wristband provided at registration, no exceptions.