



Special Rules for Ladies, High School Boys, & Under/ Over “30” Men

CLOCK:

- The game clock will run continuously for two 16 minute quarters.
- Clock will only stop on time-outs and foul shots.
- The clock will also stop on every whistle in the last minute of each quarter.

TIMEOUTS:

- Each team is given 4 full time outs per game, to be used as the team sees fit.
- These timeouts **CANNOT** be carried into overtime. .

BREAKS:

- 1 minute break between quarters.
- 5 minute break between halves.
- 8 minute break or time until scheduled game time (whichever is longer).

OVERTIME:

- Will be 3 minutes long.
- Maximum of 1 overtime period.
- After 1 overtime, the game will be considered a tie.
- Each team will be given ONLY 1 time out to use during play.

SPECIAL RULES:

- Jewelry:
 - ◆ No player shall wear jewelry (watches, bracelets, necklaces, earrings, metal hair bows, or hair beads).
 - ◆ No band-aids or tape over jewelry will be allowed,.
 - ◆ **NO EXCEPTIONS!**
- After gaining a 15 point lead, the leading team is restricted to defense inside the 3 point arc until the lead is reduced to 10 points.
 - ◆ Violation: One warning will be given, and then a technical foul is issued.
 - ◆ Defender may not break the plane of the 3 point arc with any part of their body
 - Violation: One warning and then at technical foul.
- After the backcourt time out, ball will be put in play at half court.
- Goal height will be at 10 feet.

BALL SIZE:

- Women: Compact (28.5)
- Boys/ Men: Full (29.5)

REMINDER:

- ****NO PLAYER WHO MAKES THE FINAL CUT ON A SCHOOL TEAM (HOME SCHOOL, CHARTER, OR PRIVATE) MAY PARTICIPATE IN THIS LEAGUE FOR THE CHURCH AND SCHOOL SEASON.**
 - ◆ **VIOLATION: Any team caught play school players, the ineligible player and coach will be suspended for 1 calendar year: NO EXCEPTIONS!**