

6U Rules

- Coed ages 4-6 Age Control Date September 1st
- Practice held on Tuesdays 6-7:30
- 28.5 Ball
- 30 Minutes mini practice before game
- Game played with 6 minutes quarters running clock
- Defense can't play outside the 3 point line
- Coaches allowed on court
- Substitution every 3 min
- Mandatory play rule

8U Rules

- 28.5 Ball
- Game play 8 minutes quarter running clock except last 2 minutes of 2nd and 4th quarter.
- Substitution every 4 minutes
 - o If less than 10 players, player can play 2nd 4 minutes of quarter, but must sit out first 4 minutes of following quarter.
- No full court defense for first 3 games of season. Defense must remain inside 3 point line.
- Starting 3rd game of season full court defense allowed on missed shots ONLY.
- On made basket defense must get back to half court.
- If team is up by 20 points clock will run until lead is cut to under 20.
- Defense must play defense within the 3-point line.
- **New for 2024 Team fouls will reset after each quarter and teams will shoot double bonus**

10U Rules

- 28.5 Ball
- 8 Minutes quarters running clock
- Players must play one complete quarter in 1st half unless player receives 3 fouls in a quarter.
- If less than 10 players but more than 5 players can play two consecutive quarters but must sit out first 4 minutes of 3rd quarter.
- 10U full court defense on dead ball allowed after starting game #3
- If team is up more than 20 points clock will run until lead is under 20 and must only play defense at half court.
- **New for 2024 Team fouls will reset after each quarter and teams will shoot double bonus**

12U & 14U Rules

- 29.5 Ball
- 8 Minutes quarters running clock
- Players must play one complete quarter in 1st half unless player receives 3 fouls in a quarter.
- If less than 10 players but more than 5 players can play two consecutive quarters but must sit out first 4 minutes of 3rd quarter.
- If team is up more than 20 points clock will run until lead is under 20 and must only play defense at half court.
- **New for 2024 Team fouls will reset after each quarter and teams will shoot double bonus**