1st-2nd Division

Practices:
- Each team will have a 1 hour practice, one day a week

Players on the court:
- 3-on-3 Half Court

Timeouts:
- No timeouts

Overtime:
- No overtime

Game Time:
- Eight minute running clock for 4 quarters
- One minute rest between quarters
- Two minute rest at halftime

Playing Time/Subs
- Each player will play a minimum of 2 quarters, one full quarter per half
- No player can sit for a second time until all players have sat out one quarter
- If a player is late, the first quarter will count as their quarter to sit out. If they come at halftime, they are not to sit out for the remainder of the game
- Each player must sit out one full quarter if roster size permits
- No player will sit out for two consecutive quarters
- Teams will have an opportunity to sub halfway between quarters. The horn will go off close to the 4 min mark to alert coaches of substitution time
- You may not punish players for showing up late to games or practices, by taking away playing time for them
**Regulations:**
- Coaches will officiate their own games. Only one coach from each team is allowed on the floor at one time
- Games will be played with a 27.5 oz basketball provided by the league
- Rim will be lowered to 8 feet in order to aid players to develop proper shooting techniques
- Fouls in game will result in a restart from the top of the key. No free throws shots will be awarded during a game. Coaches will be responsible for controlling their team’s fouls. If a player becomes disruptive or overly aggressive with fouls, a coach may sit them down for a quick cool down
- No defensive pressure is permitted outside of the “paint”. Coaches will be responsible for teaching the defensive boundaries in practice and during game play
- No double teams are permitted. Play will stop and game will restart at the top of the key if a player is double teamed
- No lane violations will be enforced (3 seconds in the key)
- At the change of possession, game play will restart at the top of the key. Coaches will have time to assist getting players positioned on the court properly before restart
- Score will not be kept for this division

**Forfeit:**
- There will be no rescheduling of games if a team does not show up for their game time