**High School League Rules:**

Teams will play 12 -minute running halves, teams can play 2 -3 or 3 - 2 zone and full court press the last two minutes of game, or down 15 points or until they tie the score. substitutes every 5 minutes, the clock stops the last 2 minutes of the game, unless team have a lead of 15 points or more; all shooting fouls will result in a point until the last 2 minutes of the game. At the 2-minute mark players will shoot 2 shot fouls. The clock stops the last 2 minutes of the game unless there is a 15-point lead. All players must get back on defense once the opposing team retrieves the rebound. Teams can only zone press down 15 points or the last two minutes of the game.

**F. Mercy Rule will apply to all teams down by 20 points or more with 2 minutes remaining!**

G. Each player will be allowed 5 personal fouls, two shot fouls on the 10th team foul.

H. Three time-outs for regulation game and one time out total in overtime.

I. All overtimes games are 2 minutes long running clock. If there is a second overtime, the players on the bench **MUST** play the ½ of the overtime period.

J. Only the head coach may stand and is restricted to an area covering the length of the bench from the first to last seat. PLEASE DO NOT block the scorekeeper’s vision. All assistant coaches and bench players must remain seated except during time outs.

K. Only the head coach and player (not an assistant) may request a timeout, but the timeout is granted **only** when a referee acknowledges the request.

L.  During free throws players can enter the free throw lane once the ball is released.

M. Teams may begin the game with four players, but the opponent can still play with five.

Teams with less than 4 players will forfeit the game.

N. All players must have their M.O.T issued uniforms or a technical will issued to their team.

O. If a player is issued a technical foul he or she will have to sit the rest of the game.

P. If a player is issued two technical during the season he/she will have to sit the following game.

Q. If a team has less than 10 players then the coach must play his two least experienced players three of the substitution rotations. If a team has 7 players or less, than your 2 most experiences players cannot play 2 consecutive substitution patterns.

R. Teams can play whomever they want the 1st overtime but if there is a 2nd overtime ALL the players on the bench must play the entire time.

* NO player can play 3 consecutive rotations
* **Absolutely No Junk Defense**

**S.** Players do not have to retreat after the shot is taken.