

2024 Forest Lake Freeze Tournament Rules

Minnesota high school rules will apply except as noted below.

Game time

- a. 14 minute stop-time halves.
- b. When one team reaches a 20-point lead, the game goes to running time the last 8 minutes. Stop time returns at a 15-point differential.

Overtime

- a. First overtime will be 2 minutes.
- b. Second overtime will be sudden death.

Zone defenses

- a. 6-8th – Allowed
- b. 4-5th – Not allowed

Ball size

- a. Boys 7-8th grade – 29.5” ball (men’s official)
- b. Boys 5-6th grade - 28.5” size ball (women’s official)
- c. Girls 5-8th grade - 28.5” size ball (women’s official)
- d. 4th Boys and girls - 27.5” size ball

Full court pressing

- a. 6th- 8th Allowed
- b. 5th – Not allowed until last 2 minutes of the game
- c. 4th – Not allowed
- d. All Grades - no full court pressure once a 15-point lead is reached. Pressing allowed after the lead returns to 14 or less.

Free throw line

- a. 4th – 12-foot free throw line, may end up over the line.
- b. 5th – Shoot from behind regulation line, may end up over the line.
- c. 6-8th – Regulation

Timeouts

- a. Three per game, 1 - overtime, 0 - sudden death
- b. Timeouts from regulation do not carry over to overtime.
- c. Timeouts are 1 minute long

Other rules

Minimum of 3–5 minute warmup period before each game.

3 minute half-time

No protests. Referees and tournament officials will settle all disputes on the spot.

Each team will provide a game ball

A team can't start with less than 5 players. If there are not enough players on the floor 5 minutes AFTER the scheduled start of the game, that team forfeits the game.

Forfeits before or during the game will result in a score of 15-0.

Each player must have a uniquely numbered jersey.

Lineups must be in the official score book at the score table before each game.

Technical fouls will not be shot, 2 points and the ball will be awarded to the opponent of the team charged with the technical foul.

No swearing, abusive or bullying behavior will be tolerated. Inappropriate actions and/or words by coaches, players, or spectators may result in removal from the tournament.

If a player, coach, or spectator is removed there will be no reentry into the tournament. Refusal to leave within 5 minutes will result in forfeit of the game. If the situation persists the team will be removed from the tournament with no refund due.

Coaches are responsible for the conduct of their players and fans.

A coach or player with two technical fouls will be ejected from the tournament and not allowed to stay in the building.

Home team will provide official bookkeeper. Away team provides clock worker when volunteer clock worker is not provided.

The home team will be listed at the top of the bracket or pool play.

Games will not be allowed to start more than 10 minutes early unless agreed upon by both teams' coaches, game officials and the tournament director.

Tie breakers

Win/loss record head-to-head

Point differential (least amount) points scored

Coin flip