

Super League Rules & Regulations

- 1) Two 20-minute running time halves.
- 2) Clock stops the last 3-minute of each half. Note: 2-minutes for halftime.
- 3) Boys' league is governed by high school federation rules. Girls' league is governed by N.C.A.A. women's rules. Please note the following exceptions for all age groups and divisions.
 - a) Three (3) full time-outs per game.
 - b) One and one bonus on (7th) team foul per half. Double bonus on tenth (10th) team foul per half.
 - c) **A player fouls out after his/her 5th foul.**
- 4) **Forfeit time is 10 minutes after scheduled game time.**
- 5) Rosters are limited to 12 players.
- 6) **Overtime:** Two (2) minutes overtime periods. Clock stops last minute. One additional time-out.
- 7) Game warm-up is 5 minutes.
- 8) **NOTE: ZERO TOLERANCE FOR FIGHTING OR LEAVING THE BENCH. YOU WILL BE EJECTED FROM THE REST OF THE LEAGUE.**
- 10) PLEASE – no dunking during warm-ups.
- 11) No protests.
- 12) **No Press rule – Press all you want but with sportsmanship.**
- 13) Three-point shots are allowed in all age groups.
- 14) Ball size:
 - a) Girls' – 28.5
 - b) Boys' – 5th grade - 28.5 - 6th grade and up – Boys' size
- 15) **COACHES – Only the head coach should stand while game is in progress. Also, please have your team clean-up afterwards.**

