



# YOUTH LEAGUE RULES

Grades 7th-12th  
(For Parents and Players)

NO OUTSIDE FOOD OR DRINKS ALLOWED IN BUILDING!  
WATER MUST BE IN A THERMOS! NO EXCEPTIONS!

## GAME TIME

- (2) 18 minute running clock halves. Clock stops in the last 2 minutes of the game if the score is within 10 points
- Overtime – No overtime
- Time-outs – 3 per game used whenever (30 seconds each)

## SUBSTITUTIONS

- Allowed on dead ball only

## FOULS

- Technical Fouls – automatic two points plus the ball. Offending player must sit out the remainder of that quarter and the next.
- Shoot one and one at 7 team fouls and two shots at 10 team fouls
- Players are disqualified after 5 personal fouls

## OTHER

- No pressing if your team is up 15 points or more
- All other MHSAA rules apply

## TEAM RULES

- All players must have matching shirts with numbers
- All team fees, player fees, roster/waiver forms ***must*** be turned in before the first game. No ***exceptions.***
- Each team will be allowed two coaches
- Each team must supply one scorekeeper for each game
- All games will be played with a 29.5 ball

## COACHES AND PARENTS

EXHIBIT SPORTSMANSHIP AT ALL TIMES! (REMEMBER YOU ARE A ROLE MODEL)

- Treat officials with respect (your kids are watching)
- Cheer and encourage all players