

Time Clock & Age-Specific Rules

6U 6-minute running clock

- Free throws will be done before the game, only 1 shot per player, and will be Ref Monitored.
- Stop clock at the 3-minute mark of the 1st and 3rd quarter for a mandatory full bench substitution. Clock will start after 10 seconds after substitution stoppage.
- Starter for a starter for substitution is allowed.
- Half-time will be 3 minutes.
- The time in-between quarters will be 1 minute.
- Each team will be allowed one, 1 minute timeout and one 30 second timeout per half.
- Overtime will be 2 minutes; clock will stop on all whistles the last minute.

8U-10U 8-minute running clock

- Stop clock as close to 4-minute mark of the 1st and 3rd quarter for a mandatory full bench substitution. (Ex: 4:10-3:50) Clock will start after 10 seconds after substitution stoppage.
- Starter for a starter for substitution is allowed.
- Half-time will be 4 minutes.
- The time in between quarters will be 30 seconds max.
- Each team will be allowed one, 1 minute timeout and one 30 second timeout per half.
- Clock will stop on all shooting fouls and will start upon the player receiving the ball for first attempt. (Except in last minute of 2nd and 4th quarter)
- Overtime will be 2 minutes; clock will stop on all whistles the last minute. Only one 30 second timeout allowed per team.

12U-14U 8-minute running clock

- Free substitution for all quarters. Clock will not stop for substitutions.
- Half-time will be 4 minutes.
- Each team will be allowed one, 1 minute timeout and one 30 second timeout per half.
- The time in between quarters will be 30 seconds max.
- Clock will stop on all shooting fouls and will start upon the player receiving the ball for first attempt. (Except in last minute of 2nd and 4th quarter)
- Overtime will be 2 minutes; clock will stop on all whistles the last minute. Only one 30 second timeout allowed per team.

All Ages

- There will be a grace period of 10 minutes for the first game of the day only.
- Clock will stop the last minute of the 2nd and 4th quarters for all whistles.
- Clock will stop for timeouts & injuries.
- 3 minutes max or less to warm-up in between games.
- Mercy rule 30 points in the first half, 20 points in the second half.
- If the losing team comes back within 20 points, the game is no longer under mercy rule.

8U Specific

- Half court press for the first and third quarters. Full court press for the second and fourth quarters. * Half-court press does not have a three-point line restriction. Half-court press is defined as the offense must be allowed to cross the half court-line uncontested.
- For playoffs & Allstars: Full court press for the whole game.

Fouls

- Bonus will start at the 7th team foul; it will be a two-shot bonus and will remain a two-shot bonus for every foul the remainder of the quarter. *There is no longer a one- & one-shot bonus. *
- Team Fouls reset EVERY quarter.
- Guarding cannot displace even with 1 hand.

*Update 1/5/2026 – Dillan Smith