

FIS Future Redbird Basketball

Game Rules

- All games will consist of 8 minute (continuous clock) quarters.
- The clock will stop during the last 2 minutes of the 4th quarter.
- Teams will only be able to press during the last minute of the 4th quarter (if your team is ahead by 10 points or more DO NOT press).
- The clock will stop at the 4 minute mark of each quarter for substitutions. This time and the beginning of each quarter will be the only time to substitute players unless there is an injury (reminder this is not a time-out).
- Each team will receive 2 time-outs per half (no rollover).
- Overtime will be 1 minute and the clock will stop (each coach will receive 1 extra time-out).
- All players on the roster MUST play a minimum of 8 minutes each game.
- Half time will be 3 minutes.
- Please make sure the bench area is properly cleaned after the game.