

- 1. Game Length** Game length will be four (4) 6 Minute clock quarters.
Clock will stop for all whistles, etc.
- 2. Overtime** 2 minute overtime in this league.
- 3. Warm-up** 5 minute pre-game, 5 minute half time unless reduced by site coordinator.
- 4. Timeouts** 3 timeouts per game, 1 add'l timeout per overtime.
- 5. Playing Time** Each player must play **two full quarters from beginning until end** of each quarter, each player must **sit one full quarter from beginning until end of quarter**.
Suggested, no substitutions in first half.
Exception, if one team has 6 or less players at start, then sitting one full quarter is suspended for both teams.
- 6. Wristbands** Not used in this league.
- 7. Offense** Plays should be designed to incorporate all five players. Create situations to encourage spacing, screening, etc.
- 8. Defense** Basic man-to-man defense. Each player should guard a player with corresponding wristband.
Please have best players guard each other. Help defense is allowed after player is beaten.
No zone defenses allowed.
Penalty: 1st time; WARNING, 2nd Time and after; 1 Technical Shot each offense
- 8a. Steals** Steals are permitted.
- 8b. Press** Press allowed in final minute.
- 9. Goal Height** 10 Ft.
- 10. Free Throws** Take free throws from the line, but allowed to fall over line on follow through.
- 11. Referees** 2 Referees will handle all game situations and any controversy.
- 12. Conduct** Deliberate action by a player which could result in injury to another player shall be a two shot technical foul, removal from the game, and referral to the PYBL disciplinary committee.
Profanity, inordinate displays of temper, and other unsportsmanlike contact will result in technical fouls, removal from the game, and referral to the PYBL disciplinary committee for removal as coach.
- Other Rules** Any rules not described above shall be interpreted according to IHSAA National Fed Rules for 2009-10.