



- 1. Games will consist of 2 20 minute halves.
- 2. 5 minute halftime intermission.
- 3. 3 minute overtime if necessary.
- 4. Offensive team calls the fouls.
- 5. Defense checks the ball after a dead ball.
- 6. 2 women and 2 men must be on the court at all times.
- 7. You can only sub during a dead ball. Let the scorer know.
- 8. Women guard women and men guard men.
- 9. 1 timeout per game per team.