1. Games will consist of 220 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.
