



BLESSED SACRAMENT HOUSELEAGUE RULES (U10 boys and girls, U12 boys and girls, U 14 girls)

High School Federation rules will apply except for the modifications listed below:

1. All games will start approximately 25 minutes after the designated start time. The first 25 minutes will be used for warm up and player instruction by the coaches.
2. Each game will consist of 10 x 4 minute shifts (2 halves consisting of 5 shifts of 4 minutes). There will be a 1 minute half time.
3. The "Fair Play" rule for substitution is in effect.

Example of Fair Play shifting rules:

12 players: All players play 4 shifts; 2 play 5 shifts

11 players: All players play minimum of 4 shifts; 6 play 5 shifts

10 players: All players play minimum of 5 shifts

9 players: All players play minimum of 5 shifts, 5 play 5 shifts

8 players: All players play 6 shifts; 2 play 7 shifts

7 players: All players play 7 shifts, 1 plays 8 shifts

4. **All violations are at the discretion of the referee.** Fouls will be called. There will be shooting fouls but no bonus. Any player who receives 6 fouls in a game will foul out.
5. Full court pressing is allowed during the last 2 minutes of the fifth shift of each half. The timekeeper will advise the coach of each team when there are 2 minutes left in the fifth shift of each half. (This rule will start after Christmas for U9 Boys and Girls divisions)
6. No team may utilize a full court press if they are winning by 15 or more points.
7. The three point line is in effect (in gyms where marked on the floor).
8. Two full time-outs per game are allowed.
9. All teams will use a person-to-person defence only.

