

## **Rules for 12u &14u Basketball 2021-22**

### **12u &14u will play by NFHS rules except for the following**

- Quarters are 8 minutes with a running clock that stops only for time-outs, free throws, player injury and substitutions. The clock will stop on out-of-bounds only during the last 2 minutes of each half or overtime period. A four minute overtime will be played if tied after regulation. No second overtime will be played during the regular season.
- All players must play the equivalent of 1 and 1/2 quarters.
- Substitutions can be made when needed. Players must report to the scorer/timekeeper table.
- Games are played on 10 foot goals.
- 29.5" size basketball is used for play (regulation size).
- Each team will have 2 timeouts each half with no carryover to the second half or overtime. Each team will have one timeout in overtime.
- Teams with 5 players or less can pick up a player from the 10u league to make a team of 6.