



2025 Cup Circuit Rules & Regulations

The National High School Federation Rules and Regulations (NHSF) will apply to all Cup games with the following exceptions:

Game Rules:

- I.** No game may begin before the scheduled start time unless tournament director approves it
- II.** All teams will receive at least 4 minutes to warm-up prior to the game (Subject to Change based on Gametime)
- III.** Regulation Time
 - A. 3rd-6th Grade: 2 14-minute halves will use 28.5 intermediate size ball
 - B. 7th Grade and Up: 2 16-minute halves will use 29.5 ball
 - C. All Girls games will use a 28.5 intermediate size ball
- IV.** Halftime will be 3 minutes
- V.** Timeouts will be 3 full and 2 30 second per game
- VI.** Overtime will be 2 minutes (Timeouts DO NOT roll over to Overtime)
 - A. Each Team will be given 1 timeout in Overtime.
 - B. **Double Overtime:**
 1. **Sudden Death, No Timeouts**
- VII.** Clock will stop on all whistles
- VIII.** Fouls:
 - A. 1 and 1 at 7 fouls, double bonus at 10 fouls each half
 - B. **6 fouls to foul out**
- IX.** Each team is responsible for their warm-up balls, the home team will provide the Game Ball.
- X.** Teams will be given a 10-minute grace period (subject to change by tournament director) to arrive after the official game start time. Teams that show up after the grace period will forfeit. Only 1 grace period will be allowed per team per event.
- XI. Mercy Rule** - Once a team is ahead by 20 points, the clock will run continuously except during timeouts and injuries. If the point differential is reduced below 20, the clock will return to normal