



2025 Spring Jam Rules & Regulations

The National High School Federation Rules and Regulations (NHSF) will apply to all 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. Two 16-minute halves for 8th Grade and Up (Including JV girls)
 - b. Two 14-minute halves for 7th Grade and Below (including MS girls)
 - c. Halftime will be 3 minutes
 - d. Overtime will be 2 minutes
 - i. Each Team will be given 1 timeout in Overtime. Timeouts DO NOT roll over to Overtime
 - e. **Double Overtime:**
 - i. **Sudden Death: First team to score 2 points** – No timeouts o Clock will stop on all whistles
- IV. Timeouts will be 2 full and 2 30 second per game
- V. Fouls:
 - a. 1 and 1 at 7 fouls, double bonus at 10 fouls each half
 - b. **6 fouls to foul out**
- VI. Each team is responsible for their warm-up balls, the home team will provide the Game Ball.
- VII. The home team is the top team, first team listed
- VIII. 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.
- IX. **Mercy Rule** - Once a team is ahead by 20 points in the second half, the clock will run continuously except during timeouts and injuries. If the point differential is reduced below 20, the clock will return to normal

