



GAME RULES • NCAA RULES • No DIVES

GAME TIME

- Two 22-minute running halves
- 4-Minute Halftime
- 20 seconds to get the ball over and you can go back over midfield. Over and Back is in play after 20 seconds. If a team is stalling ref will put a timer on.
- Penalties are running time starting on the whistle (30 or 60 Sec). Penalty time stops during injuries, time-outs, between quarters and halves, and while another penalty is being assessed.
- Time (penalty, game, half) will be kept at the score table.
- Each team has one timeout per game (Clock stops).
- 1 – 4-minute overtime period. If no one scores, the game will end in a tie.