

# 2019 PINNACLE HOOPS TRAVEL BASKETBALL



## RULES

ALL NFHS RULES WILL APPLY WITH THE FOLLOWING EXCEPTIONS:

**TIME:** Games are 18-minutes running time. Clocks will not stop for **ANY** reason once started until time expires.

Warmups will be LESS THAN 2-minutes in length. There are 2-minutes between games\*

\*ALL GAMES WILL START AT THE GAME TIME REGARDLESS IF TEAMS ARE READY OR NOT, BE PREPARED!

### The NO List

NO Fouling Out

NO Timeouts

NO Backcourt Violation

NO zone defense, league man-to-man

NO Press

NO Foul Shots

### The YES List

YES All grades use Women's Ball

YES there are 3's

YES there is 10-second violation

YES you can double team as per league rules

YES transition defense is allowed as per league rules

YES teams get 1 point and ball on shooting fouls (all points on "and 1's")

## PROCEDURAL RULES

### **BEFORE THE GAME**

Be at your court 10-minutes ahead of time, stretching, getting sneakers & uniforms on before their game  
Start warming up while the previous teams are shaking hands, if you wait for them you will miss warmups  
Focus on getting your team ready to play on time, no need to enter line-ups.

### **DURING THE GAME**

Have your subs ready at the area between the benches ahead of time and instruct your players to hustle on and off

### **AFTER THE GAME**

Leave the bench area immediately after shaking hands, NO post game discussions on the bench

There will be plenty of areas in the halls and lobby to meet with your team.

Check the PHD App to make sure your score was entered correctly, if it wasn't text me

**VERY IMPORTANT** – Doors open at 8:00am at JC & 7:30am at All Saints PLEASE communicate this to your team.