

Elite Fall League



1. Games will be played by College Rules, with the following exceptions:
 - a. Games will consist of two 20-minute halves. The clock will run continuously, except for time-outs.
 - b. Each team is allowed two time-outs.
 - c. There will be a 5-minute “warm-up” period before games and 3-minutes during half-time.
 - d. On free throws there will be one shot for two points, with the exception of an “And 1”. In that case, there will be one shot for one point.
 - e. Any fouls in the free throw lane is a shooting foul.
 - f. 10 fouls puts team in bonus. Does not change rule (d).
 - g. Overtime will consist of 1 minute with no additional time-outs.
2. There will be no zone defense during games. Each team must play Man to Man defense.
3. Each team is responsible for cleaning their respective benches after each game.

IMPORTANT: Prior to a game, the League Commissioner has the discretion to adjust a team’s roster to ensure that match-ups are even. This will allow for healthy competition.