

Please note that these are the rules that most other districts have played under all season. In addition, the St. Charles District may adopt some of these changes for next season.

So ... Here are the major differences:

1. Stop clock throughout game and quarters are played (6 minute quarters for 5th & 6th; 7 minute quarters for 7th & 8th).
2. Timeouts: 4 per game, all 1-minute.
3. Overtime: 1 additional timeout for each OT period; regulation timeouts carry over. Each OT period is 2-minutes in length (stopped clock).
4. 20 point mercy rule: Any time during the 4th quarter of a game, if one team falls behind by 20 points or more, a running clock will be in effect. The winning team cannot press in the backcourt and they must allow the trailing team to enter the front court.
5. A team must start the game with 5 players.
6. 5th and 6th grade press rule: On a ball inbounded into the backcourt, the defensive team must remain ten (10) feet behind the division line until an offensive player with the ball has established frontcourt status (this restriction does not apply in the last two minutes of the game and in any overtime period). The ten-foot distance is, in most gyms, the volleyball attack line.
7. Tee shirts worn under jerseys must be the predominate color of the jersey or white.
8. The sleeves, compression shorts, or tights shall be black, white, beige or the predominate color of the jersey. If more than one player is wearing compression shorts, they all need to be wearing the same color. If the item does not meet these requirements, it must be removed.