

Rookie Tournament 1/24/2026 - Rules

Format

Seeding will be determined by the 3 On-court team competitions:

- Team Layups
- Team Free Throws
- Team Relay Races

If two teams are tied at the end of the seeding rounds, the higher seed / winner will be determined by:

1. A Coin Toss (everyone plays in the Playoffs, seeding is not that critical and a tie is unlikely)

For the Semi-Final games, a **3-minute overtime period** will be added as many times as needed until there is a winner.

For the 3rd Place & Championship game, **exactly one 3-minute overtime period** will be added. If the game ends in an overtime tie, co-winners will be declared.

Awards

The winning team will be listed on our website. There are no trophies.

Substitutions

Due to the shortened games, substitutions will take place only at the beginning of quarters; there will be no mid quarter substitutions other than for an injured or fouled out player. Teams are expected to follow the same rules as used during the regular season for substitutions; each girl must play an equal portion of the game as well as an equal portion of time over the course of the entire Tournament.

Timeouts

Each team will be given one 30 second timeout per half. The clock will restart after 30 seconds – please be ready to play. Should an overtime period be added, each team will receive one 30 second time out during the overtime.

Start of game

The first quarter will start with a jump ball. Possession will then alternate for the rest of the game. Championship overtime period will begin with a jump ball. Teams will shoot towards the basket opposite their bench during the first half and at the basket nearest their bench in the 2nd half and overtime. Overtime is an extension of the second half for counting team fouls.

Zone **Zone Defense must be played in the 3rd and 4th quarters while Man to Man will be the only defense allowed in the 1st 2 quarters**

Game times – PLEASE READ

- Teams MUST be ready to begin their games at the times listed on the schedule.

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- BEFORE your game begins, have your starting five identified and if both teams are coming onto the court together, work with your opponent to figure out man to man coverage **before** you enter the court.
- Before the previous game is over, have the girls dressed and ready to play (i.e., no sweat pants, basketball shoes on, water bottle ready).
- The break between quarters is two minutes long. The clock will start for the next quarter whether or not both teams are on the court – please have your next group out and ready BEFORE the new quarter begins.
- The break between games is 2-4 minutes long. Incoming teams must move onto the court and get ready **QUICKLY**. Outgoing teams must gather their belongings and move off the court **QUICKLY**.
- The game clock **WILL** start at the times listed on the schedule whether or not the teams are ready. The cooperation of all teams is needed to make this tournament successful.