

Lady's Day Out – Youth Basketball Tournament
Official Rules & Regulations
Effective for the January 2020 Tournament
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Registration & General

- Players must play at their grade level or higher. Players will not be allowed to play down in grade levels.
- Players may only play on one team and may not change rosters once the tournament begins. Players may be added to a roster before a team starts its first game.
- A signed waiver release form is required for any added players.
- A non-tournament player may replace an injured player. This is solely at the discretion of the tournament coordinator and only in emergencies.
- Locker rooms will not be available. Each team must supply its own ball(s) and towels.

Time

- 5-minute warmup time, 2-minute halftime (time permitting)
- Two 20-minute running halves
- Clock stops the last 2 minutes of the second half if the game is within 10 points or less
- Game time is forfeit time. A team can start game with 4 players.
- 3-30 second timeouts per game (Timeouts do not carry over to OT)
- Overtime: Clock stops on all whistles
 - 1st overtime will be 2 minutes in duration with 1 timeout provided
 - 2nd overtime will be sudden death (first score wins)

Jerseys

All teams must have similar shirts with visible numbers on the back

Fouls & Free Throws

- Bonus at 7 team fouls
- Double bonus at 10 team fouls
- Clock **does not** stop for free throws unless game is within 10 points or less in the last 2 minutes of second half
- Players are allowed 5 personal fouls
- Technical fouls
 - Any technical foul will result in the opposing team being awarded 2 points and ball possession. Any player receiving a total of 2 technical fouls at any point during the tournament will be disqualified from the tournament.
 - Any coach receiving at total of 2 technical fouls at any point during the tournament will be disqualified, along with the coach's team, from the tournament.

Defense

- Full court pressure
 - 5th/6th grade division- no full court pressure allowed at any time; **It is allowed in the last 2 minutes if a team is trailing by 10 or more**
 - 7th/8th grade division- full court pressure allowed up until a team is ahead by 15 points or more
- Zone defense
 - 5th/6th grade division- no zone defense allowed at any time; regardless of score
 - 7th/8th grade division- zone defense allowed at any time