

Sacred Heart Tournament Rules and Regulations

Coach or Sponsor:

Below please find a list of the general rules and regulations that have been established for the Sacred Heart Basketball Tournament. Please read the rules and regulations carefully, and if you have any concerns or weather related questions please contact *Brody Welsh* at 701-330-8326 or *bwelsh@sacredheartegf.net*. Sacred Heart is looking forward to hosting this tournament, and we hope that the experience is a memorable one for everyone involved!

General Rules:

1. Regular basketball rules will be used with the exceptions by age level listed below of these rules.
2. Please register your team at the gate on arrival.
3. Teams should report to their gyms 15 minutes prior to their scheduled game time. Please have roster ready for the scorekeepers at this time.
4. There will be **no locker rooms** available.
5. A team coach or supervisor should collect all valuables before each game. We will not be responsible for any lost or stolen items.
6. All teams must have uniforms or T-shirts with numbers visible.
7. **We will only supply game balls. Each team is responsible for their own warm up balls.**
8. Scorekeepers and timers are furnished. These are volunteers so please treat them with respect.
9. Awards to each team's members will be awarded after that team's last game. A total of 10 medals will be awarded. Extra medals will be \$6.00.
10. There will be a \$6.00 admission for adults, \$5.00 for seniors, \$4.00 for students. Players and two coaches are free.
11. Sacred Heart will have a full concession stand available.

Regulations:

1. Same rules and regulations apply as the MSHL unless noted below.
2. Women size basketball and regulation height rims will be used.
3. Press in the last two minutes of the game.
4. Defense must return to half court once rebound is secured.
5. 3 minute half time.
6. Two time-outs per half with no carryover to halves or overtimes. If games are running behind, a three-minute warm-up will not be allowed.
7. One-minute over-time. Each team will receive one time out, no carry-overs.
8. Halves will be 16 minutes of running time. Clock only stops the last minute of each half and time-outs.
9. Over and back will only be called on courts marked.
10. Zone defenses of any kind will not be allowed.