***CT Northstars Fall League LEAGUE RULES 2023***

* Four 7:00 Minute Stop Clock Quarters
  + Shot Clock will be used for high school games
* Will follow high school rules
* Two time outs per half use them or lose them
  + Time Outs Do Not Carry Over
* 5 fouls of each quarter shooting 2 Free Throws
* Overtime will be 2:00 minutes in length
  + Each team will be allotted 1 time out per team
  + Each additional overtime after that will be 1 minutes in length.
    - Time Outs to Carry over
* Each team must provide one (1) person for the scorers table to either do the book or the game clock
* Each team must have a coach on the bench
* Rosters are due prior to your 1st game 9/10/23
  + Rosters will be frozen
  + No athlete is able to play for more than one team. (Unless the athlete is on a Varsity & JV team of a school and their name is on both rosters prior to the first game on 9/10/23
  + Each athlete on the roster must play 30% of the games to be able to participate in the playoffs
* **No Middle School Athletes are allowed to play in the high school league unless you are a Prep School Team, which allows middle school athletes to participate in Varsity Sports**
* **Any athlete not in the Northstars provided T-shirt will not not be allowed to participate in the game. NO EXCEPTIONS**