

The following Playing Time & Substitution Rules apply to all regular season games and playoff games:

Each coach must commit to playing all of the players as equitably as possible during the course of the game.

Substitutions are made at the beginning and mid point of each quarter.

Whenever substitutions are made, the Coach must "Clear the Bench". In other words, those players which are sitting must play at the next substitution break.

A "session" is defined as a half-quarter. There are 8 sessions per game.

In games with 8-minute quarters, each session is 4 minutes.

In games with a running clock and 10-minute quarters, each session is 5 minutes.

No player will remain on the bench for two consecutive sessions.

For all divisions which play 5-ON-5 basketball:

Roster of Ten: Everyone plays 4 sessions.

Roster of Nine: Four play 5 sessions. Five play 4 sessions.

Roster of Eight: Everyone plays 5 sessions.

Roster of Seven: Five play 6 sessions. Two play 5 sessions.

Roster of Six: Four play 7 sessions. Two play 6 sessions.

For all divisions which play 4-ON-4 basketball:

Roster of Eight: Everyone plays 4 sessions.

Roster of Seven: Four play 5 sessions. Three play 4 sessions.

Roster of Six: Two play 6 sessions. Four play 5 sessions.

Roster of Five: Two play 7 sessions. Three play 6 sessions.