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| **Game Format** | **Pressing** | **Defense** | **Substitutions** |
| Quarters  -10min running time (except fouls, and timeouts)  - last 2 minutes of game is stop time  - overtime 2 minutes stop time | No press  - press is intentional defending of team in possession of the ball in their back court  **(warning-then technical)**  - in first half or with greater than 20pt lead | No zone  - checks must be within reasonable guarding distance  **(warning-then technical)**  **-** Sag/help/recover permitted | - occur at nearest stoppage every 5 min.  - equal playing time  - 4th quarter coach’s discretion  - players in foul trouble (3 or more) can be subbed out any time |
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