

ACC Girls

1. 4 quarters, 7 minutes per quarter. Clock stops on all whistles
2. Overtime, 1 full 3 minutes (Only 1 overtime period during regular season) No time outs can be carried from regulation
3. Time outs, 1 full and 1 thirty second per half. (can be carried over)
4. Defense – Picks up at half court (must give them room to cross half court 3 or 4 ft. Pulls back inside the arc when up by 10. Full court for last 2 minutes of each half (as long as not up by 10) Overtime- Full court press all 3 minutes (as long as not up by 10)
5. Playing time – 10 players – all must play 2 quarters, no substitutions during quarter. Less than 10 – rotate from game to game who plays 3 quarters. Overtime- you can use top 5 players