



GENERAL RULES

THE TEAM

There are five playing positions, with two shooters (GS and GA), two defenders (GK and GD) and one mid courter (C).

TIMING

Four - 6 minute quarters with 1 minute between quarters (2 minutes for halftime)

POWER PLAY

The team that wins the toss will have the first choice of a Power Play quarter (Teams can't have the same quarter). All points scored in a team's designated quarter are double.

CENTRE PASSES

All centre passes shall be taken by the team that DID NOT score the last goal.

The coin toss at the start of the game will determine who takes the first centre pass in each quarter.

The winner will take the initial centre pass in the first and third quarters, and the loser the second and fourth quarters.

SUBSTITUTIONS

Substitutions may only take place between quarters or should there be an injury.

GOAL SCORING

There are three different scoring zones in.

- Goal third (outside Basketball 3 point line) = 3pts [THE DESPERADO](#)
- Outer Circle = 2pts [THE LONG BOMB](#)
- Inner Circle = 1pt [THE SAFETY](#)