The rules shall be the current edition of the National Federation of High School Rules with the following exceptions:

- 1. A regulation women's (28 1/2") size leather ball will be used.
- 2. The game will consist of two (2) 20-minute halves with a running clock. The clock will stop the last three (2) minutes of the game if the point differential is less than 10 points. This applies to regular season and tournament play.
- 3. Full court press can only be used in the final 2 minutes of the 2nd half or at any time if a team is down by 10 points or more. Once the team point difference is under 10 points, they must stop pressing. This applies to regular season and tournament play.
- 4. Legal numbers 0-5 will be used.
- 5. Basketball games must have at least one official; two officials are preferred. A game can begin with one official and continue with two upon the second official's arrival.
- 6. A third warning for back-court pressure will result in a technical foul, clock stopping and possession of the ball being awarded to the team shooting the technical.
- 7. If an overtime period is needed for basketball, after a three (3) minute intermission, a three (3) minute overtime period will follow with the clock stopping. Each team will have one (1) full and one (1) 30-second time out. Teams may full court press during overtime.
- 8. Student athletes may not wear jewelry.