

30+ Men’s League Rules

* Two 22-minute running halves. Stop time the last 2 minutes of each half
* Every player on your team must play a minimum of 5 mins per half unless they choose not to (Captains do your best with this rule).
* Standard high school rules
* Each player is afforded 6 personal fouls
* There is a STRICT no fighting policy
* If you receive 2 technical fouls and get kicked out of a game, you must pay $10 before you can play in the next game
* You must be courteous and polite to officials. All officials are patched high school referees.