

FOMSGAARD CUP 2018 – REGULATIONS

U11 (born in 2008-09):

- The game is played 4x7 min. Running clock – except for the last 2 minutes of the 4th quarter
- All players have to play at least one quarter and max. three quarters
- It is 4 against 4, unless both coaches agree on playing 5 vs 5
- When receiving the 5th personal foul the player has to leave the game
- Penalties shoot is awarded on the 6th team foul
- Shots made outside the paint is 3 points
- There is 1 time-out in each half
- Full court defence is **NOT ALLOWED** – help defence is allowed

U12/U13 (born in 2006-07):

- The game is played as 2x15 min. running clock, except for the last 2 minutes of second half
- The game is played as 5 vs 5. Substitutions may be made at any time when ball is out of bounds
- When receiving the 5th personal foul a player has to leave the game
- Penalties shoot is awarded on the 8th team foul
- There is 1 time-out in each half
- Full court defence is **NOT ALLOWED** – help defence is allowed

