

## 2025-26 NEPSAC GAME RULES

### Game Length, Shot Clock, Free Throw Bonus, and Home Team Rules

AAA – 20-minute halves:: AA – 18-minute halves:: A-B - 16-minute halves:: C – 16-minute halves

The shot clock will be 30 seconds for all NEPSAC contests. If a reset occurs for a kick violation and the shot clock is under 15 seconds, it will be reset to 15 seconds only. If the shot clock is 15 seconds or more and a kickball violation occurs, it will remain where it is with no reset.

The foul total will reset at the half, with 1-and-1 taking place on the 7th foul and 2 shots being given for the 10th foul and all subsequent fouls. *NEPSAC will not be adopting the Federation policies toward quarters and foul limits.*

Games that take place between classes with different game lengths are to be played by the home team's rules (unless a NEPSAC-affiliated league policy dictates otherwise).

NFHS policies/updates for the 2025-2026 season can be found [HERE](#).

### Game Rules

AAA will play all games by NCAA rules except for any issues regarding ejections and/or discipline of players, teams, or coaches. In those cases, NEPSAC Code of Conduct policies will apply.

AA – Four full (60 seconds each) and two 30-second time outs are available for regulation play. One additional full time out is added for each OT interval.

Coaches do not need to sit after receiving a technical foul. (AAA-C)

The home team wears dark uniforms, and the visiting team wears light uniforms unless previously agreed upon by both Athletic Directors and Coaches. (AAA-C)

Dunking is permitted in warmups so long as it is done without compromising the spirit of sportsmanship [no hanging on the rim, no celebratory behavior afterward, etc.]. (AAA-C)

AA Home and League Games will stop the clock on made baskets at the last minute of the game.

Except for any modifications listed on this sheet, all other rules for Classes AA, A, B, and C will follow NFHS rules.

**CLASS AA:** MacDuffie (Prep), Northfield Mount Hermon

**CLASS A:** Deerfield, Williston

**CLASS C:** MacDuffie (Varsity)